

*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 181 - 200  
and  
Review Lessons 201 - 220**

**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.



## INTRODUCTION TO LESSONS 181 - 200

**Our next few lessons make a special point of firming up your willingness to make your weak commitment strong; your scattered goals blend into one intent.** You are not asked for total dedication all the time as yet. But you are asked to practice now in order to attain the sense of peace such unified commitment will bestow, if only intermittently. **It is experiencing this that makes it sure that you will give your total willingness to following the way the course sets forth.**

**Our lessons now are geared specifically to widening horizons, and direct approaches to the special blocks that keep your vision narrow, and too limited to let you see the value of our goal. We are attempting now to lift these blocks, however briefly. Words alone cannot convey the sense of liberation which their lifting brings. But the experience of freedom and of peace that comes as you give up your tight control of what you see speaks for itself. Your motivation will be so intensified that words become of little consequence. You will be sure of what you want, and what is valueless.**

And so we start our journey beyond words by concentrating first on what impedes your progress still. Experience of what exists beyond defensiveness remains beyond achievement while it is denied. It may be there, but you cannot accept its presence. **So we now attempt to go past all defenses for a little while each day. No more than this is asked, because no more than this is needed. It will be enough to guarantee the rest will come.**





## LESSON 181

### **I Trust My Brothers, Who Are One With Me.**

Trusting your brothers is essential to establishing and holding up your faith in your ability to transcend doubt and lack of sure conviction in yourself. When you attack a brother, you proclaim that he is limited by what you have perceived in him. You do not look beyond his errors. Rather, they are magnified, becoming blocks to your awareness of the Self That lies beyond your own mistakes, and past his seeming sins as well as yours.

**Perception has a focus. It is this that gives consistency to what you see. Change but this focus, and what you behold will change accordingly. Your vision now will shift, to give support to the intent which has replaced the one you held before. Remove your focus on your brother's sins, and you experience the peace that comes from faith in sinlessness.** This faith receives its only sure support from what you see in others past their sins. For their mistakes, if focused on, are witnesses to sins in you. And you will not transcend their sight and see the sinlessness that lies beyond.

Therefore, in practicing today, we first let all such little focuses give way to our great need to let our sinlessness become apparent. We instruct our minds that it is this we seek, and only this, for just a little while. **We do not care about our future goals. And what we saw an instant previous has no concern for us within this interval of time wherein we practice changing our intent. We seek for innocence and nothing else. We seek for it with no concern but now.**

A major hazard to success has been involvement with your past and future goals. You have been quite preoccupied with how extremely different the goals this course is advocating are from those you held before. And you have also been dismayed by the depressing and restricting thought that, even if you should succeed, you will inevitably lose your way again.

**How could this matter? For the past is gone; the future but imagined. These concerns are but defenses against present change of focus in perception. Nothing more. We lay these pointless limitations by a little while. We do not look to past beliefs, and what we will believe will not intrude upon us now. We enter in the time of practicing with one intent; to look upon the sinlessness within.**

We recognize that we have lost this goal if anger blocks our way in any form. And if a brother's sins occur to us, our narrowed focus will restrict our sight, and turn our

eyes upon our own mistakes, which we will magnify and call our “sins.” **So, for a little while, without regard to past or future, should such blocks arise we will transcend them with instructions to our minds to change their focus, as we say:**

*It is not this that I would look upon.*

*I trust my brothers, who are one with me.*

And we will also use this thought to keep us safe throughout the day. We do not seek for long-range goals. As each obstruction seems to block the vision of our sinlessness, we seek but for surcease an instant from the misery the focus upon sin will bring, and uncorrected will remain.

**Nor do we ask for fantasies. For what we seek to look upon is really there. And as our focus goes beyond mistakes, we will behold a wholly sinless world. When seeing this is all we want to see, when this is all we seek for in the name of true perception, are the eyes of Christ inevitably ours. And the Love He feels for us becomes our own as well. This will become the only thing we see reflected in the world and in ourselves.**

The world which once proclaimed our sins becomes the proof that we are sinless. And our love for everyone we look upon attests to our remembrance of the holy Self Which knows no sin, and never could conceive of anything without Its sinlessness. We seek for this remembrance as we turn our minds to practicing today. **We look neither ahead nor backwards. We look straight into the present. And we give our trust to the experience we ask for now. Our sinlessness is but the Will of God. This instant is our willing one with His.**

## KEY LESSON 182

### **I Will Be Still An Instant And Go Home.**

**This world you seem to live in is not home to you. And somewhere in your mind you know that this is true. A memory of home keeps haunting you, as if there were a place that called you to return, although you do not recognize the voice, nor what it is the voice reminds you of. Yet still you feel an alien here, from somewhere all unknown. Nothing so definite that you could say with certainty you are an exile here. Just a persistent feeling, sometimes not more than a tiny throb, at other times hardly remembered, actively dismissed, but surely to return to mind again.**

No one but knows whereof we speak. Yet some try to put by their suffering in games they play to occupy their time, and keep their sadness from them. Others will deny that they are sad, and do not recognize their tears at all. Still others will maintain that what we speak of is illusion, not to be considered more than but a dream. Yet who, in simple honesty, without defensiveness and self-deception, would deny he understands the words we speak?

**We speak today for everyone who walks this world, for he is not at home. He goes uncertainly about in endless search, seeking in darkness what he cannot find; not recognizing what it is he seeks. A thousand homes he makes, yet none contents his restless mind. He does not understand he builds in vain. The home he seeks can not be made by him. There is no substitute for Heaven. All he ever made was hell.**

Perhaps you think it is your childhood home that you would find again. The childhood of your body, and its place of shelter, are a memory now so distorted that you merely hold a picture of a past that never happened. Yet there is a Child in you Who seeks His Father's house, and knows that He is alien here. This childhood is eternal, with an innocence that will endure forever. Where this Child shall go is holy ground. It is His holiness that lights up Heaven, and that brings to earth the pure reflection of the light above, wherein are earth and Heaven joined as one.

**It is this Child in you your Father knows as His Own Son. It is this Child Who knows His Father. He desires to go home so deeply, so unceasingly, His voice cries unto you to let Him rest a while. He does not ask for more than just a few instants of respite; just an interval in which He can return to breathe again the holy air that fills His Father's house. You are His home as well. He will**

**return. But give Him just a little time to be Himself, within the peace that is His home, resting in silence and in peace and love.**

This Child needs your protection. He is far from home. He is so little that He seems so easily shut out, His tiny voice so readily obscured, His call for help almost unheard amid the grating sounds and harsh and rasping noises of the world. Yet does He know that in you still abides His sure protection. You will fail Him not. He will go home, and you along with Him.

**This Child is your defenselessness; your strength. He trusts in you. He came because He knew you would not fail. He whispers of His home unceasingly to you. For He would bring you back with Him, that He Himself might stay, and not return again where He does not belong, and where He lives an outcast in a world of alien thoughts. His patience has no limits. He will wait until you hear His gentle Voice within you, calling you to let Him go in peace, along with you, to where He is at home and you with Him.**

When you are still an instant, when the world recedes from you, when valueless ideas cease to have value in your restless mind, then will you hear His Voice. So poignantly He calls to you that you will not resist Him longer. In that instant He will take you to His home, and you will stay with Him in perfect stillness, silent and at peace, beyond all words, untouched by fear and doubt, sublimely certain that you are at home.

Rest with Him frequently today. For He was willing to become a little Child that you might learn of Him how strong is he who comes without defenses, offering only love's messages to those who think he is their enemy. **He holds the might of Heaven in His hand and calls them friend, and gives His strength to them, that they may see He would be Friend to them. He asks that they protect Him, for His home is far away, and He will not return to it alone.**

Christ is reborn as but a little Child each time a wanderer would leave his home. For he must learn that what he would protect is but this Child, Who comes defenseless and Who is protected by defenselessness. Go home with Him from time to time today. You are as much an alien here as He.

**Take time today to lay aside your shield which profits nothing, and lay down the spear and sword you raised against an enemy without existence. Christ has called you friend and brother. He has even come to ask your help in letting Him go home today, completed and completely. He has come as does a little child,**

**who must beseech his father for protection and for love. He rules the universe, and yet He asks unceasingly that you return with Him, and take illusions as your gods no more.**

You have not lost your innocence. It is for this you yearn. This is your heart's desire. This is the voice you hear, and this the call which cannot be denied. The holy Child remains with you. His home is yours. **Today He gives you His defenselessness, and you accept it in exchange for all the toys of battle you have made. And now the way is open, and the journey has an end in sight at last. Be still an instant and go home with Him, and be at peace a while.**

## LESSON 183

### **I Call Upon God's Name And On My Own.**

**God's Name is holy, but no holier than yours. To call upon His Name is but to call upon your own. A father gives his son his name, and thus identifies the son with him. His brothers share his name, and thus are they united in a bond to which they turn for their identity. Your Father's Name reminds you who you are, even within a world that does not know; even though you have not remembered it.**

God's Name cannot be heard without response, nor said without an echo in the mind that calls you to remember. Say His Name, and you invite the angels to surround the ground on which you stand, and sing to you as they spread out their wings to keep you safe, and shelter you from every worldly thought that would intrude upon your holiness.

**Repeat God's Name, and all the world responds by laying down illusions. Every dream the world holds dear has suddenly gone by, and where it seemed to stand you find a star; a miracle of grace. The sick arise, healed of their sickly thoughts. The blind can see; the deaf can hear. The sorrowful cast off their mourning, and the tears of pain are dried as happy laughter comes to bless the world.**

Repeat the Name of God, and little names have lost their meaning. No temptation but becomes a nameless and unwanted thing before God's Name. Repeat His Name, and see how easily you will forget the names of all the gods you valued. They have lost the name of god you gave them. They become anonymous and valueless to you, although before you let the Name of God replace their little names, you stood before them worshipfully, naming them as gods.

**Repeat the Name of God, and call upon your Self, Whose Name is His. Repeat His Name, and all the tiny, nameless things on earth slip into right perspective. Those who call upon the Name of God can not mistake the nameless for the Name, nor sin for grace, nor bodies for the holy Son of God. And should you join a brother as you sit with him in silence, and repeat God's Name along with him within your quiet mind, you have established there an altar which reaches to God Himself and to His Son.**

Practice but this today; repeat God's Name slowly again and still again. Become oblivious to every name but His. Hear nothing else. Let all your thoughts become

anchored on This. No other word we use at the beginning, when we say today's idea but once. And then God's Name becomes our only thought, our only word, the only thing that occupies our minds, the only wish we have, the only sound with any meaning, and the only Name of everything that we desire to see; of everything that we would call our own.

**Thus do we give an invitation which can never be refused. And God will come, and answer it Himself. Think not He hears the little prayers of those who call on Him with names of idols cherished by the world. They cannot reach Him thus. He cannot hear requests that He be not Himself, or that His Son receive another name than His.**

Repeat God's Name, and you acknowledge Him as sole Creator of reality. And you acknowledge also that his Son is part of Him, creating in His Name. Sit silently, and let His Name become the all-encompassing idea that holds your mind completely. Let all thoughts be still except this one. And to all other thoughts respond with this, and see God's Name replace the thousand little names you gave your thoughts, not realizing that there is one Name for all there is, and all that there will be.

**Today you can achieve a state in which you will experience the gift of grace. You can escape all bondage of the world, and give the world the same release you found. You can remember what the world forgot, and offer it your own remembering. You can accept today the part you play in its salvation, and your own as well. And both can be accomplished perfectly.**

Turn to the Name of God for your release, and it is given you. No prayer but this is necessary, for it holds them all within it. Words are insignificant, and all requests unneeded when God's Son calls on his Father's Name. His Father's Thoughts become his own. He makes his claim to all his Father gave, is giving still, and will forever give. He calls on Him to let all things he thought he made be nameless now, and in their place the holy Name of God becomes his judgment of their worthlessness.

**All little things are silent. Little sounds are soundless now. The little things of the earth have disappeared. The universe consists of nothing but the Son of God, who calls upon his Father. And his Father's Voice gives answer to his Father's Holy Name. In this eternal still relationship, in which communication far transcends all words, and yet exceeds in depth and height whatever words could possibly convey, is peace eternal. In our Father's Name, we would experience this peace today. And in His Name it shall be given us.**



## LESSON 184

### **The Name Of God Is My Inheritance.**

You live by symbols. You have made up names for everything you see. Each one becomes a separate entity, identified by its own name. By this you carve it out of unity. By this you designate its special attributes, and set it off from other things by emphasizing space surrounding it. This space you lay between all things to which you give a different name; all happenings in terms of place and time; all bodies which are greeted by a name.

**This space you see as setting off all things from one another is the means by which the world's perception is achieved. You see something where nothing is, and see as well nothing where there is unity; a space between all things, between all things and you. Thus do you think that you have given life in separation. By this split you think you are established as a unity which functions with an independent will.**

**What are these names by which the world becomes a series of discrete events, of things ununified, of bodies kept apart and holding bits of mind as separate awarenesses? You gave these names to them, establishing perception as you wished to have perception be. The nameless things were given names, and thus reality was given them as well. For what is named is given meaning and will then be seen as meaningful; a cause of true effect, with consequence inherent in itself.**

This is the way reality is made by partial vision, purposefully set against the given truth. Its enemy is wholeness. It conceives of little things and looks upon them. And a lack of space, a sense of unity or vision that sees differently, become the threats which it must overcome, conflict with and deny.

Yet does this other vision still remain a natural direction for the mind to channel its perception. It is hard to teach the mind a thousand alien names, and thousands more. Yet you believe this is what learning means; its one essential goal by which communication is achieved, and concepts can be meaningfully shared.

**This is the sum of the inheritance the world bestows. And everyone who learns to think that it is so accepts the signs and symbols that assert the world is real. It is for this they stand. They leave no doubt that what is named is there. It can be seen, as is anticipated. What denies that it is true is but illusion, for it is the ultimate reality. To question it is madness; to accept its presence is the proof of sanity.**

**Such is the teaching of the world. It is a phase of learning everyone who comes must go through. But the sooner he perceives on what it rests, how questionable are its premises, how doubtful its results, the sooner does he question its effects. Learning that stops with what the world would teach stops short of meaning. In its proper place, it serves but as a starting point from which another kind of learning can begin, a new perception can be gained, and all the arbitrary names the world bestows can be withdrawn as they are raised to doubt.**

**Think not you made the world. Illusions, yes! But what is true in earth and Heaven is beyond your naming. When you call upon a brother, it is to his body that you make appeal. His true Identity is hidden from you by what you believe he really is. His body makes response to what you call him, for his mind consents to take the name you give him as his own. And thus his unity is twice denied, for you perceive him separate from you, and he accepts this separate name as his.**

It would indeed be strange if you were asked to go beyond all symbols of the world, forgetting them forever; yet were asked to take a teaching function. You have need to use the symbols of the world a while. But be you not deceived by them as well. They do not stand for anything at all, and in your practicing it is this thought that will release you from them. They become but means by which you can communicate in ways the world can understand, but which you recognize is not the unity where true communication can be found.

**Thus what you need are intervals each day in which the learning of the world becomes a transitory phase; a prison house from which you go into the sunlight and forget the darkness. Here you understand the Word, the Name Which God has given you; the one Identity Which all things share; the one acknowledgment of what is true. And then step back to darkness, not because you think it real, but only to proclaim its unreality in terms which still have meaning in the world that darkness rules.**

Use all the little names and symbols which delineate the world of darkness. Yet accept them not as your reality. The Holy Spirit uses all of them, but He does not forget creation has one Name, one Meaning, and a single Source Which unifies all things within Itself. Use all the names the world bestows on them but for convenience, yet do not forget they share the Name of God along with you.

God has no name. And yet His Name becomes the final lesson that all things are one, and at this lesson does all learning end. All names are unified; all space is filled with truth's reflection. Every gap is closed, and separation healed. The Name of God

is the inheritance He gave to those who chose the teaching of the world to take the place of Heaven. In our practicing, our purpose is to let our minds accept what God has given as the answer to the pitiful inheritance you made as fitting tribute to the Son He loves.

**No one can fail who seeks the meaning of the Name of God. Experience must come to supplement the Word. But first you must accept the Name for all reality, and realize the many names you gave its aspects have distorted what you see, but have not interfered with truth at all. One Name we bring into our practicing. One Name we use to unify our sight.**

And though we use a different name for each awareness of an aspect of God's Son, we understand that they have but one Name, Which He has given them. It is this Name we use in practicing. And through Its use, all foolish separations disappear which kept us blind. And we are given strength to see beyond them. Now our sight is blessed with blessings we can give as we receive.

*Father, our Name is Yours. In It we are united with all living things, and You Who are their one Creator. What we made and call by many different names is but a shadow we have tried to cast across Your Own Reality. And we are glad and thankful we were wrong. All our mistakes we give to You, that we may be absolved from all effects our errors seemed to have. And we accept the truth You give, in place of every one of them. Your Name is our salvation and escape from what we made. Your Name unites us in the oneness which is our inheritance and peace. Amen.*

## KEY LESSON 185

### **I Want The Peace Of God.**

**To say these words is nothing. But to mean these words is everything. If you could but mean them for just an instant, there would be no further sorrow possible for you in any form; in any place or time. Heaven would be completely given back to full awareness, memory of God entirely restored, the resurrection of all creation fully recognized.**

**No one can mean these words and not be healed. He cannot play with dreams, nor think he is himself a dream. He cannot make a hell and think it real. He wants the peace of God, and it is given him. For that is all he wants, and that is all he will receive. Many have said these words. But few indeed have meant them. You have but to look upon the world you see around you to be sure how very few they are. The world would be completely changed, should any two agree these words express the only thing they want.**

Two minds with one intent become so strong that what they will becomes the Will of God. For minds can only join in truth. In dreams, no two can share the same intent. To each, the hero of the dream is different; the outcome wanted not the same for both. Loser and gainer merely shift about in changing patterns, as the ratio of gain to loss and loss to gain takes on a different aspect or another form.

Yet compromise alone a dream can bring. Sometimes it takes the form of union, but only the form. The meaning must escape the dream, for compromising is the goal of dreaming. Minds cannot unite in dreams. They merely bargain. And what bargain can give them the peace of God? Illusions come to take His place. And what He means is lost to sleeping minds intent on compromise, each to his gain and to another's loss.

**To mean you want the peace of God is to renounce all dreams. For no one means these words who wants illusions, and who therefore seeks the means which bring illusions. He has looked on them, and found them wanting. Now he seeks to go beyond them, recognizing that another dream would offer nothing more than all the others. Dreams are one to him. And he has learned their only difference is one of form, for one will bring the same despair and misery as do the rest.**

**The mind which means that all it wants is peace must join with other minds, for that is how peace is obtained. And when the wish for peace is genuine, the means for finding it is given, in a form each mind that seeks for it in honesty can**

**understand. Whatever form the lesson takes is planned for him in such a way that he can not mistake it, if his asking is sincere. But if he asks without sincerity, there is no form in which the lesson will meet with acceptance and be truly learned.**

Let us today devote our practicing to recognizing that we really mean the words we say. We want the peace of God. This is no idle wish. These words do not request another dream be given us. They do not ask for compromise, nor try to make another bargain in the hope that there may yet be one that can succeed where all the rest have failed. To mean these words acknowledges illusions are in vain, requesting the eternal in the place of shifting dreams which seem to change in what they offer, but are one in nothingness.

Today devote your practice periods to careful searching of your mind, to find the dreams you cherish still. What do you ask for in your heart? Forget the words you use in making your requests. Consider but what you believe will comfort you, and bring you happiness. But be you not dismayed by lingering illusions, for their form is not what matters now. **Let not some dreams be more acceptable, reserving shame and secrecy for others. They are one. And being one, one question should be asked of all of them, "Is this what I would have, in place of Heaven and the peace of God?"**

**This is the choice you make. Be not deceived that it is otherwise. No compromise is possible in this. You choose God's peace, or you have asked for dreams. And dreams will come as you requested them. Yet will God's peace come just as certainly, and to remain with you forever. It will not be gone with every twist and turning of the road, to reappear, unrecognized, in forms which shift and change with every step you take.**

You want the peace of God. And so do all who seem to seek for dreams. For them as well as for yourself, you ask but this when you make this request with deep sincerity. For thus you reach to what they really want, and join your own intent with what they seek above all things, perhaps unknown to them, but sure to you. You have been weak at times, uncertain in your purpose, and unsure of what you wanted, where to look for it, and where to turn for help in the attempt. Help has been given you. And would you not avail yourself of it by sharing it?

**No one who truly seeks the peace of God can fail to find it. For he merely asks that he deceive himself no longer by denying to himself what is God's Will. Who can remain unsatisfied who asks for what he has already? Who could be unanswered who requests an answer which is his to give? The peace of God is yours.**

For you was peace created, given you by its Creator, and established as His Own eternal gift. How can you fail, when you but ask for what He wills for you? And how could your request be limited to you alone? No gift of God can be unshared. It is this attribute that sets the gifts of God apart from every dream that ever seemed to take the place of truth.

No one can lose and everyone must gain whenever any gift of God has been requested and received by anyone. God gives but to unite. To take away is meaningless to Him. And when it is as meaningless to you, you can be sure you share one Will with Him, and He with you. And you will also know you share one Will with all your brothers, whose intent is yours.

**It is this one intent we seek today, uniting our desires with the need of every heart, the call of every mind, the hope that lies beyond despair, the love attack would hide, the brotherhood that hate has sought to sever, but which still remains as God created it. With Help like this beside us, can we fail today as we request the peace of God be given us?**

## *Diary*

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*The last obstacle to peace to be surmounted hangs like a heavy veil before the face of Christ. Yet as His face rises beyond it, shining with joy because He is in His Father's Love, peace will lightly brush the veil aside and run to meet Him, and to join with Him at last. - Text, Chapter 19*

## LESSON 186

### **Salvation Of The World Depends On Me.**

**Here is the statement that will one day take all arrogance away from every mind. Here is the thought of true humility, which holds no function as your own but that which has been given you. It offers your acceptance of a part assigned to you, without insisting on another role. It does not judge your proper role. It but acknowledges the Will of God is done on earth as well as Heaven. It unites all wills on earth in Heaven's plan to save the world, restoring it to Heaven's peace.**

Let us not fight our function. We did not establish it. It is not our idea. The means are given us by which it will be perfectly accomplished. All that we are asked to do is to accept our part in genuine humility, and not deny with self-deceiving arrogance that we are worthy. What is given us to do, we have the strength to do. Our minds are suited perfectly to take the part assigned to us by One Who knows us well.

Today's idea may seem quite sobering, until you see its meaning. All it says is that your Father still remembers you, and offers you the perfect trust He holds in you who are His Son. It does not ask that you be different in any way from what you are. What could humility request but this? And what could arrogance deny but this? Today we will not shrink from our assignment on the specious grounds that modesty is outraged. It is pride that would deny the Call for God Himself.

**All false humility we lay aside today, that we may listen to God's Voice reveal to us what He would have us do. We do not doubt our adequacy for the function He will offer us. We will be certain only that He knows our strengths, our wisdom and our holiness. And if He deems us worthy, so we are. It is but arrogance that judges otherwise.**

**There is one way, and only one, to be released from the imprisonment your plan to prove the false is true has brought to you. Accept the plan you did not make instead. Judge not your value to it.** If God's Voice assures you that salvation needs your part, and that the whole depends on you, be sure that it is so. The arrogant must cling to words, afraid to go beyond them to experience which might affront their stance. Yet are the humble free to hear the Voice Which tells them what they are, and what to do.

**Arrogance makes an image of yourself that is not real. It is this image which quails and retreats in terror, as the Voice for God assures you that you have the strength, the wisdom and the holiness to go beyond all images. You are not**



**weak, as is the image of yourself. You are not ignorant and helpless. Sin can not tarnish the truth in you, and misery can come not near the holy home of God.**

**All this the Voice for God relates to you. And as He speaks, the image trembles and seeks to attack the threat it does not know, sensing its basis crumble. Let it go. Salvation of the world depends on you, and not upon this little pile of dust. What can it tell the holy Son of God? Why need he be concerned with it at all?**

And so we find our peace. We will accept the function God has given us, for all illusions rest upon the weird belief that we can make another for ourselves. Our self-made roles are shifting, and they seem to change from mourner to ecstatic bliss of love and loving. We can laugh or weep, and greet the day with welcome or with tears. Our very being seems to change as we experience a thousand shifts in mood, and our emotions raise us high indeed, or dash us to the ground in hopelessness.

Is this the Son of God? Could He create such instability and call it Son? He Who is changeless shares His attributes with His creation. All the images His Son appears to make have no effect on what he is. They blow across his mind like wind-swept leaves that form a patterning an instant, break apart to group again, and scamper off. Or like mirages seen above a desert, rising from the dust.

**These unsubstantial images will go, and leave your mind unclouded and serene, when you accept the function given you. The images you make give rise to but conflicting goals, impermanent and vague, uncertain and ambiguous. Who could be constant in his efforts, or direct his energies and concentrated drive toward goals like these? The functions which the world esteems are so uncertain that they change ten times an hour at their most secure. What hope of gain can rest on goals like this?**

In lovely contrast, certain as the sun's return each morning to dispel the night, your truly given function stands out clear and wholly unambiguous. There is no doubt of its validity. It comes from One Who knows no error, and His Voice is certain of Its messages. They will not change, nor be in conflict. All of them point to one goal, and one you can attain. Your plan may be impossible, but God's can never fail because He is its Source.

Do as God's Voice directs. And if It asks a thing of you which seems impossible, remember Who it is That asks, and who would make denial. Then consider this; which is more likely to be right? The Voice That speaks for the Creator of all things, Who knows all things exactly as they are, or a distorted image of yourself, confused,

bewildered, inconsistent and unsure of everything? Let not its voice direct you. Hear instead a certain Voice, Which tells you of a function given you by your Creator Who remembers you, and urges that you now remember Him.

His gentle Voice is calling from the known to the unknowing. He would comfort you, although He knows no sorrow. He would make a restitution, though He is complete; a gift to you, although He knows that you have everything already. He has Thoughts which answer every need His Son perceives, although He sees them not. For Love must give, and what is given in His Name takes on the form most useful in a world of form.

**These are the forms which never can deceive, because they come from Formlessness Itself. Forgiveness is an earthly form of love, which as it is in Heaven has no form. Yet what is needed here is given here as it is needed. In this form you can fulfill your function even here, although what love will mean to you when formlessness has been restored to you is greater still. Salvation of the world depends on you who can forgive. Such is your function here.**

## LESSON 187

### **I Bless The World Because I Bless Myself.**

**No one can give unless he has. In fact, giving is proof of having. We have made this point before. What seems to make it hard to credit is not this. No one can doubt that you must first possess what you would give. It is the second phase on which the world and true perception differ. Having had and given, then the world asserts that you have lost what you possessed. The truth maintains that giving will increase what you possess.**

How is this possible? For it is sure that if you give a finite thing away, your body's eyes will not perceive it yours. Yet we have learned that things but represent the thoughts that make them. And you do not lack for proof that when you give ideas away, you strengthen them in your own mind. Perhaps the form in which the thought seems to appear is changed in giving. Yet it must return to him who gives. Nor can the form it takes be less acceptable. It must be more.

Ideas must first belong to you, before you give them. If you are to save the world, you first accept salvation for yourself. But you will not believe that this is done until you see the miracles it brings to everyone you look upon. Herein is the idea of giving clarified and given meaning. Now you can perceive that by your giving is your store increased.

**Protect all things you value by the act of giving them away, and you are sure that you will never lose them. What you thought you did not have is thereby proven yours. Yet value not its form. For this will change and grow unrecognizable in time, however much you try to keep it safe. No form endures. It is the thought behind the form of things that lives unchangeable.**

Give gladly. You can only gain thereby. The thought remains, and grows in strength as it is reinforced by giving. Thoughts extend as they are shared, for they can not be lost. There is no giver and receiver in the sense the world conceives of them. There is a giver who retains; another who will give as well. And both must gain in this exchange, for each will have the thought in form most helpful to him. What he seems to lose is always something he will value less than what will surely be returned to him.

**Never forget you give but to yourself. Who understands what giving means must laugh at the idea of sacrifice. Nor can he fail to recognize the many forms which sacrifice may take. He laughs as well at pain and loss, at sickness and at**

**grief, at poverty, starvation and at death. He recognizes sacrifice remains the one idea that stands behind them all, and in his gentle laughter are they healed.**

**Illusion recognized must disappear. Accept not suffering, and you remove the thought of suffering. Your blessing lies on everyone who suffers, when you choose to see all suffering as what it is. The thought of sacrifice gives rise to all the forms that suffering appears to take. And sacrifice is an idea so mad that sanity dismisses it at once.**

**Never believe that you can sacrifice. There is no place for sacrifice in what has any value. If the thought occurs, its very presence proves that error has arisen and correction must be made. Your blessing will correct it. Given first to you, it now is yours to give as well. No form of sacrifice and suffering can long endure before the face of one who has forgiven and has blessed himself.**

The lilies that your brother offers you are laid upon your altar, with the ones you offer him beside them. Who could fear to look upon such lovely holiness? The great illusion of the fear of God diminishes to nothingness before the purity that you will look on here. Be not afraid to look. The blessedness you will behold will take away all thought of form, and leave instead the perfect gift forever there, forever to increase, forever yours, forever given away.

**Now are we one in thought, for fear has gone. And here, before the altar to one God, one Father, one Creator and one Thought, we stand together as one Son of God. Not separate from Him Who is our Source; not distant from one brother who is part of our one Self Whose innocence has joined us all as one, we stand in blessedness, and give as we receive. The Name of God is on our lips. And as we look within, we see the purity of Heaven shine in our reflection of our Father's Love.**

**Now are we blessed, and now we bless the world. What we have looked upon we would extend, for we would see it everywhere. We would behold it shining with the grace of God in everyone. We would not have it be withheld from anything we look upon. And to ensure this holy sight is ours, we offer it to everything we see. For where we see it, it will be returned to us in form of lilies we can lay upon our altar, making it a home for Innocence Itself, Who dwells in us and offers us His Holiness as ours.**

## LESSON 188

### **The Peace Of God Is Shining In Me Now.**

**Why wait for Heaven? Those who seek the light are merely covering their eyes. The light is in them now. Enlightenment is but a recognition, not a change at all. Light is not of the world, yet you who bear the light in you are alien here as well. The light came with you from your native home, and stayed with you because it is your own. It is the only thing you bring with you from Him Who is your Source. It shines in you because it lights your home, and leads you back to where it came from and you are at home.**

**This light can not be lost. Why wait to find it in the future, or believe it has been lost already, or was never there? It can so easily be looked upon that arguments which prove it is not there become ridiculous. Who can deny the presence of what he beholds in him? It is not difficult to look within, for there all vision starts. There is no sight, be it of dreams or from a truer Source, that is not but the shadow of the seen through inward vision. There perception starts, and there it ends. It has no source but this.**

The peace of God is shining in you now, and from your heart extends around the world. It pauses to caress each living thing, and leaves a blessing with it that remains forever and forever. What it gives must be eternal. It removes all thoughts of the ephemeral and valueless. It brings renewal to all tired hearts, and lights all vision as it passes by. All of its gifts are given everyone, and everyone unites in giving thanks to you who give, and you who have received.

The shining in your mind reminds the world of what it has forgotten, and the world restores the memory to you as well. From you salvation radiates with gifts beyond all measure, given and returned. To you, the giver of the gift, does God Himself give thanks. And in His blessing does the light in you shine brighter, adding to the gifts you have to offer to the world.

**The peace of God can never be contained. Who recognizes it within himself must give it. And the means for giving it are in his understanding. He forgives because he recognized the truth in him. The peace of God is shining in you now, and in all living things. In quietness is it acknowledged universally. For what your inward vision looks upon is your perception of the universe.**

**Sit quietly and close your eyes. The light within you is sufficient. It alone has power to give the gift of sight to you. Exclude the outer world, and let your**

**thoughts fly to the peace within. They know the way. For honest thoughts, untainted by the dream of worldly things outside yourself, become the holy messengers of God Himself.**

These thoughts you think with Him. They recognize their home. And they point surely to their Source, Where God the Father and the Son are one. God's peace is shining on them, but they must remain with you as well, for they were born within your mind, as yours was born in God's. They lead you back to peace, from where they came but to remind you how you must return.

They heed your Father's Voice when you refuse to listen. And they urge you gently to accept His Word for what you are, instead of fantasies and shadows. They remind you that you are the co-creator of all things that live. For as the peace of God is shining in you, it must shine on them.

**We practice coming nearer to the light in us today. We take our wandering thoughts, and gently bring them back to where they fall in line with all the thoughts we share with God. We will not let them stray. We let the light within our minds direct them to come home. We have betrayed them, ordering that they depart from us. But now we call them back, and wash them clean of strange desires and disordered wishes. We restore to them the holiness of their inheritance.**

Thus are our minds restored with them, and we acknowledge that the peace of God still shines in us, and from us to all living things that share our life. We will forgive them all, absolving all the world from what we thought it did to us. For it is we who make the world as we would have it. Now we choose that it be innocent, devoid of sin and open to salvation. And we lay our saving blessing on it, as we say:

*The peace of God is shining in me now.  
Let all things shine upon me in that peace,  
And let me bless them with the light in me.*

## LESSON 189

### **I Feel The Love Of God Within Me Now.**

**There is a light in you the world cannot perceive. And with its eyes you will not see this light, for you are blinded by the world. Yet you have eyes to see it. It is there for you to look upon. It was not placed in you to be kept hidden from your sight. This light is a reflection of the thought we practice now. To feel the Love of God within you is to see the world anew, shining in innocence, alive with hope, and blessed with perfect charity and love.**

Who could feel fear in such a world as this? It welcomes you, rejoices that you came, and sings your praises as it keeps you safe from every form of danger and of pain. It offers you a warm and gentle home in which to stay a while. It blesses you throughout the day, and watches through the night as silent guardian of your holy sleep. It sees salvation in you, and protects the light in you, in which it sees its own. It offers you its flowers and its snow, in thankfulness for your benevolence.

**This is the world the Love of God reveals. It is so different from the world you see through darkened eyes of malice and of fear, that one belies the other. Only one can be perceived at all. The other one is wholly meaningless. A world in which forgiveness shines on everything, and peace offers its gentle light to everyone, is inconceivable to those who see a world of hatred rising from attack, poised to avenge, to murder and destroy.**

**Yet is the world of hatred equally unseen and inconceivable to those who feel God's Love in them. Their world reflects the quietness and peace that shines in them; the gentleness and innocence they see surrounding them; the joy with which they look out from the endless wells of joy within. What they have felt in them they look upon, and see its sure reflection everywhere.**

What would you see? The choice is given you. But learn and do not let your mind forget this law of seeing: You will look upon that which you feel within. If hatred finds a place within your heart, you will perceive a fearful world, held cruelly in death's sharp-pointed, bony fingers. If you feel the Love of God within you, you will look out on a world of mercy and of love.

Today we pass illusions, as we seek to reach to what is true in us, and feel its all-embracing tenderness, its Love which knows us perfect as itself, its sight which is the gift its Love bestows on us. We learn the way today. It is as sure as Love itself, to which it carries us. For its simplicity avoids the snares the foolish convolutions of the world's apparent reasoning but serve to hide.

**Simply do this: Be still, and lay aside all thoughts of what you are and what God is; all concepts you have learned about the world; all images you hold about yourself. Empty your mind of everything it thinks is either true or false, or good or bad, of every thought it judges worthy, and all the ideas of which it is ashamed. Hold onto nothing. Do not bring with you one thought the past has taught, nor one belief you ever learned before from anything. Forget this world, forget this course, and come with wholly empty hands unto your God.**

Is it not He Who knows the way to you? You need not know the way to Him. Your part is simply to allow all obstacles that you have interposed between the Son and God the Father to be quietly removed forever. God will do His part in joyful and immediate response. Ask and receive. But do not make demands, nor point the road to God by which He should appear to you. The way to reach Him is merely to let Him be. For in that way is your reality proclaimed as well.

**And so today we do not choose the way in which we go to Him. But we do choose to let Him come. And with this choice we rest. And in our quiet hearts and open minds, His Love will blaze its pathway of itself. What has not been denied is surely there, if it be true and can be surely reached. God knows His Son, and knows the way to him. He does not need His Son to show Him how to find His way. Through every opened door His Love shines outward from its home within, and lightens up the world in innocence.**

*Father, we do not know the way to You. But we have called, and You have answered us. We will not interfere. Salvation's ways are not our own, for they belong to You. And it is unto You we look for them. Our hands are open to receive Your gifts. We have no thoughts we think apart from You, and cherish no beliefs of what we are, or Who created us. Yours is the way that we would find and follow. And we ask but that Your Will, which is our own as well, be done in us and in the world, that it become a part of Heaven now. Amen.*



## LESSON 190

### **I Choose The Joy Of God Instead Of Pain.**

**Pain is a wrong perspective. When it is experienced in any form, it is a proof of self-deception. It is not a fact at all. There is no form it takes that will not disappear if seen aright. For pain proclaims God cruel. How could it be real in any form? It witnesses to God the Father's hatred of His Son, the sinfulness He sees in him, and His insane desire for revenge and death.**

Can such projections be attested to? Can they be anything but wholly false? Pain is but witness to the Son's mistakes in what he thinks he is. It is a dream of fierce retaliation for a crime that could not be committed; for attack on what is wholly unassailable. It is a nightmare of abandonment by an Eternal Love, Which could not leave the Son whom It created out of love.

**Pain is a sign illusions reign in place of truth. It demonstrates God is denied, confused with fear, perceived as mad, and seen as traitor to Himself. If God is real, there is no pain. If pain is real, there is no God. For vengeance is not part of love. And fear, denying love and using pain to prove that God is dead, has shown that death is victor over life. The body is the Son of God, corruptible in death, as mortal as the Father he has slain.**

Peace to such foolishness! The time has come to laugh at such insane ideas. There is no need to think of them as savage crimes, or secret sins with weighty consequence. Who but a madman could conceive of them as cause of anything? Their witness, pain, is mad as they, and no more to be feared than the insane illusions which it shields, and tries to demonstrate must still be true.

**It is your thoughts alone that cause you pain. Nothing external to your mind can hurt or injure you in any way. There is no cause beyond yourself that can reach down and bring oppression. No one but yourself affects you. There is nothing in the world that has the power to make you ill or sad, or weak or frail.** But it is you who have the power to dominate all things you see by merely recognizing what you are. As you perceive the harmlessness in them, they will accept your holy will as theirs. And what was seen as fearful now becomes a source of innocence and holiness.

**My holy brother, think of this awhile: The world you see does nothing. It has no effects at all. It merely represents your thoughts. And it will change entirely as you elect to change your mind, and choose the joy of God as what you really want. Your Self is radiant in this holy joy, unchanged, unchanging and**

**unchangeable, forever and forever. And would you deny a little corner of your mind its own inheritance, and keep it as a hospital for pain; a sickly place where living things must come at last to die?**

**The world may seem to cause you pain. And yet the world, as causeless, has no power to cause. As an effect, it cannot make effects. As an illusion, it is what you wish. Your idle wishes represent its pains. Your strange desires bring it evil dreams. Your thoughts of death envelop it in fear, while in your kind forgiveness does it live.**

**Pain is the thought of evil taking form, and working havoc in your holy mind. Pain is the ransom you have gladly paid not to be free. In pain is God denied the Son He loves. In pain does fear appear to triumph over love, and time replace eternity and Heaven. And the world becomes a cruel and a bitter place, where sorrow rules and little joys give way before the onslaught of the savage pain that waits to end all joy in misery.**

Lay down your arms, and come without defense into the quiet place where Heaven's peace holds all things still at last. Lay down all thoughts of danger and of fear. Let no attack enter with you. Lay down the cruel sword of judgment that you hold against your throat, and put aside the withering assaults with which you seek to hide your holiness.

Here will you understand there is no pain. Here does the joy of God belong to you. **This is the day when it is given you to realize the lesson that contains all of salvation's power. It is this: Pain is illusion; joy, reality. Pain is but sleep; joy is awakening. Pain is deception; joy alone is truth.**

**And so again we make the only choice that ever can be made; we choose between illusions and the truth, or pain and joy, or hell and Heaven. Let our gratitude unto our Teacher fill our hearts, as we are free to choose our joy instead of pain, our holiness in place of sin, the peace of God instead of conflict, and the light of Heaven for the darkness of the world.**

## KEY LESSON 191

### **I Am The Holy Son Of God Himself.**

Here is your declaration of release from bondage of the world. And here as well is all the world released. You do not see what you have done by giving to the world the role of jailer to the Son of God. What could it be but vicious and afraid, fearful of shadows, punitive and wild, lacking all reason, blind, insane with hate?

What have you done that this should be your world? What have you done that this is what you see? Deny your own Identity, and this is what remains. You look on chaos and proclaim it is yourself. There is no sight that fails to witness this to you. There is no sound that does not speak of frailty within you and without; no breath you draw that does not seem to bring you nearer death; no hope you hold but will dissolve in tears.

**Deny your own Identity, and you will not escape the madness which induced this weird, unnatural and ghostly thought that mocks creation and that laughs at God. Deny your own Identity, and you assail the universe alone, without a friend, a tiny particle of dust against the legions of your enemies. Deny your own Identity, and look on evil, sin and death, and watch despair snatch from your fingers every scrap of hope, leaving you nothing but the wish to die.**

**Yet what is it except a game you play in which identity can be denied? You are as God created you. All else but this one thing is folly to believe. In this one thought is everyone set free. In this one truth are all illusions gone. In this one fact is sinlessness proclaimed to be forever part of everything, the central core of its existence and its guarantee of immortality.**

But let today's idea find a place among your thoughts and you have risen far above the world, and all the worldly thoughts that hold it prisoner. And from this place of safety and escape you will return and set it free. For he who can accept his true Identity is truly saved. And his salvation is the gift he gives to everyone, in gratitude to Him Who pointed out the way to happiness that changed his whole perspective of the world.

**One holy thought like this and you are free: You are the holy Son of God Himself. And with this holy thought you learn as well that you have freed the world. You have no need to use it cruelly, and then perceive this savage need in it. You set it free of your imprisonment. You will not see a devastating image of yourself walking the world in terror, with the world twisting in agony because your fears have laid the mark of death upon its heart.**

**Be glad today how very easily is hell undone. You need but tell yourself:**

*I am the holy Son of God Himself. I cannot suffer, cannot be in pain;  
I cannot suffer loss, nor fail to do all that salvation asks.*

And in that thought is everything you look on wholly changed.

A miracle has lighted up all dark and ancient caverns, where the rites of death echoed since time began. For time has lost its hold upon the world. The Son of God has come in glory to redeem the lost, to save the helpless, and to give the world the gift of his forgiveness. Who could see the world as dark and sinful, when God's Son has come again at last to set it free?

**You who perceive yourself as weak and frail, with futile hopes and devastated dreams, born but to die, to weep and suffer pain, hear this: All power is given unto you in earth and Heaven. There is nothing that you cannot do. You play the game of death, of being helpless, pitifully tied to dissolution in a world which shows no mercy to you. Yet when you accord it mercy, will its mercy shine on you.**

**Then let the Son of God awaken from his sleep, and opening his holy eyes, return again to bless the world he made. In error it began, but it will end in the reflection of his holiness. And he will sleep no more and dream of death. Then join with me today. Your glory is the light that saves the world. Do not withhold salvation longer. Look about the world, and see the suffering there. Is not your heart willing to bring your weary brothers rest?**

**They must await your own release. They stay in chains till you are free. They cannot see the mercy of the world until you find it in yourself. They suffer pain until you have denied its hold on you. They die till you accept your own eternal life. You are the holy Son of God Himself. Remember this, and all the world is free. Remember this, and earth and Heaven are one.**

## LESSON 192

### **I Have A Function God Would Have Me Fill.**

**It is your Father's holy Will that you complete Himself, and that your Self shall be His sacred Son, forever pure as He, of Love created and in love preserved, extending love, creating in its Name, forever one with God and with your Self. Yet what can such a function mean within a world of envy, hatred and attack?**

Therefore, you have a function in the world in its own terms. For who can understand a language far beyond his simple grasp? Forgiveness represents your function here. **It is not God's creation, for it is the means by which untruth can be undone. And who would pardon Heaven? Yet on earth, you need the means to let illusions go. Creation merely waits for your return to be acknowledged, not to be complete.**

**Creation cannot even be conceived of in the world. It has no meaning here. Forgiveness is the closest it can come to earth. For being Heaven-born, it has no form at all.** Yet God created One Who has the power to translate in form the wholly formless. What He makes are dreams, but of a kind so close to waking that the light of day already shines in them, and eyes already opening behold the joyful sights their offerings contain.

Forgiveness gently looks upon all things unknown in Heaven, sees them disappear, and leaves the world a clean and unmarked slate on which the Word of God can now replace the senseless symbols written there before. Forgiveness is the means by which the fear of death is overcome, because it holds no fierce attraction now and guilt is gone. Forgiveness lets the body be perceived as what it is; a simple teaching aid, to be laid by when learning is complete, but hardly changing him who learns at all.

**The mind without the body cannot make mistakes. It cannot think that it will die, nor be the prey of merciless attack. Anger becomes impossible, and where is terror then? What fears could still assail those who have lost the source of all attack, the core of anguish and the seat of fear? Only forgiveness can relieve the mind of thinking that the body is its home. Only forgiveness can restore the peace that God intended for His holy Son. Only forgiveness can persuade the Son to look again upon his holiness.**

With anger gone, you will indeed perceive that, for Christ's vision and the gift of sight, no sacrifice was asked, and only pain was lifted from a sick and tortured mind. Is this unwelcome? Is it to be feared? Or is it to be hoped for, met with thanks and

joyously accepted? We are one, and therefore give up nothing. But we have indeed been given everything by God.

**Yet do we need forgiveness to perceive that this is so. Without its kindly light we grope in darkness, using reason but to justify our rage and our attack. Our understanding is so limited that what we think we understand is but confusion born of error. We are lost in mists of shifting dreams and fearful thoughts, our eyes shut tight against the light; our minds engaged in worshipping what is not there.**

**Who can be born again in Christ but him who has forgiven everyone he sees or thinks of or imagines? Who could be set free while he imprisons anyone? A jailer is not free, for he is bound together with his prisoner. He must be sure that he does not escape, and so he spends his time in keeping watch on him. The bars that limit him become the world in which his jailer lives, along with him. And it is on his freedom that the way to liberty depends for both of them.**

Therefore, hold no one prisoner. Release instead of bind, for thus are you made free. The way is simple. Every time you feel a stab of anger, realize you hold a sword above your head. And it will fall or be averted as you choose to be condemned or free. Thus does each one who seems to tempt you to be angry represent your savior from the prison house of death. And so you owe him thanks instead of pain.

**Be merciful today. The Son of God deserves your mercy. It is he who asks that you accept the way to freedom now. Deny him not. His Father's Love for him belongs to you. Your function here on earth is only to forgive him, that you may accept him back as your Identity. He is as God created him. And you are what he is. Forgive him now his sins, and you will see that you are one with him.**

## *Diary*

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*The real world is not like this. It has no buildings and there are no streets where people walk alone and separate. There are no stores where people buy an endless list of things they do not need. It is not lit with artificial light, and night comes not upon it. There is no day that brightens and grows dim. There is no loss. Nothing is there but shines, and shines forever. - Text, Chapter 13*

## LESSON 193

### **All Things Are Lessons God Would Have Me Learn.**

**God does not know of learning. Yet His Will extends to what He does not understand, in that He wills the happiness His Son inherited of Him be undisturbed; eternal and forever gaining scope, eternally expanding in the joy of full creation, and eternally open and wholly limitless in Him. That is His Will. And thus His Will provides the means to guarantee that it is done.**

**God sees no contradictions. Yet His Son believes he sees them. Thus he has a need for One Who can correct his erring sight, and give him vision that will lead him back to where perception ceases. God does not perceive at all. Yet it is He Who gives the means by which perception is made true and beautiful enough to let the light of Heaven shine upon it. It is He Who answers what His Son would contradict, and keeps his sinlessness forever safe.**

These are the lessons God would have you learn. His Will reflects them all, and they reflect His loving kindness to the Son He loves. Each lesson has a central thought, the same in all of them. The form alone is changed, with different circumstances and events; with different characters and different themes, apparent but not real. They are the same in fundamental content. It is this:

***Forgive, and you will see this differently.***

Certain it is that all distress does not appear to be but unforgiveness. Yet that is the content underneath the form. It is this sameness which makes learning sure, because the lesson is so simple that it cannot be rejected in the end. **No one can hide forever from a truth so very obvious that it appears in countless forms, and yet is recognized as easily in all of them, if one but wants to see the simple lesson there.**

***Forgive, and you will see this differently.***

**These are the words the Holy Spirit speaks in all your tribulations, all your pain, all suffering regardless of its form. These are the words with which temptation ends, and guilt, abandoned, is revered no more. These are the words which end the dream of sin, and rid the mind of fear. These are the words by which salvation comes to all the world.**

**Shall we not learn to say these words when we are tempted to believe that pain is real, and death becomes our choice instead of life? Shall we not learn to say these words when we have understood their power to release all minds from**



**bondage? These are words which give you power over all events that seem to have been given power over you. You see them rightly when you hold these words in full awareness, and do not forget these words apply to everything you see or any brother looks upon amiss.**

How can you tell when you are seeing wrong, or someone else is failing to perceive the lesson he should learn? Does pain seem real in the perception? If it does, be sure the lesson is not learned. And there remains an unforgiveness hiding in the mind that sees the pain through eyes the mind directs. **God would not have you suffer thus. He would help you forgive yourself. His Son does not remember who he is. And God would have him not forget His Love, and all the gifts His Love brings with it. Would you now renounce your own salvation? Would you fail to learn the simple lessons Heaven's Teacher sets before you, that all pain may disappear and God may be remembered by His Son?**

All things are lessons God would have you learn. He would not leave an unforgiving thought without correction, nor one thorn or nail to hurt His holy Son in any way. He would ensure his holy rest remain untroubled and serene, without a care, in an eternal home which cares for him. And He would have all tears be wiped away, with none remaining yet unshed, and none but waiting their appointed time to fall. For God has willed that laughter should replace each one, and that His Son be free again.

**We will attempt today to overcome a thousand seeming obstacles to peace in just one day. Let mercy come to you more quickly. Do not try to hold it off another day, another minute or another instant. Time was made for this. Use it today for what its purpose is.** Morning and night, devote what time you can to serve its proper aim, and do not let the time be less than meets your deepest need.

Give all you can, and give a little more. For now we would arise in haste and go unto our Father's house. We have been gone too long, and we would linger here no more. And as we practice, let us think about all things we saved to settle by ourselves, and kept apart from healing. Let us give them all to Him Who knows the way to look upon them so that they will disappear. Truth is His message; truth His teaching is. His are the lessons God would have us learn.

**Each hour, spend a little time today, and in the days to come, in practicing the lesson in forgiveness in the form established for the day. And try to give it application to the happenings the hour brought, so that the next one is free of the one before. The chains of time are easily unloosened in this way. Let no one hour cast its shadow on the one that follows, and when that one goes, let**

**everything that happened in its course go with it. Thus will you remain unbound, in peace eternal in the world of time.**

**This is the lesson God would have you learn: There is a way to look on everything that lets it be to you another step to Him, and to salvation of the world. To all that speaks of terror, answer thus:**

*I will forgive, and this will disappear.*

**To every apprehension, every care and every form of suffering, repeat these selfsame words. And then you hold the key that opens Heaven's gate, and brings the Love of God the Father down to earth at last, to raise it up to Heaven. God will take this final step Himself. Do not deny the little steps He asks you take to Him.**

## LESSON 194

### **I Place The Future In The Hands Of God.**

Today's idea takes another step toward quick salvation, and a giant stride it is indeed! So great the distance is that it encompasses, it sets you down just short of Heaven, with the goal in sight and obstacles behind. Your foot has reached the lawns that welcome you to Heaven's gate; the quiet place of peace, where you await with certainty the final step of God. How far are we progressing now from earth! How close are we approaching to our goal! How short the journey still to be pursued!

**Accept today's idea, and you have passed all anxiety, all pits of hell, all blackness of depression, thoughts of sin, and devastation brought about by guilt. Accept today's idea, and you have released the world from all imprisonment by loosening the heavy chains that locked the door to freedom on it. You are saved, and your salvation thus becomes the gift you give the world, because you have received.**

**In no one instant is depression felt, or pain experienced or loss perceived. In no one instant sorrow can be set upon a throne, and worshipped faithfully. In no one instant can one even die. And so each instant given unto God in passing, with the next one given Him already, is a time of your release from sadness, pain and even death itself.**

God holds your future as He holds your past and present. They are one to Him, and so they should be one to you. Yet in this world, the temporal progression still seems real. And so you are not asked to understand the lack of sequence really found in time. You are but asked to let the future go, and place it in God's Hands. **And you will see by your experience that you have laid the past and present in His Hands as well, because the past will punish you no more, and future dread will now be meaningless.**

**Release the future. For the past is gone, and what is present, freed from its bequest of grief and misery, of pain and loss, becomes the instant in which time escapes the bondage of illusions where it runs its pitiless, inevitable course. Then is each instant which was slave to time transformed into a holy instant, when the light that was kept hidden in God's Son is freed to bless the world. Now is he free, and all his glory shines upon a world made free with him, to share his holiness.**

If you can see the lesson for today as the deliverance it really is, you will not hesitate to give as much consistent effort as you can, to make it be a part of you. As it becomes a thought that rules your mind, a habit in your problem-solving repertoire, a way of quick reaction to temptation, you extend your learning to the world. And as you learn to see salvation in all things, so will the world perceive that it is saved.

**What worry can beset the one who gives his future to the loving Hands of God? What can he suffer? What can cause him pain, or bring experience of loss to him? What can he fear? And what can he regard except with love? For he who has escaped all fear of future pain has found his way to present peace, and certainty of care the world can never threaten. He is sure that his perception may be faulty, but will never lack correction. He is free to choose again when he has been deceived; to change his mind when he has made mistakes.**

Place, then, your future in the Hands of God. For thus you call the memory of Him to come again, replacing all your thoughts of sin and evil with the truth of love. Think you the world could fail to gain thereby, and every living creature not respond with healed perception? **Who entrusts himself to God has also placed the world within the Hands to which he has himself appealed for comfort and security. He lays aside the sick illusions of the world along with his, and offers peace to both.**

**Now are we saved indeed. For in God's Hands we rest untroubled, sure that only good can come to us. If we forget, we will be gently reassured. If we accept an unforgiving thought, it will be soon replaced by love's reflection. And if we are tempted to attack, we will appeal to Him Who guards our rest to make the choice for us that leaves temptation far behind. No longer is the world our enemy, for we have chosen that we be its Friend.**

## LESSON 195

### **Love Is The Way I Walk In Gratitude.**

**Gratitude is a lesson hard to learn for those who look upon the world amiss. The most that they can do is see themselves as better off than others. And they try to be content because another seems to suffer more than they. How pitiful and deprecating are such thoughts! For who has cause for thanks while others have less cause? And who could suffer less because he sees another suffer more? Your gratitude is due to Him alone Who made all cause of sorrow disappear throughout the world.**

It is insane to offer thanks because of suffering. But it is equally insane to fail in gratitude to One Who offers you the certain means whereby all pain is healed, and suffering replaced with laughter and with happiness. Nor could the even partly sane refuse to take the steps which He directs, and follow in the way He sets before them, to escape a prison that they thought contained no door to the deliverance they now perceive.

Your brother is your “enemy” because you see in him the rival for your peace; a plunderer who takes his joy from you, and leaves you nothing but a black despair so bitter and relentless that there is no hope remaining. Now is vengeance all there is to wish for. Now can you but try to bring him down to lie in death with you, as useless as yourself; as little left within his grasping fingers as in yours.

**You do not offer God your gratitude because your brother is more slave than you, nor could you sanely be enraged if he seems freer. Love makes no comparisons. And gratitude can only be sincere if it be joined to love. We offer thanks to God our Father that in us all things will find their freedom. It will never be that some are loosed while others still are bound. For who can bargain in the name of love?**

Therefore give thanks, but in sincerity. And let your gratitude make room for all who will escape with you; the sick, the weak, the needy and afraid, and those who mourn a seeming loss or feel apparent pain, who suffer cold or hunger, or who walk the way of hatred and the path of death. All these go with you. Let us not compare ourselves with them, for thus we split them off from our awareness of the unity we share with them, as they must share with us.

**We thank our Father for one thing alone; that we are separate from no living thing, and therefore one with Him. And we rejoice that no exceptions ever can be made which would reduce our wholeness, nor impair or change our**

**function to complete the One Who is Himself completion. We give thanks for every living thing, for otherwise we offer thanks for nothing, and we fail to recognize the gifts of God to us.**

Then let our brothers lean their tired heads against our shoulders as they rest a while. We offer thanks for them. For if we can direct them to the peace that we would find, the way is opening at last to us. An ancient door is swinging free again; a long forgotten Word re-echoes in our memory, and gathers clarity as we are willing once again to hear.

**Walk, then, in gratitude the way of love. For hatred is forgotten when we lay comparisons aside. What more remains as obstacles to peace? The fear of God is now undone at last, and we forgive without comparing. Thus we cannot choose to overlook some things, and yet retain some other things still locked away as “sins.” When your forgiveness is complete you will have total gratitude, for you will see that everything has earned the right to love by being loving, even as your Self.**

Today we learn to think of gratitude in place of anger, malice and revenge. We have been given everything. If we refuse to recognize it, are we not entitled therefore to our bitterness, and to a self-perception which regards us in a place of merciless pursuit, where we are badgered ceaselessly, and pushed about without a thought or care for us or for our future? Gratitude becomes the single thought we substitute for these insane perceptions. God has cared for us, and calls us Son. Can there be more than this?

Our gratitude will pave the way to Him, and shorten our learning time by more than you could ever dream of. Gratitude goes hand in hand with love, and where one is the other must be found. For gratitude is but an aspect of the Love which is the Source of all creation. **God gives thanks to you, His Son, for being what you are; His Own completion and the Source of love, along with Him. Your gratitude to Him is one with His to you. For love can walk no road except the way of gratitude, and thus we go who walk the way to God.**

## LESSON 196

### **It Can Be But Myself I Crucify.**

**When this is firmly understood and kept in full awareness, you will not attempt to harm yourself, nor make your body slave to vengeance. You will not attack yourself, and you will realize that to attack another is but to attack yourself. You will be free of the insane belief that to attack a brother saves yourself. And you will understand his safety is your own, and in his healing you are healed.**

Perhaps at first you will not understand how mercy, limitless and with all things held in its sure protection, can be found in the idea we practice for today. It may, in fact, appear to be a sign that punishment can never be escaped because the ego, under what it sees as threat, is quick to cite the truth to save its lies. Yet must it fail to understand the truth it uses thus. **But you can learn to see these foolish applications, and deny the meaning they appear to have.**

**Thus do you also teach your mind that you are not an ego. For the ways in which the ego would distort the truth will not deceive you longer. You will not believe you are a body to be crucified. And you will see within today's idea the light of resurrection, looking past all thoughts of crucifixion and of death, to thoughts of liberation and of life.**

Today's idea is one step we take in leading us from bondage to the state of perfect freedom. Let us take this step today, that we may quickly go the way salvation shows us, taking every step in its appointed sequence, as the mind relinquishes its burdens one by one. It is not time we need for this. It is but willingness. For what would seem to need a thousand years can easily be done in just one instant by the grace of God.

**The dreary, hopeless thought that you can make attacks on others and escape yourself has nailed you to the cross. Perhaps it seemed to be salvation. Yet it merely stood for the belief the fear of God is real. And what is that but hell? Who could believe his Father is his deadly enemy, separate from him, and waiting to destroy his life and blot him from the universe, without the fear of hell upon his heart?**

**Such is the form of madness you believe, if you accept the fearful thought you can attack another and be free yourself. Until this form is changed, there is no hope. Until you see that this, at least, must be entirely impossible, how could there be escape? The fear of God is real to anyone who thinks this thought is true. And he will not perceive its foolishness, or even see that it is there, so that it would be possible to question it.**

To question it at all, its form must first be changed at least as much as will permit fear of retaliation to abate, and the responsibility returned to some extent to you. From there you can at least consider if you want to go along this painful path. Until this shift has been accomplished, you can not perceive that it is but your thoughts that bring you fear, and your deliverance depends on you.

Our next steps will be easy, if you take this one today. From there we go ahead quite rapidly. For once you understand it is impossible that you be hurt except by your own thoughts, the fear of God must disappear. You cannot then believe that fear is caused without. And God, Whom you had thought to banish, can be welcomed back within the holy mind He never left.

**Salvation's song can certainly be heard in the idea we practice for today. If it can but be you you crucify, you did not hurt the world, and need not fear its vengeance and pursuit. Nor need you hide in terror from the deadly fear of God projection hides behind. The thing you dread the most is your salvation. You are strong, and it is strength you want. And you are free, and glad of freedom. You have sought to be both weak and bound, because you feared your strength and freedom. Yet salvation lies in them.**

**There is an instant in which terror seems to grip your mind so wholly that escape appears quite hopeless. When you realize, once and for all, that it is you you fear, the mind perceives itself as split. And this had been concealed while you believed attack could be directed outward, and returned from outside to within. It seemed to be an enemy outside you had to fear. And thus a god outside yourself became your mortal enemy; the source of fear.**

**Now, for an instant, is a murderer perceived within you, eager for your death, intent on plotting punishment for you until the time when it can kill at last. Yet in this instant is the time as well in which salvation comes. For fear of God has disappeared. And you can call on Him to save you from illusions by His Love, calling Him Father and yourself His Son. Pray that the instant may be soon, - today. Step back from fear, and make advance to love.**

There is no Thought of God that does not go with you to help you reach that instant, and to go beyond it quickly, surely and forever. When the fear of God is gone, there are no obstacles that still remain between you and the holy peace of God. How kind and merciful is the idea we practice! Give it welcome, as you should, for it is your release. It is indeed but you your mind can try to crucify. Yet your redemption, too, will come from you.



## LESSON 197

### **It Can Be But My Gratitude I Earn.**

**Here is the second step we take to free your mind from the belief in outside force pitted against your own. You make attempts at kindness and forgiveness. Yet you turn them to attack again, unless you find external gratitude and lavish thanks. Your gifts must be received with honor, lest they be withdrawn. And so you think God's gifts are loans at best; at worst, deceptions which would cheat you of defenses, to ensure that when He strikes He will not fail to kill.**

**How easily are God and guilt confused by those who know not what their thoughts can do. Deny your strength, and weakness must become salvation to you. See yourself as bound, and bars become your home. Nor will you leave the prison house, or claim your strength, until guilt and salvation are not seen as one, and freedom and salvation are perceived as joined, with strength beside them, to be sought and claimed, and found and fully recognized.**

The world must thank you when you offer it release from your illusions. Yet your thanks belong to you as well, for its release can only mirror yours. Your gratitude is all your gifts require, that they be a lasting offering of a thankful heart, released from hell forever. Is it this you would undo by taking back your gifts, because they were not honored? It is you who honor them and give them fitting thanks, for it is you who have received the gifts.

**It does not matter if another thinks your gifts unworthy. In his mind there is a part that joins with yours in thanking you. It does not matter if your gifts seem lost and ineffectual. They are received where they are given. In your gratitude are they accepted universally, and thankfully acknowledged by the Heart of God Himself. And would you take them back, when He has gratefully accepted them?**

God blesses every gift you give to Him, and every gift is given Him, because it can be given only to yourself. And what belongs to God must be His Own. Yet you will never realize His gifts are sure, eternal, changeless, limitless, forever giving out, extending love and adding to your never-ending joy while you forgive but to attack again.

**Withdraw the gifts you give, and you will think that what is given you has been withdrawn. But learn to let forgiveness take away the sins you think you see outside yourself, and you can never think the gifts of God are lent but for a little while, before He snatches them away again in death. For death will have no meaning for you then.**

And with the end of this belief is fear forever over. Thank your Self for this, for He is grateful only unto God, and He gives thanks for you unto Himself. To everyone who lives will Christ yet come, for everyone must live and move in Him. His Being in His Father is secure, because Their Will is one. Their gratitude to all They have created has no end, for gratitude remains a part of love.

**Thanks be to you, the holy Son of God. For as you were created, you contain all things within your Self. And you are still as God created you. Nor can you dim the light of your perfection. In your heart the Heart of God is laid. He holds you dear, because you are Himself. All gratitude belongs to you, because of what you are.**

Give thanks as you receive it. Be you free of all ingratitude to anyone who makes your Self complete. And from this Self is no one left outside. Give thanks for all the countless channels which extend this Self. All that you do is given unto Him. All that you think can only be His Thoughts, sharing with Him the holy Thoughts of God. Earn now the gratitude you have denied yourself when you forgot the function God has given you. But never think that He has ever ceased to offer thanks to you.

## *Diary*

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*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? - Text, Chapter 20*

## LESSON 198

### **Only My Condemnation Injures Me.**

**Injury is impossible. And yet illusion makes illusion. If you can condemn, you can be injured. For you have believed that you can injure, and the right you have established for yourself can be now used against you, till you lay it down as valueless, unwanted and unreal. Then does illusion cease to have effects, and those it seemed to have will be undone. Then are you free, for freedom is your gift, and you can now receive the gift you gave.**

**Condemn and you are made a prisoner. Forgive and you are freed. Such is the law that rules perception. It is not a law that knowledge understands, for freedom is a part of knowledge. To condemn is thus impossible in truth. What seems to be its influence and its effects have not occurred at all. Yet must we deal with them a while as if they had. Illusion makes illusion. Except one. Forgiveness is illusion that is answer to the rest.**

Forgiveness sweeps all other dreams away, and though it is itself a dream, it breeds no others. All illusions save this one must multiply a thousandfold. But this is where illusions end. Forgiveness is the end of dreams, because it is a dream of waking. It is not itself the truth. Yet does it point to where the truth must be, and gives direction with the certainty of God Himself. It is a dream in which the Son of God awakens to his Self and to his Father, knowing They are one.

**Forgiveness is the only road that leads out of disaster, past all suffering, and finally away from death. How could there be another way, when this one is the plan of God Himself? And why would you oppose it, quarrel with it, seek to find a thousand ways in which it must be wrong; a thousand other possibilities?**

Is it not wiser to be glad you hold the answer to your problems in your hand? Is it not more intelligent to thank the One Who gives salvation, and accept His gift with gratitude? And is it not a kindness to yourself to hear His Voice and learn the simple lessons He would teach, instead of trying to dismiss His words, and substitute your own in place of His?

His words will work. His words will save. His words contain all hope, all blessing and all joy that ever can be found upon this earth. His words are born in God, and come to you with Heaven's love upon them. Those who hear His words have heard the song of Heaven. For these are the words in which all merge as one at last. And as this one will fade away, the Word of God will come to take its place, for it will be remembered then and loved.

**This world has many seeming separate haunts where mercy has no meaning, and attack appears as justified. Yet all are one; a place where death is offered to God's Son and to his Father. You may think They have accepted. But if you will look again upon the place where you beheld Their blood, you will perceive a miracle instead. How foolish to believe that They could die! How foolish to believe you can attack! How mad to think that you could be condemned, and that the holy Son of God can die!**

The stillness of your Self remains unmoved, untouched by thoughts like these, and unaware of any condemnation which could need forgiveness. Dreams of any kind are strange and alien to the truth. And what but truth could have a Thought which builds a bridge to it that brings illusions to the other side?

Today we practice letting freedom come to make its home with you. The truth bestows these words upon your mind, that you may find the key to light and let the darkness end:

*Only my condemnation injures me.*

*Only my own forgiveness sets me free.*

Do not forget today that there can be no form of suffering that fails to hide an unforgiving thought. Nor can there be a form of pain forgiveness cannot heal.

Accept the one illusion which proclaims there is no condemnation in God's Son, and Heaven is remembered instantly; the world forgotten, all its weird beliefs forgotten with it, as the face of Christ appears unveiled at last in this one dream. This is the gift the Holy Spirit holds for you from God your Father. Let today be celebrated both on earth and in your holy home as well. Be kind to both, as you forgive the trespasses you thought them guilty of, and see your innocence shining upon you from the face of Christ.

**Now is there silence all around the world. Now is there stillness where before there was a frantic rush of thoughts that made no sense. Now is there tranquil light across the face of earth, made quiet in a dreamless sleep. And now the Word of God alone remains upon it. Only that can be perceived an instant longer. Then are symbols done, and everything you ever thought you made completely vanished from the mind that God forever knows to be His only Son.**

There is no condemnation in him. He is perfect in his holiness. He needs no thoughts of mercy. Who could give him gifts when everything is his? And who could

dream of offering forgiveness to the Son of Sinlessness Itself, so like to Him Whose Son he is, that to behold the Son is to perceive no more, and only know the Father? **In this vision of the Son, so brief that not an instant stands between this single sight and timelessness itself, you see the vision of yourself, and then you disappear forever into God.**

**Today we come still nearer to the end of everything that yet would stand between this vision and our sight. And we are glad that we have come this far, and recognize that He Who brought us here will not forsake us now. For He would give to us the gift that God has given us through Him today. Now is the time for your deliverance. The time has come. The time has come today.**

## *Diary*

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

*- Text, Chapter 31*

## KEY LESSON 199

### **I Am Not A Body. I Am Free.**

**Freedom must be impossible as long as you perceive a body as yourself. The body is a limit. Who would seek for freedom in a body looks for it where it can not be found. The mind can be made free when it no longer sees itself as in a body, firmly tied to it and sheltered by its presence. If this were the truth, the mind were vulnerable indeed!**

The mind that serves the Holy Spirit is unlimited forever, in all ways, beyond the laws of time and space, unbound by any preconceptions, and with strength and power to do whatever it is asked. Attack thoughts cannot enter such a mind, because it has been given to the Source of love, and fear can never enter in a mind that has attached itself to love. It rests in God. And who can be afraid who lives in Innocence, and only loves?

**It is essential for your progress in this course that you accept today's idea, and hold it very dear. Be not concerned that to the ego it is quite insane. The ego holds the body dear because it dwells in it, and lives united with the home that it has made. It is a part of the illusion that has sheltered it from being found illusory itself.**

**Here does it hide, and here it can be seen as what it is. Declare your innocence and you are free. The body disappears, because you have no need of it except the need the Holy Spirit sees. For this, the body will appear as useful form for what the mind must do. It thus becomes a vehicle which helps forgiveness be extended to the all-inclusive goal that it must reach, according to God's plan.**

Cherish today's idea, and practice it today and every day. Make it a part of every practice period you take. There is no thought that will not gain thereby in power to help the world, and none which will not gain in added gifts to you as well. We sound the call of freedom round the world with this idea. And would you be exempt from the acceptance of the gifts you give?

**The Holy Spirit is the home of minds that seek for freedom. In Him they have found what they have sought. The body's purpose now is unambiguous. And it becomes perfect in the ability to serve an undivided goal. In conflict-free and unequivocal response to mind with but the thought of freedom as its goal, the body serves, and serves its purpose well. Without the power to enslave, it is a worthy servant of the freedom which the mind within the Holy Spirit seeks.**

Be free today. And carry freedom as your gift to those who still believe they are enslaved within a body. Be you free, so that the Holy Spirit can make use of your escape from bondage, to set free the many who perceive themselves as bound and helpless and afraid. Let love replace their fears through you. Accept salvation now, and give your mind to Him Who calls to you to make this gift to Him. For He would give you perfect freedom, perfect joy, and hope that finds its full accomplishment in God.

**You are God's Son. In immortality you live forever. Would you not return your mind to this? Then practice well the thought the Holy Spirit gives you for today. Your brothers stand released with you in it; the world is blessed along with you, God's Son will weep no more, and Heaven offers thanks for the increase of joy your practice brings even to it. And God Himself extends His Love and happiness each time you say:**

*I am not a body. I am free.  
I hear the Voice That God has given me,  
And it is only This my mind obeys.*



## LESSON 200

### **There Is No Peace Except The Peace Of God.**

**Seek you no further. You will not find peace except the peace of God. Accept this fact, and save yourself the agony of yet more bitter disappointments, bleak despair, and sense of icy hopelessness and doubt. Seek you no further. There is nothing else for you to find except the peace of God, unless you seek for misery and pain.**

**This is the final point to which each one must come at last, to lay aside all hope of finding happiness where there is none; of being saved by what can only hurt; of making peace of chaos, joy of pain, and Heaven out of hell. Attempt no more to win through losing, nor to die to live. You cannot but be asking for defeat.**

Yet you can ask as easily for love, for happiness, and for eternal life in peace that has no ending. Ask for this, and you can only win. To ask for what you have already must succeed. To ask that what is false be true can only fail. Forgive yourself for vain imaginings, and seek no longer what you cannot find. For what could be more foolish than to seek and seek and seek again for hell, when you have but to look with open eyes to find that Heaven lies before you, through a door that opens easily to welcome you?

**Come home. You have not found your happiness in foreign places and in alien forms that have no meaning to you, though you sought to make them meaningful. This world is not where you belong. You are a stranger here. But it is given you to find the means whereby the world no longer seems to be a prison house or jail for anyone.**

Freedom is given you where you beheld but chains and iron doors. But you must change your mind about the purpose of the world, if you would find escape. You will be bound till all the world is seen by you as blessed, and everyone made free of your mistakes and honored as he is. You made him not; no more yourself. And as you free the one, the other is accepted as he is.

**What does forgiveness do? In truth it has no function, and does nothing. For it is unknown in Heaven. It is only hell where it is needed, and where it must serve a mighty function. Is not the escape of God's beloved Son from evil dreams that he imagines, yet believes are true, a worthy purpose? Who could hope for more, while there appears to be a choice to make between success and failure; love and fear?**

**There is no peace except the peace of God, because He has one Son who cannot make a world in opposition to God's Will and to his own, which is the same as His. What could he hope to find in such a world? It cannot have reality, because it never was created. Is it here that he would seek for peace? Or must he see that, as he looks on it, the world can but deceive? Yet can he learn to look on it another way, and find the peace of God.**

Peace is the bridge that everyone will cross, to leave this world behind. But peace begins within the world perceived as different, and leading from this fresh perception to the gate of Heaven and the way beyond. Peace is the answer to conflicting goals, to senseless journeys, frantic, vain pursuits, and meaningless endeavors. Now the way is easy, sloping gently toward the bridge where freedom lies within the peace of God.

**Let us not lose our way again today. We go to Heaven, and the path is straight. Only if we attempt to wander can there be delay, and needless wasted time on thorny byways. God alone is sure, and He will guide our footsteps. He will not desert His Son in need, nor let him stray forever from his home. The Father calls; the Son will hear. And that is all there is to what appears to be a world apart from God, where bodies have reality.**

Now is there silence. Seek no further. You have come to where the road is carpeted with leaves of false desires, fallen from the trees of hopelessness you sought before. Now are they underfoot. And you look up and on toward Heaven, with the body's eyes but serving for an instant longer now. Peace is already recognized at last, and you can feel its soft embrace surround your heart and mind with comfort and with love.

**Today we seek no idols. Peace can not be found in them. The peace of God is ours, and only this will we accept and want. Peace be to us today. For we have found a simple, happy way to leave the world of ambiguity, and to replace our shifting goals and solitary dreams with single purpose and companionship. For peace is union, if it be of God. We seek no further. We are close to home, and draw still nearer every time we say:**

*There is no peace except the peace of God,  
And I am glad and thankful it is so.*



# **REVIEW**

## **Lessons 201 - 220**

I am the holy Son of God Himself.  
There is no peace except the peace of God.



## REVIEW

### Introduction

For this review we take but one idea each day, and practice it as often as is possible. Besides the time you give morning and evening, which should not be less than fifteen minutes, and the hourly remembrances you make throughout the day, use the idea as often as you can between them. **Each of these ideas alone would be sufficient for salvation, if it were learned truly. Each would be enough to give release to you and to the world from every form of bondage, and invite the memory of God to come again.**

With this in mind we start our practicing, in which we carefully review the thoughts the Holy Spirit has bestowed on us in our last twenty lessons. Each contains the whole curriculum if understood, practiced, accepted, and applied to all the seeming happenings throughout the day. **One is enough. But from that one, there must be no exceptions made. And so we need to use them all and let them blend as one, as each contributes to the whole we learn.**

These practice sessions, like our last review, are centered round a central theme with which we start and end each lesson. It is this:

*I am not a body. I am free.  
For I am still as God created me.*

The day begins and ends with this. And we repeat it every time the hour strikes, or we remember, in between, we have a function that transcends the world we see. Beyond this, and a repetition of the special thought we practice for the day, no form of exercise is urged, except a deep relinquishment of everything that clutters up the mind, and makes it deaf to reason, sanity and simple truth.

**We will attempt to get beyond all words and special forms of practicing for this review. For we attempt, this time, to reach a quickened pace along a shorter path to the serenity and peace of God. We merely close our eyes, and then forget all that we thought we knew and understood. For thus is freedom given us from all we did not know and failed to understand.**

There is but one exception to this lack of structuring. Permit no idle thought to go unchallenged. If you notice one, deny its hold and hasten to assure your mind that this is not what it would have. Then gently let the thought which you denied be given up, in sure and quick exchange for the idea we practice for the day.

When you are tempted, hasten to proclaim your freedom from temptation, as you say:

*This thought I do not want. I choose instead \_\_\_\_\_.*

And then repeat the idea for the day, and let it take the place of what you thought. Beyond such special applications of each day's idea, we will add but a few formal expressions or specific thoughts to aid in practicing. Instead, we give these times of quiet to the Teacher Who instructs in quiet, speaks of peace, and gives our thoughts whatever meaning they may have.

**To Him I offer this review for you. I place you in His charge, and let Him teach you what to do and say and think, each time you turn to Him. He will not fail to be available to you, each time you call to Him to help you. Let us offer Him the whole review we now begin, and let us also not forget to Whom it has been given, as we practice day by day, advancing toward the goal He set for us; allowing Him to teach us how to go, and trusting Him completely for the way each practice period can best become a loving gift of freedom to the world.**

LESSON 201

**I am not a body. I am free.  
For I am still as God created me.**

(181) I trust my brothers, who are one with me.

*No one but is my brother. I am blessed with oneness  
with the universe and God, my Father; one Creator  
of the whole that is my Self, forever one with me.*

**I am not a body. I am free.  
For I am still as God created me.**



LESSON 202

**I am not a body. I am free.  
For I am still as God created me.**

(182) I will be still an instant and go home.

*Why would I choose to stay an instant more  
where I do not belong, when God Himself has given me  
His Voice to call me home?*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 203

**I am not a body. I am free.  
For I am still as God created me.**

(183) I call upon God's Name and on my own.

*The Name of God is my deliverance  
from every thought of evil and of sin,  
because it is my own as well as His.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 204

**I am not a body. I am free.  
For I am still as God created me.**

(184) The Name of God is my inheritance.

*God's Name reminds me that I am His Son, not slave  
to time, unbound by laws which rule the world of sick  
illusions, free in God, forever and forever one with Him.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 205

**I am not a body. I am free.  
For I am still as God created me.**

(185) I want the peace of God.

*The peace of God is everything I want.  
The peace of God is my one goal;  
the aim of all my living here, the end I seek,  
my purpose and my function and my life,  
while I abide where I am not at home.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 206

**I am not a body. I am free.  
For I am still as God created me.**

(186) Salvation of the world depends on me.

*I am entrusted with the gifts of God, because I am His Son.  
And I would give His gifts where He intended them to be.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 207

**I am not a body. I am free.  
For I am still as God created me.**

(187) I bless the world because I bless myself.

*God's blessing shines upon me from within my heart,  
where He abides. I need but turn to Him, and every  
sorrow melts away, as I accept His boundless Love for me.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 208

**I am not a body. I am free.  
For I am still as God created me.**

(188) The peace of God is shining in me now.

*I will be still, and let the earth be still along with me.  
And in that stillness we will find the peace of God.  
It is within my heart, which witnesses to God Himself.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 209

**I am not a body. I am free.  
For I am still as God created me.**

(189) I feel the Love of God within me now.

*The Love of God is what created me.*

*The Love of God is everything I am.*

*The Love of God proclaimed me as His Son.*

*The Love of God within me sets me free.*

**I am not a body. I am free.  
For I am still as God created me.**



LESSON 210

**I am not a body. I am free.  
For I am still as God created me.**

(190) I choose the joy of God instead of pain.

*Pain is my own idea. It is not a Thought of God,  
but one I thought apart from Him and from His Will.  
His Will is joy, and only joy for His beloved Son.  
And that I choose, instead of what I made.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 211

**I am not a body. I am free.  
For I am still as God created me.**

(191) I am the holy Son of God Himself.

*In silence and in true humility I seek God's glory,  
to behold it in the Son whom He created as my Self.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 212

**I am not a body. I am free.  
For I am still as God created me.**

(192) I have a function God would have me fill.

*I seek the function that would set me free  
from all the vain illusions of the world.  
Only the function God has given me can offer freedom.  
Only this I seek, and only this will I accept as mine.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 213

**I am not a body. I am free.  
For I am still as God created me.**

(193) All things are lessons God would have me learn.

*A lesson is a miracle which God offers to me,  
in place of thoughts I made that hurt me.  
What I learn of Him becomes the way I am set free.  
And so I choose to learn His lessons and forget my own.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 214

**I am not a body. I am free.  
For I am still as God created me.**

(194) I place the future in the Hands of God.

*The past is gone; the future is not yet.  
Now am I freed from both.  
For what God gives can only be for good.  
And I accept but what He gives as what belongs to me.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 215

**I am not a body. I am free.  
For I am still as God created me.**

(195) Love is the way I walk in gratitude.

*The Holy Spirit is my only Guide. He walks with me in love.  
And I give thanks to Him for showing me the way to go.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 216

**I am not a body. I am free.  
For I am still as God created me.**

(196) It can be but myself I crucify.

*All that I do I do unto myself. If I attack, I suffer.  
But if I forgive, salvation will be given me.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 217

**I am not a body. I am free.  
For I am still as God created me.**

(197) It can be but my gratitude I earn.

*Who should give thanks for my salvation but myself?  
And how but through salvation can I find the Self to  
Whom my thanks are due?*

**I am not a body. I am free.  
For I am still as God created me.**



LESSON 218

**I am not a body. I am free.  
For I am still as God created me.**

(198) Only my condemnation injures me.

*My condemnation keeps my vision dark, and through  
my sightless eyes I cannot see the vision of my glory.  
Yet today I can behold this glory and be glad.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 219

**I am not a body. I am free.  
For I am still as God created me.**

(199) I am not a body. I am free.

*I am God's Son.*

*Be still, my mind, and think a moment upon this.  
And then return to earth, without confusion as to  
what my Father loves forever as His Son.*

**I am not a body. I am free.  
For I am still as God created me.**

LESSON 220

**I am not a body. I am free.  
For I am still as God created me.**

(200) There is no peace except the peace of God.

*Let me not wander from the way of peace,  
for I am lost on other roads than this.  
But let me follow Him Who leads me home,  
and peace is certain as the Love of God.*

**I am not a body. I am free.  
For I am still as God created me.**



## The Savior's Vision

The concept of yourself that now you hold would guarantee your function here remain forever unaccomplished and undone. And thus it dooms you to a bitter sense of deep depression and futility. Yet it need not be fixed, unless you choose to hold it past the hope of change and keep it static and concealed within your mind. Give it instead to Him Who understands the changes that it needs to let it serve the function given you to bring you peace, that you may offer peace to have it yours. Alternatives are in your mind to use, and you can see yourself another way. Would you not rather look upon yourself as needed for salvation of the world, instead of as salvation's enemy?

The concept of the self stands like a shield, a silent barricade before the truth, and hides it from your sight. All things you see are images, because you look on them as through a barrier that dims your sight and warps your vision, so that you behold nothing with clarity. The light is kept from everything you see. At most, you glimpse a shadow of what lies beyond. At least, you merely look on darkness, and perceive the terrified imaginings that come from guilty thoughts and concepts born of fear. And what you see is hell, for fear *is* hell. All that is given you is for release; the sight, the vision and the inner Guide all lead you out of hell with those you love beside you, and the universe with them.

Behold your role within the universe! To every part of true creation has the Lord of Love and Life entrusted all salvation from the misery of hell. And to each one has He allowed the grace to be a savior to the holy ones especially entrusted to his care. And this he learns when first he looks upon one brother as he looks upon himself, and sees the mirror of himself in him. Thus is the concept of himself laid by, for nothing stands between his sight and what he looks upon, to judge what he beholds. And in this single vision does he see the face of Christ, and understands he looks on everyone as he beholds this one. For there is light where darkness was before, and now the veil is lifted from his sight.

-Text, Chapter 31