

**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.

A COURSE IN MIRACLES WORKBOOK

Lessons 61 through 80
and
Review Lessons

**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 TO THE WORKBOOK

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

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

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

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

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

The only general rules to be observed throughout, then, are: First, that the exercises be practiced with great specificity, as will be indicated. This will help you to generalize the ideas involved to every situation in which you find yourself, and to

everyone and everything in it. Second, be sure that you do not decide for yourself that there are some people, situations or things to which the ideas are inapplicable. This will interfere with transfer of training. **The very nature of true perception is that it has no limits. It is the opposite of the way you see now.**

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

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

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

LESSON 61

I Am The Light Of The World.

Who is the light of the world except God's Son? This, then, is merely a statement of the truth about yourself. It is the opposite of a statement of pride, of arrogance, or of self-deception. It does not describe the self-concept you have made. It does not refer to any of the characteristics with which you have endowed your idols. It refers to you as you were created by God. It simply states the truth.

To the ego, today's idea is the epitome of self-glorification. But the ego does not understand humility, mistaking it for self-debasement. Humility consists of accepting your role in salvation and in taking no other. It is not humility to insist you cannot be the light of the world if that is the function God assigned to you. It is only arrogance that would assert this function cannot be for you, and arrogance is always of the ego.

True humility requires that you accept today's idea because it is God's Voice Which tells you it is true. This is a beginning step in accepting your real function on earth. It is a giant stride toward taking your rightful place in salvation. It is a positive assertion of your right to be saved, and an acknowledgment of the power that is given you to save others.

You will want to think about this idea as often as possible today. It is the perfect answer to all illusions, and therefore to all temptation. It brings all the images you have made about yourself to the truth, and helps you depart in peace, unburdened and certain of your purpose. As many practice periods as possible should be undertaken today, although each one need not exceed a minute or two. They should begin with telling yourself:

***I am the light of the world.
That is my only function.
That is why I am here.***

Then think about these statements for a short while, preferably with your eyes closed if the situation permits. Let a few related thoughts come to you, and repeat the idea to yourself if your mind wanders away from the central thought.

Be sure both to begin and end the day with a practice period. Thus you will awaken with an acknowledgment of the truth about yourself, reinforce it throughout the day, and turn to sleep as you reaffirm your function and your only purpose here. These two practice periods may be longer than the rest, if you find them helpful and want to extend them.

Today's idea goes far beyond the ego's petty views of what you are and what your purpose is. As a bringer of salvation, this is obviously necessary. This is the first of a number of giant steps we will take in the next few weeks. Try today to begin to build a firm foundation for these advances. **You are the light of the world. God has built His plan for the salvation of His Son on you.**

LESSON 62

Forgiveness Is My Function As The Light Of The World.

It is your forgiveness that will bring the world of darkness to the light. It is your forgiveness that lets you recognize the light in which you see. Forgiveness is the demonstration that you are the light of the world. Through your forgiveness does the truth about yourself return to your memory. Therefore, in your forgiveness lies your salvation.

Illusions about yourself and the world are one. That is why all forgiveness is a gift to yourself. Your goal is to find out who you are, having denied your Identity by attacking creation and its Creator. Now you are learning how to remember the truth. For this attack must be replaced by forgiveness, so that thoughts of life may replace thoughts of death.

Remember that in every attack you call upon your own weakness, while each time you forgive you call upon the strength of Christ in you. **Do you not then begin to understand what forgiveness will do for you? It will remove all sense of weakness, strain and fatigue from your mind. It will take away all fear and guilt and pain. It will restore the invulnerability and power God gave His Son to your awareness.**

Let us be glad to begin and end this day by practicing today's idea, and to use it as frequently as possible throughout the day. It will help to make the day as happy for you as God wants you to be. And it will help those around you, as well as those who seem to be far away in space and time, to share this happiness with you.

As often as you can, closing your eyes if possible, say to yourself today:

***Forgiveness is my function as the light of the world.
I would fulfill my function that I may be happy.***

Then devote a minute or two to considering your function and the happiness and release it will bring you. Let related thoughts come freely, for your heart will recognize these words, and in your mind is the awareness they are true. Should your attention wander, repeat the idea and add:

I would remember this because I want to be happy.

LESSON 63

The Light Of The World Brings Peace To Every Mind Through My Forgiveness.

How holy are you who have the power to bring peace to every mind! How blessed are you who can learn to recognize the means for letting this be done through you! What purpose could you have that would bring you greater happiness?

You are indeed the light of the world with such a function. The Son of God looks to you for his redemption. It is yours to give him, for it belongs to you. Accept no trivial purpose or meaningless desire in its place, or you will forget your function and leave the Son of God in hell. **This is no idle request that is being asked of you.** You are being asked to accept salvation that it may be yours to give.

Recognizing the importance of this function, we will be happy to remember it very often today. We will begin the day by acknowledging it, and close the day with the thought of it in our awareness. And throughout the day we will repeat this as often as we can:

*The light of the world brings peace to every mind
through my forgiveness.*

*I am the means God has appointed for the salvation
of the world.*

If you close your eyes, you will probably find it easier to let the related thoughts come to you in the minute or two that you should devote to considering this. Do not, however, wait for such an opportunity. No chance should be lost for reinforcing today's idea. **Remember that God's Son looks to you for his salvation. And who but your Self must be His Son?**

LESSON 64

Let Me Not Forget My Function.

Today's idea is merely another way of saying "Let me not wander into temptation." **The purpose of the world you see is to obscure your function of forgiveness, and provide you with a justification for forgetting it. It is the temptation to abandon God and His Son by taking on a physical appearance. It is this the body's eyes look upon.**

Nothing the body's eyes seem to see can be anything but a form of temptation, since this was the purpose of the body itself. Yet we have learned that the Holy Spirit has another use for all the illusions you have made, and therefore He sees another purpose in them. **To the Holy Spirit, the world is a place where you learn to forgive yourself what you think of as your sins.** In this perception, the physical appearance of temptation becomes the spiritual recognition of salvation.

To review our last few lessons, your function here is to be the light of the world, a function given you by God. It is only the arrogance of the ego that leads you to question this, and only the fear of the ego that induces you to regard yourself as unworthy of the task assigned to you by God Himself. **The world's salvation awaits your forgiveness, because through it does the Son of God escape from all illusions, and thus from all temptation. The Son of God is you.**

Only by fulfilling the function given you by God will you be happy. That is because your function is to be happy by using the means by which happiness becomes inevitable. There is no other way. **Therefore, every time you choose whether or not to fulfill your function, you are really choosing whether or not to be happy.**

Let us remember this today. Let us remind ourselves of it in the morning and again at night, and all through the day as well. Prepare yourself in advance for all the decisions you will make today by remembering they are all really very simple.

Each one will lead to happiness or unhappiness. Can such a simple decision really be difficult to make? Let not the form of the decision deceive you. Complexity of form does not imply complexity of content. **It is impossible that any decision on earth can have a content different from just this one simple choice. That is the only choice the Holy Spirit sees. Therefore it is the only choice there is.**

Today, then, let us practice with these thoughts:

Let me not forget my function.

Let me not try to substitute mine for God's.

Let me forgive and be happy.

At least once devote ten or fifteen minutes today to reflecting on this with closed eyes. Related thoughts will come to help you, if you remember the crucial importance of your function to you and to the world.

In the frequent applications of today's idea throughout the day, devote several minutes to reviewing these thoughts, and then thinking about them and about nothing else. This will be difficult, at first particularly, since you are not proficient in the mind discipline that it requires. You may need to repeat "Let me not forget my function" quite often to help you concentrate.

Two forms of shorter practice periods are required. At times, do the exercises with your eyes closed, trying to concentrate on the thoughts you are using. At other times, keep your eyes open after reviewing the thoughts, and then look slowly and unselectively around you, telling yourself:

This is the world it is my function to save.

LESSON 65

My Only Function Is The One God Gave Me.

The idea for today reaffirms your commitment to salvation. It also reminds you that you have no function other than that. Both these thoughts are obviously necessary for a total commitment. Salvation cannot be the only purpose you hold while you still cherish others. **The full acceptance of salvation as your only function necessarily entails two phases; the recognition of salvation as your function, and the relinquishment of all the other goals you have invented for yourself.**

This is the only way in which you can take your rightful place among the saviors of the world. This is the only way in which you can say and mean, "My only function is the one God gave me." This is the only way in which you can find peace of mind.

Today, and for a number of days to follow, set aside ten to fifteen minutes for a more sustained practice period, in which you try to understand and accept what the idea for the day really means. **Today's idea offers you escape from all your perceived difficulties. It places the key to the door of peace, which you have closed upon yourself, in your own hands. It gives you the answer to all the searching you have done since time began.**

Try, if possible, to undertake the daily extended practice periods at approximately the same time each day. Try, also, to determine this time in advance, and then adhere to it as closely as possible. The purpose of this is to arrange your day so that you have set apart the time for God, as well as for all the trivial purposes and goals you will pursue. This is part of the long-range disciplinary training your mind needs, so that the Holy Spirit can use it consistently for the purpose He shares with you.

For the longer practice period, begin by reviewing the idea for the day. Then close your eyes, repeat the idea to yourself once again, and watch your mind carefully to catch whatever

thoughts cross it. At first, make no attempt to concentrate only on thoughts related to the idea for the day. Rather, try to uncover each thought that arises to interfere with it. Note each one as it comes to you, with as little involvement or concern as possible, dismissing each one by telling yourself:

This thought reflects a goal that is preventing me from **accepting my only function.**

After a while, interfering thoughts will become harder to find. Try, however, to continue a minute or so longer, attempting to catch a few of the idle thoughts that escaped your attention before, but do not strain or make undue effort in doing this. Then tell yourself:

*On this clean slate let my true function
be written for me.*

You need not use these exact words, but try to get the sense of being willing to have your illusions of purpose be replaced by truth.

Finally, repeat the idea for today once more, and devote the rest of the practice period to trying to focus on its importance to you, the relief its acceptance will bring you by resolving your conflicts once and for all, and the extent to which you really want salvation in spite of your own foolish ideas to the contrary. In the shorter practice periods, which should be undertaken at least once an hour, use this form in applying today's idea:

*My only function is the one God gave me.
I want no other and I have no other.*

Sometimes close your eyes as you practice this, and sometimes keep them open and look about you. It is what you see now that will be totally changed when you accept today's idea completely.

My Happiness And My Function Are One.

You have surely noticed an emphasis throughout our recent lessons on the connection between fulfilling your function and achieving happiness. This is because you do not really see the connection. Yet there is more than just a connection between them; they are the same. Their forms are different, but their content is completely one.

The ego does constant battle with the Holy Spirit on the fundamental question of what your function is. So does it do constant battle with the Holy Spirit about what your happiness is. It is not a two-way battle. The ego attacks and the Holy Spirit does not respond. He knows what your function is. He knows that it is your happiness.

Today we will try to go past this wholly meaningless battle and arrive at the truth about your function. We will not engage in senseless arguments about what it is. We will not become hopelessly involved in defining happiness and determining the means for achieving it. We will not indulge the ego by listening to its attacks on truth. We will merely be glad that we can find out what truth is.

Our longer practice period today has as its purpose your acceptance of the fact that not only is there a very real connection between the function God gave you and your happiness, but that they are actually identical. God gives you only happiness. Therefore, the function He gave you must be happiness, even if it appears to be different. Today's exercises are an attempt to go beyond these differences in appearance, and recognize a common content where it exists in truth.

Begin the ten-to-fifteen-minute practice period by reviewing these thoughts:

*God gives me only happiness.
He has given my function to me.
Therefore my function must be happiness.*

Try to see the logic in this sequence, even if you do not yet accept the conclusion. It is only if the first two thoughts are wrong that the conclusion could be false. Let us, then, think about the premises for a while, as we are practicing.

The first premise is that God gives you only happiness. This could be false, of course, but in order to be false it is necessary to define God as something He is not. Love cannot give evil, and what is not happiness is evil. God cannot give what He does not have, and He cannot have what He is not. Unless God gives you only happiness, He must be evil. And it is this definition of Him you are believing if you do not accept the first premise.

The second premise is that God has given you your function. We have seen that there are only two parts of your mind. One is ruled by the ego, and is made up of illusions. The other is the home of the Holy Spirit, where truth abides. There are no other guides but these to choose between, and no other outcomes possible as a result of your choice but the fear that the ego always engenders, and the love that the Holy Spirit always offers to replace it.

Thus, it must be that your function is established by God through His Voice, or is made by the ego which you have made to replace Him. Which is true? Unless God gave your function to you, it must be the gift of the ego. Does the ego really have gifts to give, being itself an illusion and offering only the illusion of gifts?

Think about this during the longer practice period today. Think also about the many forms the illusion of your function has taken in your mind, and the many ways in which you tried to find salvation under the ego's guidance. Did you find it? Were you happy? Did they bring you peace? We need great

honesty today. Remember the outcomes fairly, and consider also whether it was ever reasonable to expect happiness from anything the ego ever proposed. Yet the ego is the only alternative to the Holy Spirit's Voice.

You will listen to madness or hear the truth. Try to make this choice as you think about the premises on which our conclusion rests. We can share in this conclusion, but in no other. For God Himself shares it with us. Today's idea is another giant stride in the perception of the same as the same, and the different as different. On one side stand all illusions. All truth stands on the other. Let us try today to realize that only the truth is true.

In the shorter practice periods, which would be most helpful today if undertaken twice an hour, this form of the application is suggested:

***My happiness and function are one,
because God has given me both.***

It will not take more than a minute, and probably less, to repeat these words slowly and think about them a little while as you say them.

LESSON 67

Love Created Me Like Itself.

Today's idea is a complete and accurate statement of what you are. This is why you are the light of the world. This is why God appointed you as the world's savior. This is why the Son of God looks to you for his salvation. He is saved by what you are. We will make every effort today to reach this truth about you, and to realize fully, if only for a moment, that it is the truth.

In the longer practice period, we will think about your reality and its wholly unchanged and unchangeable nature. We will begin by repeating this truth about you, and then spend a few minutes adding some relevant thoughts, such as:

Holiness created me holy.

Kindness created me kind.

Helpfulness created me helpful.

Perfection created me perfect.

Any attribute which is in accord with God as He defines Himself is appropriate for use. We are trying today to undo your definition of God and replace it with His Own. We are also trying to emphasize that you are part of His definition of Himself.

After you have gone over several such related thoughts, try to let all thoughts drop away for a brief preparatory interval, and then try to reach past all your images and preconceptions about yourself to the truth in you. If Love created you like Itself, this Self must be in you. And somewhere in your mind It is there for you to find.

You may find it necessary to repeat the idea for today from time to time to replace distracting thoughts. You may also find that this is not sufficient, and that you need to continue adding other thoughts related to the truth about yourself. **Yet perhaps**

you will succeed in going past that, and through the interval of thoughtlessness to the awareness of a blazing light in which you recognize yourself as Love created you. Be confident that you will do much today to bring that awareness nearer, whether you feel you have succeeded or not.

It will be particularly helpful today to practice the idea for the day as often as you can. You need to hear the truth about yourself as frequently as possible, because your mind is so preoccupied with false self-images. Four or five times an hour, and perhaps even more, it would be most beneficial to remind yourself that Love created you like Itself. Hear the truth about yourself in this.

Try to realize in the shorter practice periods that this is not your tiny, solitary voice that tells you this. This is the Voice for God, reminding you of your Father and of your Self. This is the Voice of truth, replacing everything that the ego tells you about yourself with the simple truth about the Son of God. You were created by Love like Itself.

LESSON 68

Love Holds No Grievances.

You who were created by Love like Itself can hold no grievances and know your Self. To hold a grievance is to forget who you are. To hold a grievance is to see yourself as a body. To hold a grievance is to let the ego rule your mind and to condemn the body to death. Perhaps you do not yet fully realize just what holding grievances does to your mind. It seems to split you off from your Source and make you unlike Him. It makes you believe that He is like what you think you have become, for no one can conceive of his Creator as unlike himself.

Shut off from your Self, Which remains aware of Its likeness to Its Creator, your Self seems to sleep, while the part of your mind that weaves illusions in its sleep appears to be awake. Can all this arise from holding grievances? Oh yes! **For he who holds grievances denies he was created by Love, and his Creator has become fearful to him in his dream of hate. Who can dream of hatred and not fear God?**

It is as sure that those who hold grievances will redefine God in their own image, as it is certain that God created them like Himself, and defined them as part of Him. It is as sure that those who hold grievances will suffer guilt, as it is certain that those who forgive will find peace. It is as sure that those who hold grievances will forget who they are, as it is certain that those who forgive will remember.

Would you not be willing to relinquish your grievances if you believed all this were so? Perhaps you do not think you can let your grievances go. That, however, is simply a matter of motivation. Today we will try to find out how you would feel without them. **If you succeed even by ever so little, there will never be a problem in motivation ever again.**

Begin today's extended practice period by searching your

mind for those against whom you hold what you regard as major grievances. Some of these will be quite easy to find. Then think of the seemingly minor grievances you hold against those you like and even think you love. It will quickly become apparent that there is no one against whom you do not cherish grievances of some sort. This has left you alone in all the universe in your perception of yourself.

Determine now to see all these people as friends. Say to them all, thinking of each one in turn as you do so:

*I would see you as my friend, that I may remember
you are part of me and come to know myself.*

Spend the remainder of the practice period trying to think of yourself as completely at peace with everyone and everything, safe in a world that protects you and loves you, and that you love in return. Try to feel safety surrounding you, hovering over you and holding you up. Try to believe, however briefly, that nothing can harm you in any way.

At the end of the practice period tell yourself:

*Love holds no grievances.
When I let all my grievances go
I will know I am perfectly safe.*

The short practice periods should include a quick application of today's idea in this form, whenever any thought of grievance arises against anyone, physically present or not:

*Love holds no grievances.
Let me not betray my Self.*

In addition, repeat the idea several times an hour in this form:

*Love holds no grievances.
I would wake to my Self by laying all my grievances
aside and wakening in Him.*

KEY LESSON 69

My Grievances Hide The Light Of The World In Me.

No one can look upon what your grievances conceal. Because your grievances are hiding the light of the world in you, everyone stands in darkness, and you beside him. But as the veil of your grievances is lifted, you are released with him. Share your salvation now with him who stood beside you when you were in hell. He is your brother in the light of the world that saves you both.

Today let us make another real attempt to reach the light in you. Before we undertake this in our more extended practice period, let us devote several minutes to thinking about what we are trying to do. **We are literally attempting to get in touch with the salvation of the world. We are trying to see past the veil of darkness that keeps it concealed. We are trying to let the veil be lifted, and to see the tears of God's Son disappear in the sunlight.**

Let us begin our longer practice period today with the full realization that this is so, and with real determination to reach what is dearer to us than all else. Salvation is our only need. There is no other purpose here, and no other function to fulfill. Learning salvation is our only goal. Let us end the ancient search today by finding the light in us, and holding it up for everyone who searches with us to look upon and rejoice.

Very quietly now, with your eyes closed, try to let go of all the content that generally occupies your consciousness. Think of your mind as a vast circle, surrounded by a layer of heavy, dark clouds. You can see only the clouds because you seem to be standing outside the circle and quite apart from it.

From where you stand, you can see no reason to believe there is a brilliant light hidden by the clouds. The clouds seem to be the only reality. They seem to be all there is to see. Therefore, you do not attempt to go through them and past them, which is the only way in which you would be really convinced of their

lack of substance. We will make this attempt today.

After you have thought about the importance of what you are trying to do for yourself and the world, try to settle down in perfect stillness, remembering only how much you want to reach the light in you today, - now! Determine to go past the clouds. Reach out and touch them in your mind. Brush them aside with your hand; feel them resting on your cheeks and forehead and eyelids as you go through them. Go on; clouds cannot stop you.

If you are doing the exercises properly, you will begin to feel a sense of being lifted up and carried ahead. Your little effort and small determination call on the power of the universe to help you, and God Himself will raise you from darkness into light. You are in accord with His Will. You cannot fail because your will is His.

Have confidence in your Father today, and be certain that He has heard you and answered you. You may not recognize His answer yet, but you can indeed be sure that it is given you and you will yet receive it. Try, as you attempt to go through the clouds to the light, to hold this confidence in your mind. Try to remember that you are at last joining your will to God's. Try to keep the thought clearly in mind that what you undertake with God must succeed. Then let the power of God work in you and through you, that His Will and yours be done.

In the shorter practice periods, which you will want to do as often as possible in view of the importance of today's idea to you and your happiness, remind yourself that your grievances are hiding the light of the world from your awareness. Remind yourself also that you are not searching for it alone, and that you do know where to look for it. Say, then:

*My grievances hide the light of the world in me.
I cannot see what I have hidden.
Yet I want to let it be revealed to me, for my
salvation and the salvation of the world.*

Also, be sure to tell yourself:

***If I hold this grievance the light of the world will
be hidden from me,***

if you are tempted to hold anything against anyone today.

LESSON 70

My Salvation Comes From Me.

All temptation is nothing more than some form of the basic temptation not to believe the idea for today. Salvation seems to come from anywhere except from you. So, too, does the source of guilt. You see neither guilt nor salvation as in your own mind and nowhere else. **When you realize that all guilt is solely an invention of your mind, you also realize that guilt and salvation must be in the same place. In understanding this you are saved.**

The seeming cost of accepting today's idea is this: It means that nothing outside yourself can save you; nothing outside yourself can give you peace. But it also means that nothing outside yourself can hurt you, or disturb your peace or upset you in any way. Today's idea places you in charge of the universe, where you belong because of what you are. This is not a role that can be partially accepted. And you must surely begin to see that accepting it is salvation.

It may not, however, be clear to you why the recognition that guilt is in your own mind entails the realization that salvation is there as well. God would not have put the remedy for the sickness where it cannot help. That is the way your mind has worked, but hardly His. He wants you to be healed, so He has kept the Source of healing where the need for healing lies.

You have tried to do just the opposite, making every attempt, however distorted and fantastic it might be, to separate healing from the sickness for which it was intended, and thus keep the sickness. Your purpose was to ensure that healing did not occur. God's purpose was to ensure that it did.

Today we practice realizing that God's Will and ours are really the same in this. God wants us to be healed, and we do not really want to be sick, because it makes us unhappy. Therefore, in accepting the idea for today, we are really in

agreement with God. He does not want us to be sick. Neither do we. He wants us to be healed. So do we.

We are ready for two longer practice periods today, each of which should last some ten to fifteen minutes. We will, however, still let you decide when to undertake them. We will follow this practice for a number of lessons, and it would again be well to decide in advance when would be a good time to lay aside for each of them, and then adhering to your own decisions as closely as possible.

Begin these practice periods by repeating the idea for today, adding a statement signifying your recognition that salvation comes from nothing outside of you. You might put it this way:

***My salvation comes from me.
It cannot come from anywhere else.***

Then devote a few minutes, with your eyes closed, to reviewing some of the external places where you have looked for salvation in the past; - in other people, in possessions, in various situations and events, and in self-concepts that you sought to make real. Recognize that it is not there, and tell yourself:

***My salvation cannot come from any of these things.
My salvation comes from me and only from me.***

Now we will try again to reach the light in you, which is where your salvation is. You cannot find it in the clouds that surround the light, and it is in them you have been looking for it. It is not there. It is past the clouds and in the light beyond. Remember that you will have to go through the clouds before you can reach the light. But remember also that you have never found anything in the cloud patterns you imagined that endured, or that you wanted.

Since all illusions of salvation have failed you, surely you do not want to remain in the clouds, looking vainly for idols there, when you could so easily walk on into the light of real

salvation. **Try to pass the clouds by whatever means appeals to you. If it helps you, think of me holding your hand and leading you. And I assure you this will be no idle fantasy.**

For the short and frequent practice periods today, remind yourself that your salvation comes from you, and nothing but your own thoughts can hamper your progress. You are free from all external interference. You are in charge of your salvation. You are in charge of the salvation of the world. Say, then:

My salvation comes from me.

Nothing outside of me can hold me back.

Within me is the world's salvation and my own.

LESSON 71

Only God's Plan For Salvation Will Work.

You may not realize that the ego has set up a plan for salvation in opposition to God's. It is this plan in which you believe. Since it is the opposite of God's, you also believe that to accept God's plan in place of the ego's is to be damned. This sounds preposterous, of course. Yet after we have considered just what the ego's plan is, perhaps you will realize that, however preposterous it may be, you do believe in it.

The ego's plan for salvation centers around holding grievances. It maintains that, if someone else spoke or acted differently, if some external circumstance or event were changed, you would be saved. **Thus, the source of salvation is constantly perceived as outside yourself. Each grievance you hold is a declaration, and an assertion in which you believe, that says, "If this were different, I would be saved."** The change of mind necessary for salvation is thus demanded of everyone and everything except yourself.

The role assigned to your own mind in this plan, then, is simply to determine what, other than itself, must change if you are to be saved. According to this insane plan, any perceived source of salvation is acceptable provided that it will not work. This ensures that the fruitless search will continue, for the illusion persists that, although this hope has always failed, there is still grounds for hope in other places and in other things. Another person will yet serve better; another situation will yet offer success.

Such is the ego's plan for your salvation. Surely you can see how it is in strict accord with the ego's basic doctrine, "Seek but do not find." For what could more surely guarantee that you will not find salvation than to channelize all your efforts in searching for it where it is not?

God's plan for salvation works simply because, by follow-

ing His direction, you seek for salvation where it is. But if you are to succeed, as God promises you will, you must be willing to seek there only. Otherwise, your purpose is divided and you will attempt to follow two plans for salvation that are diametrically opposed in all ways. The result can only bring confusion, misery and a deep sense of failure and despair.

How can you escape all this? Very simply. The idea for today is the answer. Only God's plan for salvation will work. There can be no real conflict about this, because there is no possible alternative to God's plan that will save you. His is the only plan that is certain in its outcome. His is the only plan that must succeed.

Let us practice recognizing this certainty today. And let us rejoice that there is an answer to what seems to be a conflict with no resolution possible. All things are possible to God. Salvation must be yours because of His plan, which cannot fail.

Begin the two longer practice periods for today by thinking about today's idea, and realizing that it contains two parts, each making equal contribution to the whole. God's plan for your salvation will work, and other plans will not. Do not allow yourself to become depressed or angry at the second part; it is inherent in the first. And in the first is your full release from all your own insane attempts and mad proposals to free yourself. They have led to depression and anger; but God's plan will succeed. It will lead to release and joy.

Remembering this, let us devote the remainder of the extended practice periods to asking God to reveal His plan to us. Ask Him very specifically:

What would You have me do?

Where would You have me go?

What would You have me say, and to whom?

Give Him full charge of the rest of the practice period, and

let Him tell you what needs to be done by you in His plan for your salvation. He will answer in proportion to your willingness to hear His Voice. Refuse not to hear. The very fact that you are doing the exercises proves that you have some willingness to listen. This is enough to establish your claim to God's answer.

In the shorter practice periods, tell yourself often that God's plan for salvation, and only His, will work. Be alert to all temptation to hold grievances today, and respond to them with this form of today's idea:

Holding grievances is the opposite of God's plan for salvation.

And only His plan will work.

Try to remember today's idea some six or seven times an hour. There could be no better way to spend a half minute or less than to remember the Source of your salvation, and to see It where It is.

KEY LESSON 72

Holding Grievances Is An Attack On God's Plan For Salvation.

While we have recognized that the ego's plan for salvation is the opposite of God's, we have not yet emphasized that it is an active attack on His plan, and a deliberate attempt to destroy it. **In the attack, God is assigned the attributes which are actually associated with the ego, while the ego appears to take on the attributes of God.**

The ego's fundamental wish is to replace God. **In fact, the ego is the physical embodiment of that wish. For it is that wish that seems to surround the mind with a body, keeping it separate and alone, and unable to reach other minds except through the body that was made to imprison it.** The limit on communication cannot be the best means to expand communication. Yet the ego would have you believe that it is.

Although the attempt to keep the limitations that a body would impose is obvious here, it is perhaps not so apparent why holding grievances is an attack on God's plan for salvation. But let us consider the kinds of things you are apt to hold grievances for. Are they not always associated with something a body does? A person says something you do not like. He does something that displeases you. He "betrays" his hostile thoughts in his behavior.

You are not dealing here with what the person is. On the contrary, you are exclusively concerned with what he does in a body. You are doing more than failing to help in freeing him from the body's limitations. **You are actively trying to hold him to it by confusing it with him, and judging them as one. Herein is God attacked, for if His Son is only a body, so must He be as well. A creator wholly unlike his creation is inconceivable.**

If God is a body, what must His plan for salvation be? What could it be but death? In trying to present Himself as the Author

of life and not of death, He is a liar and a deceiver, full of false promises and offering illusions in place of truth. **The body's apparent reality makes this view of God quite convincing. In fact, if the body were real, it would be difficult indeed to escape this conclusion. And every grievance that you hold insists that the body is real.** It overlooks entirely what your brother is. It reinforces your belief that he is a body, and condemns him for it. And it asserts that his salvation must be death, projecting this attack onto God, and holding Him responsible for it.

To this carefully prepared arena, where angry animals seek for prey and mercy cannot enter, the ego comes to save you. God made you a body. Very well. Let us accept this and be glad. As a body, do not let yourself be deprived of what the body offers. Take the little you can get. God gave you nothing. The body is your only savior. It is the death of God and your salvation.

This is the universal belief of the world you see. Some hate the body, and try to hurt and humiliate it. Others love the body, and try to glorify and exalt it. But while the body stands at the center of your concept of yourself, you are attacking God's plan for salvation, and holding your grievances against Him and His creation, that you may not hear the Voice of truth and welcome It as Friend. Your chosen savior takes His place instead. It is your friend; He is your enemy.

We will try today to stop these senseless attacks on salvation. We will try to welcome it instead. Your upside-down perception has been ruinous to your peace of mind. You have seen yourself in a body and the truth outside you, locked away from your awareness by the body's limitations. Now we are going to try to see this differently.

The light of truth is in us, where it was placed by God. It is the body that is outside us, and is not our concern. To be without a body is to be in our natural state. To recognize the light of truth in us is to recognize ourselves as we are. To see our Self

as separate from the body is to end the attack on God's plan for salvation, and to accept it instead. And wherever His plan is accepted, it is accomplished already.

Our goal in the longer practice periods today is to become aware that God's plan for salvation has already been accomplished in us. To achieve this goal, we must replace attack with acceptance. As long as we attack it, we cannot understand what God's plan for us is. We are therefore attacking what we do not recognize. Now we are going to try to lay judgment aside, and ask what God's plan for us is:

What is salvation, Father?

I do not know.

Tell me, that I may understand.

Then we will wait in quiet for His answer. We have attacked God's plan for salvation without waiting to hear what it is. We have shouted our grievances so loudly that we have not listened to His Voice. We have used our grievances to close our eyes and stop our ears.

Now we would see and hear and learn. "What is salvation, Father?" Ask and you will be answered. Seek and you will find. We are no longer asking the ego what salvation is and where to find it. We are asking it of truth. Be certain, then, that the answer will be true because of Whom you ask.

Whenever you feel your confidence wane and your hope of success flicker and go out, repeat your question and your request, remembering that you are asking of the infinite Creator of infinity, Who created you like Himself:

What is salvation, Father?

I do not know.

Tell me, that I may understand.

He will answer. Be determined to hear.

One or perhaps two shorter practice periods an hour will

be enough for today, since they will be somewhat longer than usual. These exercises should begin with this:

***Holding grievances is an attack on
God's plan for salvation.***

Let me accept it instead.

What is salvation, Father?

Then wait a minute or so in silence, preferably with your eyes closed, and listen for His answer.

LESSON 73

I Will There Be Light.

Today we are considering the will you share with God. This is not the same as the ego's idle wishes, out of which darkness and nothingness arise. The will you share with God has all the power of creation in it. The ego's idle wishes are unshared, and therefore have no power at all. Its wishes are not idle in the sense that they can make a world of illusions in which your belief can be very strong. But they are idle indeed in terms of creation. They make nothing that is real.

Idle wishes and grievances are partners or co-makers in picturing the world you see. The wishes of the ego gave rise to it, and the ego's need for grievances, which are necessary to maintain it, peoples it with figures that seem to attack you and call for "righteous" judgment. These figures become the middlemen the ego employs to traffic in grievances. They stand between your awareness and your brothers' reality. Beholding them, you do not know your brothers or your Self.

Your will is lost to you in this strange bartering, in which guilt is traded back and forth, and grievances increase with each exchange. **Can such a world have been created by the Will the Son of God shares with his Father? Did God create disaster for His Son? Creation is the Will of Both together. Would God create a world that kills Himself?**

Today we will try once more to reach the world that is in accordance with your will. The light is in it because it does not oppose the Will of God. It is not Heaven, but the light of Heaven shines on it. Darkness has vanished. The ego's idle wishes have been withdrawn. Yet the light that shines upon this world reflects your will, and so it must be in you that we will look for it.

Your picture of the world can only mirror what is within. The source of neither light nor darkness can be found without. Grievances darken your mind, and you look out on a darkened

world. Forgiveness lifts the darkness, reasserts your will, and lets you look upon a world of light. We have repeatedly emphasized that the barrier of grievances is easily passed, and cannot stand between you and your salvation. The reason is very simple. Do you really want to be in hell? Do you really want to weep and suffer and die?

Forget the ego's arguments which seek to prove all this is really Heaven. You know it is not so. You cannot want this for yourself. There is a point beyond which illusions cannot go. Suffering is not happiness, and it is happiness you really want. Such is your will in truth. And so salvation is your will as well. You want to succeed in what we are trying to do today. We undertake it with your blessing and your glad accord.

We will succeed today if you remember that you want salvation for yourself. You want to accept God's plan because you share in it. You have no will that can really oppose it, and you do not want to do so. Salvation is for you. Above all else, you want the freedom to remember Who you really are. Today it is the ego that stands powerless before your will. Your will is free, and nothing can prevail against it.

Therefore, we undertake the exercises for today in happy confidence, certain that we will find what it is your will to find, and remember what it is your will to remember. No idle wishes can detain us, nor deceive us with an illusion of strength. **Today let your will be done, and end forever the insane belief that it is hell in place of Heaven that you choose.**

We will begin our longer practice periods with the recognition that God's plan for salvation, and only His, is wholly in accord with your will. It is not the purpose of an alien power, thrust upon you unwillingly. It is the one purpose here on which you and your Father are in perfect accord. You will succeed today, the time appointed for the release of the Son of God from hell and from all idle wishes. His will is now restored to his awareness. He is willing this very day to look

upon the light in him and be saved. After reminding yourself of this, and determining to keep your will clearly in mind, tell yourself with gentle firmness and quiet certainty:

***I will there be light.
Let me behold the light that reflects
God's Will and mine.***

Then let your will assert itself, joined with the power of God and united with your Self. Put the rest of the practice period under Their guidance. Join with Them as They lead the way.

In the shorter practice periods, again make a declaration of what you really want. Say:

I will there be light. Darkness is not my will.

This should be repeated several times an hour. It is most important, however, to apply today's idea in this form immediately you are tempted to hold a grievance of any kind. This will help you let your grievances go, instead of cherishing them and hiding them in darkness.

LESSON 74

There Is No Will But God's.

The idea for today can be regarded as the central thought toward which all our exercises are directed. God's is the only Will. When you have recognized this, you have recognized that your will is His. The belief that conflict is possible has gone. Peace has replaced the strange idea that you are torn by conflicting goals. As an expression of the Will of God, you have no goal but His.

There is great peace in today's idea, and the exercises for today are directed towards finding it. The idea itself is wholly true. Therefore it cannot give rise to illusions. Without illusions conflict is impossible. Let us try to recognize this today, and experience the peace this recognition brings.

Begin the longer practice periods by repeating these thoughts several times, slowly and with firm determination to understand what they mean, and to hold them in mind:

***There is no will but God's.
I cannot be in conflict.***

Then spend several minutes in adding some related thoughts, such as:

*I am at peace.
Nothing can disturb me. My will is God's.
My will and God's are one.
God wills peace for His Son.*

During this introductory phase, be sure to deal quickly with any conflict thoughts that may cross your mind. Tell yourself immediately:

*There is no will but God's.
These conflict thoughts are meaningless.*

If there is one conflict area that seems particularly difficult to resolve, single it out for special consideration. Think about it briefly but very specifically, identify the particular person or persons and the situation or situations involved, and tell yourself:

*There is no will but God's. I share it with Him.
My conflicts about _____ cannot be real.*

After you have cleared your mind in this way, close your eyes and try to experience the peace to which your reality entitles you. Sink into it and feel it closing around you. There may be some temptation to mistake these attempts for withdrawal, but the difference is easily detected. If you are succeeding, you will feel a deep sense of joy and an increased alertness, rather than a feeling of drowsiness and enervation.

Joy characterizes peace. By this experience will you recognize that you have reached it. If you feel yourself slipping off into withdrawal, quickly repeat the idea for today and try again. Do this as often as necessary. **There is definite gain in refusing to allow retreat into withdrawal, even if you do not experience the peace you seek.**

In the shorter periods, which should be undertaken at regular and predetermined intervals today, say to yourself:

There is no will but God's. I seek His peace today.

Then try to find what you are seeking. A minute or two every half an hour, with eyes closed if possible, would be well spent on this today.

KEY LESSON 75

The Light Has Come.

The light has come. You are healed and you can heal. The light has come. You are saved and you can save. You are at peace, and you bring peace with you wherever you go. Darkness and turmoil and death have disappeared. The light has come.

Today we celebrate the happy ending to your long dream of disaster. There are no dark dreams now. The light has come. Today the time of light begins for you and everyone. It is a new era, in which a new world is born. The old one has left no trace upon it in its passing. Today we see a different world, because the light has come.

Our exercises for today will be happy ones, in which we offer thanks for the passing of the old and the beginning of the new. No shadows from the past remain to darken our sight and hide the world forgiveness offers us. Today we will accept the new world as what we want to see. We will be given what we desire. We will to see the light; the light has come.

Our longer practice periods will be devoted to looking at the world that our forgiveness shows us. This is what we want to see, and only this. Our single purpose makes our goal inevitable. Today the real world rises before us in gladness, to be seen at last. Sight is given us, now that the light has come.

We do not want to see the ego's shadow on the world today. We see the light, and in it we see Heaven's reflection lie across the world. Begin the longer practice periods by telling yourself the glad tidings of your release:

***The light has come.
I have forgiven the world.***

Dwell not upon the past today. Keep a completely open mind, washed of all past ideas and clean of every concept you have made. You have forgiven the world today. You can look upon it

now as if you never saw it before. You do not know yet what it looks like. You merely wait to have it shown to you. While you wait, repeat several times, slowly and in complete patience:

*The light has come.
I have forgiven the world.*

Realize that your forgiveness entitles you to vision. Understand that the Holy Spirit never fails to give the gift of sight to the forgiving. Believe He will not fail you now. You have forgiven the world. He will be with you as you watch and wait. He will show you what true vision sees. It is His Will, and you have joined with Him. Wait patiently for Him. He will be there. The light has come. You have forgiven the world.

Tell Him you know you cannot fail because you trust in Him. And tell yourself you wait in certainty to look upon the world He promised you. From this time forth you will see differently. Today the light has come. And you will see the world that has been promised you since time began, and in which is the end of time ensured.

The shorter practice periods, too, will be joyful reminders of your release. Remind yourself every quarter of an hour or so that today is a time for special celebration. **Give thanks for mercy and the Love of God. Rejoice in the power of forgiveness to heal your sight completely. Be confident that on this day there is a new beginning. Without the darkness of the past upon your eyes, you cannot fail to see today. And what you see will be so welcome that you will gladly extend today forever.**

Say, then:

*The light has come.
I have forgiven the world.*

Should you be tempted, say to anyone who seems to pull you back into darkness:

*The light has come.
I have forgiven you.*

We dedicate this day to the serenity in which God would have you be. Keep it in your awareness of yourself and see it everywhere today, as we celebrate the beginning of your vision and the sight of the real world, which has come to replace the unforgiven world you thought was real.

I Am Under No Laws But God's.

We have observed before how many senseless things have seemed to you to be salvation. Each has imprisoned you with laws as senseless as itself. You are not bound by them. Yet to understand that this is so, you must first realize salvation lies not there. While you would seek for it in things that have no meaning, you bind yourself to laws that make no sense. Thus do you seek to prove salvation is where it is not.

Today we will be glad you cannot prove it. For if you could, you would forever seek salvation where it is not, and never find it. The idea for today tells you once again how simple is salvation. Look for it where it waits for you, and there it will be found. Look nowhere else, for it is nowhere else.

Think of the freedom in the recognition that you are not bound by all the strange and twisted laws you have set up to save you. You really think that you would starve unless you have stacks of green paper strips and piles of metal discs. You really think a small round pellet or some fluid pushed into your veins through a sharpened needle will ward off disease and death. You really think you are alone unless another body is with you.

It is insanity that thinks these things. You call them laws, and put them under different names in a long catalogue of rituals that have no use and serve no purpose. You think you must obey the "laws" of medicine, of economics and of health. Protect the body, and you will be saved.

These are not laws, but madness. The body is endangered by the mind that hurts itself. The body suffers just in order that the mind will fail to see it is the victim of itself. The body's suffering is a mask the mind holds up to hide what really suffers. It would not understand it is its own enemy; that it attacks itself and wants to die. It is from this your "laws" would save the body. It is for this you think you are a body.

There are no laws except the laws of God. This needs repeating, over and over, until you realize it applies to everything that you have made in opposition to God's Will. Your magic has no meaning. What it is meant to save does not exist. Only what it is meant to hide will save you.

The laws of God can never be replaced. We will devote today to rejoicing that this is so. It is no longer a truth that we would hide. We realize instead it is a truth that keeps us free forever. Magic imprisons, but the laws of God make free. The light has come because there are no laws but His.

We will begin the longer practice periods today with a short review of the different kinds of "laws" we have believed we must obey. These would include, for example, the "laws" of nutrition, of immunization, of medication, and of the body's protection in innumerable ways. Think further; you believe in the "laws" of friendship, of "good" relationships and reciprocity. Perhaps you even think that there are laws which set forth what is God's and what is yours. Many "religions" have been based on this. They would not save but damn in Heaven's name. Yet they are no more strange than other "laws" you hold must be obeyed to make you safe.

There are no laws but God's. Dismiss all foolish magical beliefs today, and hold your mind in silent readiness to hear the Voice That speaks the truth to you. You will be listening to One Who says there is no loss under the laws of God. Payment is neither given nor received. Exchange cannot be made; there are no substitutes; and nothing is replaced by something else. God's laws forever give and never take.

Hear Him Who tells you this, and realize how foolish are the "laws" you thought upheld the world you thought you saw. Then listen further. He will tell you more. About the Love your Father has for you. About the endless joy He offers you. About His yearning for His only Son, created as His channel for creation; denied to Him by his belief in hell.

Let us today open God's channels to Him, and let His Will extend through us to Him. Thus is creation endlessly increased. His Voice will speak of this to us, as well as of the joys of Heaven which His laws keep limitless forever. We will repeat today's idea until we have listened and understood there are no laws but God's. Then we will tell ourselves, as a dedication with which the practice period concludes:

I am under no laws but God's.

We will repeat this dedication as often as possible today; at least four or five times an hour, as well as in response to any temptation to experience ourselves as subject to other laws throughout the day. **It is our statement of freedom from all danger and all tyranny. It is our acknowledgment that God is our Father, and that His Son is saved.**

LESSON 77

I Am Entitled To Miracles.

You are entitled to miracles because of what you are. You will receive miracles because of what God is. And you will offer miracles because you are one with God. Again, how simple is salvation! It is merely a statement of your true Identity. It is this that we will celebrate today.

Your claim to miracles does not lie in your illusions about yourself. It does not depend on any magical powers you have ascribed to yourself, nor on any of the rituals you have devised. It is inherent in the truth of what you are. It is implicit in what God your Father is. It was ensured in your creation, and guaranteed by the laws of God.

Today we will claim the miracles which are your right, since they belong to you. You have been promised full release from the world you made. You have been assured that the Kingdom of God is within you, and can never be lost. We ask no more than what belongs to us in truth. Today, however, we will also make sure that we will not content ourselves with less.

Begin the longer practice periods by telling yourself quite confidently that you are entitled to miracles. Closing your eyes, remind yourself that you are asking only for what is rightfully yours. Remind yourself also that miracles are never taken from one and given to another, and that in asking for your rights, you are upholding the rights of everyone. Miracles do not obey the laws of this world. They merely follow from the laws of God.

After this brief introductory phase, wait quietly for the assurance that your request is granted. **You have asked for the salvation of the world, and for your own. You have requested that you be given the means by which this is accomplished. You cannot fail to be assured in this. You are but asking that the Will of God be done.**

In doing this, you do not really ask for anything. You state

a fact that cannot be denied. The Holy Spirit cannot but assure you that your request is granted. The fact that you accepted must be so. There is no room for doubt and uncertainty today. We are asking a real question at last. The answer is a simple statement of a simple fact. You will receive the assurance that you seek.

Our shorter practice periods will be frequent, and will also be devoted to a reminder of a simple fact. Tell yourself often today:

I am entitled to miracles.

Ask for them whenever a situation arises in which they are called for. You will recognize these situations. **And since you are not relying on yourself to find the miracle, you are fully entitled to receive it whenever you ask.**

Remember, too, not to be satisfied with less than the perfect answer. Be quick to tell yourself, should you be tempted:

I will not trade miracles for grievances.

I want only what belongs to me.

God has established miracles as my right.

LESSON 78

Let Miracles Replace All Grievances.

Perhaps it is not yet quite clear to you that each decision that you make is one between a grievance and a miracle. Each grievance stands like a dark shield of hate before the miracle it would conceal. And as you raise it up before your eyes, you will not see the miracle beyond. Yet all the while it waits for you in light, but you behold your grievances instead.

Today we go beyond the grievances, to look upon the miracle instead. We will reverse the way you see by not allowing sight to stop before it sees. We will not wait before the shield of hate, but lay it down and gently lift our eyes in silence to behold the Son of God.

He waits for you behind your grievances, and as you lay them down he will appear in shining light where each one stood before. For every grievance is a block to sight, and as it lifts you see the Son of God where he has always been. He stands in light, but you were in the dark. Each grievance made the darkness deeper, and you could not see.

Today we will attempt to see God's Son. We will not let ourselves be blind to him; we will not look upon our grievances. So is the seeing of the world reversed, as we look out toward truth, away from fear. We will select one person you have used as target for your grievances, and lay the grievances aside and look at him. Someone, perhaps, you fear and even hate; someone you think you love who angered you; someone you call a friend, but whom you see as difficult at times or hard to please, demanding, irritating or untrue to the ideal he should accept as his, according to the role you set for him.

You know the one to choose; his name has crossed your mind already. He will be the one of whom we ask God's Son be shown to you. Through seeing him behind the grievances that you have held against him, you will learn that what lay

hidden while you saw him not is there in everyone, and can be seen. **He who was enemy is more than friend when he is freed to take the holy role the Holy Spirit has assigned to him. Let him be savior unto you today. Such is his role in God your Father's plan.**

Our longer practice periods today will see him in this role. You will attempt to hold him in your mind, first as you now consider him. You will review his faults, the difficulties you have had with him, the pain he caused you, his neglect, and all the little and the larger hurts he gave. You will regard his body with its flaws and better points as well, and you will think of his mistakes and even of his "sins."

Then let us ask of Him Who knows this Son of God in his reality and truth, that we may look on him a different way, and see our savior shining in the light of true forgiveness, given unto us. We ask Him in the holy Name of God and of His Son, as holy as Himself:

Let me behold my savior in this one You have appointed as the one for me to ask to lead me to the holy light in which he stands, that I may join with him.

The body's eyes are closed, and as you think of him who grieved you, let your mind be shown the light in him beyond your grievances.

What you have asked for cannot be denied. Your savior has been waiting long for this. He would be free, and make his freedom yours. The Holy Spirit leans from him to you, seeing no separation in God's Son. And what you see through Him will free you both. Be very quiet now, and look upon your shining savior. No dark grievances obscure the sight of him. You have allowed the Holy Spirit to express through him the role God gave Him that you might be saved.

God thanks you for these quiet times today in which you

laid your images aside, and looked upon the miracle of love the Holy Spirit showed you in their place. The world and Heaven join in thanking you, for not one Thought of God but must rejoice as you are saved, and all the world with you.

We will remember this throughout the day, and take the role assigned to us as part of God's salvation plan, and not our own. Temptation falls away when we allow each one we meet to save us, and refuse to hide his light behind our grievances. **To everyone you meet, and to the ones you think of or remember from the past, allow the role of savior to be given, that you may share it with him. For you both, and all the sightless ones as well, we pray:**

Let miracles replace all grievances.

Let Me Recognize The Problem So It Can Be Solved.

A problem cannot be solved if you do not know what it is. Even if it is really solved already you will still have the problem, because you will not recognize that it has been solved. This is the situation of the world. The problem of separation, which is really the only problem, has already been solved. Yet the solution is not recognized because the problem is not recognized.

Everyone in this world seems to have his own special problems. Yet they are all the same, and must be recognized as one if the one solution that solves them all is to be accepted. Who can see that a problem has been solved if he thinks the problem is something else? Even if he is given the answer, he cannot see its relevance.

That is the position in which you find yourself now. You have the answer, but you are still uncertain about what the problem is. A long series of different problems seems to confront you, and as one is settled the next one and the next arise. There seems to be no end to them. There is no time in which you feel completely free of problems and at peace.

The temptation to regard problems as many is the temptation to keep the problem of separation unsolved. The world seems to present you with a vast number of problems, each requiring a different answer. This perception places you in a position in which your problem-solving must be inadequate, and failure is inevitable.

No one could solve all the problems the world appears to hold. They seem to be on so many levels, in such varying forms and with such varied content, that they confront you with an impossible situation. Dismay and depression are inevitable as you regard them. Some spring up unexpectedly, just as you think you have resolved the previous ones. Others remain unsolved under a cloud of denial, and rise to haunt you from time to time, only to be hidden again but still unsolved.

All this complexity is but a desperate attempt not to recognize

the problem, and therefore not to let it be resolved. If you could recognize that your only problem is separation, no matter what form it takes, you could accept the answer because you would see its relevance. Perceiving the underlying constancy in all the problems that seem to confront you, you would understand that you have the means to solve them all. And you would use the means, because you recognize the problem.

In our longer practice periods today we will ask what the problem is, and what is the answer to it. **We will not assume that we already know. We will try to free our minds of all the many different kinds of problems we think we have. We will try to realize that we have only one problem, which we have failed to recognize. We will ask what it is, and wait for the answer. We will be told. Then we will ask for the solution to it. And we will be told.**

The exercises for today will be successful to the extent to which you do not insist on defining the problem. Perhaps you will not succeed in letting all your preconceived notions go, but that is not necessary. All that is necessary is to entertain some doubt about the reality of your version of what your problems are. You are trying to recognize that you have been given the answer by recognizing the problem, so that the problem and the answer can be brought together and you can be at peace.

The shorter practice periods for today will not be set by time, but by need. You will see many problems today, each one calling for an answer. Our efforts will be directed toward recognizing that there is only one problem and one answer. In this recognition are all problems resolved. In this recognition there is peace.

Be not deceived by the form of problems today. Whenever any difficulty seems to rise, tell yourself quickly:

Let me recognize this problem so it can be solved.

Then try to suspend all judgment about what the problem is. If possible, close your eyes for a moment and ask what it is. You will be heard and you will be answered.

LESSON 80

Let Me Recognize My Problems Have Been Solved.

If you are willing to recognize your problems, you will recognize that you have no problems. Your one central problem has been answered, and you have no other. Therefore, you must be at peace. Salvation thus depends on recognizing this one problem, and understanding that it has been solved. One problem, one solution. Salvation is accomplished. Freedom from conflict has been given you. Accept that fact, and you are ready to take your rightful place in God's plan for salvation.

Your only problem has been solved! Repeat this over and over to yourself today, with gratitude and conviction. You have recognized your only problem, opening the way for the Holy Spirit to give you God's answer. You have laid deception aside, and seen the light of truth. You have accepted salvation for yourself by bringing the problem to the answer. And you can recognize the answer, because the problem has been identified.

You are entitled to peace today. A problem that has been resolved cannot trouble you. Only be certain you do not forget that all problems are the same. Their many forms will not deceive you while you remember this. One problem, one solution. Accept the peace this simple statement brings.

In our longer practice periods today, we will claim the peace that must be ours when the problem and the answer have been brought together. **The problem must be gone, because God's answer cannot fail. Having recognized one, you have recognized the other. The solution is inherent in the problem. You are answered, and have accepted the answer. You are saved.**

Now let the peace that your acceptance brings be given you. Close your eyes, and receive your reward. Recognize that your problems have been solved. Recognize that you are out of conflict; free and at peace. Above all, remember that you have one problem, and that the problem has one solution. It is

in this that the simplicity of salvation lies. It is because of this that it is guaranteed to work.

Assure yourself often today that your problems have been solved. Repeat the idea with deep conviction, as frequently as possible. And be particularly sure to apply the idea for today to any specific problem that may arise. Say quickly:

Let me recognize this problem has been solved.

Let us be determined not to collect grievances today. Let us be determined to be free of problems that do not exist. The means is simple honesty. Do not deceive yourself about what the problem is, and you must recognize it has been solved.

REVIEW LESSONS
81 through 90

Dedications to the Way, the Truth and the Life.

REVIEW

Introduction

We are now ready for another review. We will begin where our last review left off, and cover two ideas each day. The earlier part of each day will be devoted to one of these ideas, and the latter part of the day to the other. We will have one longer exercise period, and frequent shorter ones in which we practice each of them.

The longer practice periods will follow this general form: Take about fifteen minutes for each of them, and begin by thinking about the ideas for the day, and the comments that are included in the assignments. Devote some three or four minutes to reading them over slowly, several times if you wish, and then close your eyes and listen.

Repeat the first phase of the exercise period if you find your mind wandering, but try to spend the major part of the time listening quietly but attentively. **There is a message waiting for you. Be confident that you will receive it. Remember that it belongs to you, and that you want it.**

Do not allow your intent to waver in the face of distracting thoughts. Realize that, whatever form such thoughts may take, they have no meaning and no power. Replace them with your determination to succeed. Do not forget that your will has power over all fantasies and dreams. Trust it to see you through, and carry you beyond them all.

Regard these practice periods as dedications to the way, the truth and the life. Refuse to be sidetracked into detours, illusions and thoughts of death. You are dedicated to salvation. Be determined each day not to leave your function unfulfilled.

Reaffirm your determination in the shorter practice periods as well, using the original form of the idea for general applications, and more specific forms when needed. Some

specific forms are included in the comments which follow the statement of the ideas. These, however, are merely suggestions. It is not the particular words you use that matter.

LESSON 81

Our ideas for review today are:

(61) I am the light of the world.

How holy am I, who have been given the function of lighting up the world! Let me be still before my holiness. In its calm light let all my conflicts disappear. In its peace let me remember Who I am.

Some specific forms for applying this idea when special difficulties seem to arise might be:

Let me not obscure the light of the world in me.

Let the light of the world shine through this appearance.

This shadow will vanish before the light.

(62) Forgiveness is my function as the light of the world.

It is through accepting my function that I will see the light in me. And in this light will my function stand clear and perfectly unambiguous before my sight. My acceptance does not depend on my recognizing what my function is, for I do not yet understand forgiveness. Yet I will trust that, in the light, I will see it as it is.

Specific forms for using this idea might include:

Let this help me learn what forgiveness means.

Let me not separate my function from my will.

I will not use this for an alien purpose.

LESSON 82

We will review these ideas today:

(63) The light of the world brings peace to every mind through my forgiveness.

My forgiveness is the means by which the light of the world finds expression through me. My forgiveness is the means by which I become aware of the light of the world in me. My forgiveness is the means by which the world is healed, together with myself. Let me, then, forgive the world, that it may be healed along with me.

Suggestions for specific forms for applying this idea are:

*Let peace extend from my mind to yours, [name].
I share the light of the world with you, [name].
Through my forgiveness I can see this as it is.*

(64) Let me not forget my function.

I would not forget my function, because I would remember my Self. I cannot fulfill my function if I forget it. And unless I fulfill my function, I will not experience the joy that God intends for me.

Suitable specific forms of this idea include:

*Let me not use this to hide my function from me.
I would use this as an opportunity to fulfill my function.
This may threaten my ego, but cannot change my function in any way.*

LESSON 83

Today let us review these ideas:

(65) My only function is the one God gave me.

I have no function but the one God gave me. This recognition releases me from all conflict, because it means I cannot have conflicting goals. With one purpose only, I am always certain what to do, what to say and what to think. All doubt must disappear as I acknowledge that my only function is the one God gave me.

More specific applications of this idea might take these forms:

My perception of this does not change my function.

This does not give me a function other than the one God gave me.

Let me not use this to justify a function God did not give me.

(66) My happiness and my function are one.

All things that come from God are one. They come from Oneness, and must be received as one. Fulfilling my function is my happiness because both come from the same Source. And I must learn to recognize what makes me happy, if I would find happiness.

Some useful forms for specific applications of this idea are:

This cannot separate my happiness from my function.

The oneness of my happiness and my function remains wholly unaffected by this.

Nothing, including this, can justify the illusion of happiness apart from my function.

LESSON 84

These are the idea's for today's review:

(67) Love created me like Itself.

I am in the likeness of my Creator, I cannot experience loss and I cannot die. I am not a body. I would recognize my reality today. I will worship no idols, nor raise my own self-concept to replace my Self. I am in the likeness of my Creator. Love created me like Itself.

You might find these specific forms helpful in applying the idea:

*Let me not see an illusion of myself in myself.
As I look on this, let me remember my Creator.
My Creator did not create this as I see it.*

(68) Love holds no grievances.

Grievances are completely alien to love. Grievances attack love and keep its light obscure. If I hold grievances I am attacking love, and therefore attacking my Self. My Self thus becomes alien to me. I am determined not to attack my Self today, so that I can remember Who I am.

These specific forms for applying this idea would be helpful:

*This is no justification for denying my Self.
I will not use this to attack love.
Let this not tempt me to attack myself.*

LESSON 85

Today's review will cover these ideas:

(69) My grievances hide the light of the world in me.

My grievances show me what is not there, and hide from me what I would see. Recognizing this, what do I want my grievances for? They keep me in darkness and hide the light. Grievances and light cannot go together, but light and vision must be joined for me to see. To see, I must lay grievances aside. I want to see, and this will be the means by which I will succeed. Specific applications for this idea might be made in these forms:

*Let me not use this as a block to sight.
The light of the world will shine all this away.
I have no need for this. I want to see.*

(70) My salvation comes from me.

Today I will recognize where my salvation is. It is in me because its Source is there. It has not left its Source, and so it cannot have left my mind. I will not look for it outside myself. It is not found outside and then brought in. But from within me it will reach beyond, and everything I see will but reflect the light that shines in me and in itself.

These forms of the idea are suitable for more specific applications:

*Let this not tempt me to look away from me for my salvation.
I will not let this interfere with my awareness of the Source of my salvation.
This has no power to remove salvation from me.*

LESSON 86

These ideas are for review today:

(71) Only God's plan for salvation will work.

It is senseless for me to search wildly about for salvation. I have seen it in many people and in many things, but when I reached for it, it was not there. I was mistaken about where it is. I was mistaken about what it is. I will undertake no more idle seeking. Only God's plan for salvation will work. And I will rejoice because His plan can never fail.

These are some suggested forms for applying this idea specifically:

God's plan for salvation will save me from my perception of this.

This is no exception in God's plan for my salvation.

Let me perceive this only in the light of God's plan for salvation.

(72) Holding grievances is an attack on God's plan for salvation.

Holding grievances is an attempt to prove that God's plan for salvation will not work. Yet only His plan will work. By holding grievances, I am therefore excluding my only hope of salvation from my awareness. I would no longer defeat my own best interests in this insane way. I would accept God's plan for salvation, and be happy.

Specific applications for this idea might be in these forms:

I am choosing between misperception and salvation as I look on this.

If I see grounds for grievances in this, I will not see the grounds for my salvation.

This calls for salvation, not attack.

LESSON 87

Our review today will cover these ideas:

(73) **I will there be light.**

I will use the power of my will today. It is not my will to grope about in darkness, fearful of shadows and afraid of things unseen and unreal. Light shall be my guide today. I will follow it where it leads me, and I will look only on what it shows me. This day I will experience the peace of true perception. These forms of this idea would be helpful for specific applications:

*This cannot hide the light I will to see.
You stand with me in light, [name].
In the light this will look different.*

(74) **There is no will but God's.**

I am safe today because there is no will but God's. I can become afraid only when I believe there is another will. I try to attack only when I am afraid, and only when I try to attack can I believe that my eternal safety is threatened. Today I will recognize that all this has not occurred. I am safe because there is no will but God's.

These are some useful forms of this idea for specific applications:

*Let me perceive this in accordance with the Will of God.
It is God's Will you are His Son, [name],
and mine as well.
This is part of God's Will for me, however I may see it.*

LESSON 88

Today we will review these ideas:

(75) **The light has come.**

In choosing salvation rather than attack, I merely choose to recognize what is already there. Salvation is a decision made already. Attack and grievances are not there to choose. That is why I always choose between truth and illusion; between what is there and what is not. The light has come. I can but choose the light, for it has no alternative. It has replaced the darkness, and the darkness has gone.

These would prove useful forms for specific applications of this idea:

*This cannot show me darkness, for the light has come.
The light in you is all that I would see, [name].
I would see in this only what is there.*

(76) **I am under no laws but God's.**

Here is the perfect statement of my freedom. I am under no laws but God's. I am constantly tempted to make up other laws and give them power over me. I suffer only because of my belief in them. They have no real effect on me at all. I am perfectly free of the effects of all laws save God's. And His are the laws of freedom.

For specific forms in applying this idea, these would be useful:

*My perception of this shows me I believe in laws that do not exist.
I see only the laws of God at work in this.
Let me allow God's laws to work in this, and not my own.*

LESSON 89

These are our review ideas for today:

(77) I am entitled to miracles.

I am entitled to miracles because I am under no laws but God's. His laws release me from all grievances, and replace them with miracles. And I would accept the miracles in place of the grievances, which are but illusions that hide the miracles beyond. Now I would accept only what the laws of God entitle me to have, that I may use it on behalf of the function He has given me.

You might use these suggestions for specific applications of this idea:

*Behind this is a miracle to which I am entitled.
Let me not hold a grievance against you, [name],
but offer you the miracle that belongs to you instead.
Seen truly, this offers me a miracle.*

(78) Let miracles replace all grievances.

By this idea do I unite my will with the Holy Spirit's, and perceive them as one. By this idea do I accept my release from hell. By this idea do I express my willingness to have all my illusions be replaced with truth, according to God's plan for my salvation. I would make no exceptions and no substitutes. I want all of Heaven and only Heaven, as God wills me to have.

Useful specific forms for applying this idea would be:

*I would not hold this grievance apart from my salvation.
Let our grievances be replaced by miracles, [name].
Beyond this is the miracle by which all my grievances
are replaced.*

LESSON 90

For this review we will use these ideas:

(79) Let me recognize the problem so it can be solved.

Let me realize today that the problem is always some form of grievance that I would cherish. Let me also understand that the solution is always a miracle with which I let the grievance be replaced. Today I would remember the simplicity of salvation by reinforcing the lesson that there is one problem and one solution. The problem is a grievance; the solution is a miracle. And I invite the solution to come to me through my forgiveness of the grievance, and my welcome of the miracle that takes its place.

Specific applications of this idea might be in these forms:

This presents a problem to me which I would have resolved.

The miracle behind this grievance will resolve it for me.

The answer to this problem is the miracle that it conceals.

(80) Let me recognize my problems have been solved.

I seem to have problems only because I am misusing time. I believe that the problem comes first, and time must elapse before it can be worked out. I do not see the problem and the answer as simultaneous in their occurrence. That is because I do not yet realize that God has placed the answer together with the problem, so that they cannot be separated by time. The Holy Spirit will teach me this, if I will let Him. And I will understand it is impossible that I could have a problem which has not been solved already.

These forms of the idea will be useful for specific applications:

I need not wait for this to be resolved.

*The answer to this problem is already given me,
if I will accept it.*

Time cannot separate this problem from its solution.

The Forgotten Song

Listen, and try to think if you remember what we will speak of now.

Listen, - perhaps you catch a hint of an ancient state not quite forgotten; dim, perhaps, and yet not altogether unfamiliar, like a song whose name is long forgotten, and the circumstances in which you heard completely unremembered. Not the whole song has stayed with you, but just a little wisp of melody, attached not to a person or a place or anything particular. But you remember, from just this little part, how lovely was the song, how wonderful the setting where you heard it, and how you loved those who were there and listened with you.

The notes are nothing. Yet you have kept them with you, not for themselves, but as a soft reminder of what would make you weep if you remembered how dear it was to you. You could remember, yet you are afraid, believing you would lose the world you learned since then. And yet you know that nothing in the world you learned is half so dear as this. Listen, and see if you remember an ancient song you knew so long ago and held more dear than any melody you taught yourself to cherish since.

Beyond the body, beyond the sun and stars, past everything you see and yet somehow familiar, is an arc of golden light that stretches as you look

into a great and shining circle. And all the circle fills with light before your eyes. The edges of the circle disappear, and what is in it is no longer contained at all. The light expands and covers everything, extending to infinity forever shining and with no break or limit anywhere. Within it everything is joined in perfect continuity. Nor is it possible to imagine that anything could be outside, for there is nowhere that this light is not.

This is the vision of the Son of God, whom you know well. Here is the sight of him who knows his Father. Here is the memory of what you are; a part of this, with all of it within, and joined to all as surely as all is joined in you. Accept the vision that can show you this, and not the body. You know the ancient song, and know it well. Nothing will ever be as dear to you as is this ancient hymn of love the Son of God sings to his Father still.

And now the blind can see, for that same song they sing in honor of their Creator gives praise to them as well. The blindness that they made will not withstand the memory of this song. And they will look upon the vision of the Son of God, remembering who he is they sing of. What is a miracle but this remembering? And who is there in whom this memory lies not? The light in one awakens it in all. And when you see it in your brother, you are remembering for everyone.

-Text, Chapter 21