

REVIEW I

Lessons 1 to 50

Day 51

Review I: Lessons 1 to 50

As in all courses of study, a review period helps the student and the teacher assess how much has been learned. I decided to use this as a separate day and go on to Lesson 51 tomorrow. There will be other days where i will stop to discuss passages that come up between the lessons. These days can be used to work on your mind-training exercise or repeat a favorite lesson. There is no wrong way to do the lessons as long as you do them in succession and study only one per day.

Our lessons have been helping us to understand that we are all students and teachers to each other as we go about our daily activities. Every encounter offers an opportunity for forgiveness of the other and of ourself. The new ideas we are studying are building our spiritual muscles so that we more often use our inner spiritual strength (which comes from joining with the Holy Spirit in our mind) to solve our perceived problems.

We are being trained to look at all life situations in a different way, to see them as extensions of our own thoughts. We are learning that the responsibility for what we see and experience is in our own mind. This is a great gift even though it can seem like a huge responsibility. If we are victims of other people's actions, then we are helpless. Fear is an appropriate reaction. But if we recognize that we made the problem, then we can unmake it. Fear becomes an impediment to be relinquished. We are learning to take back the power of decision in our mind.

This mind training process we are undergoing is restoring us to our true nature as God's holy creation, not separate from but eternally a part of our Source. We are told there is nothing outside God, therefore there is nothing outside of us. "You will yet learn that peace is part of

you, and requires only that you be there to embrace any situation in which you are. And, finally, you will learn that there is no limit to where you are, so that your peace is everywhere, as you are.” (W Review1.5)

In truth, this is no big deal. We eat every day, in fact several times, we work, we sleep. Nothing remarkable. Yet, for me, making a daily year-long commitment to do a lesson a day was a daunting idea at first. I didn't know if i could stay the course! But it's 50 lessons later and despite computer glitches, family emergencies, and life in general, i've managed to express my thoughts about one lesson each day. I feel energized, uplifted, focused, and delighted that this has been relatively easy.

This brings to mind a line from T14.IV.6:2: “When you have learned how to decide with God, all decisions become as easy and as right as breathing. There is no effort, and you will be led as gently as if you were being carried down a quiet path in summer.” Well, i don't know about the summer part (right now it's about 46 degrees outside!) but i certainly do feel loved and gently guided.

Now, let's review these first 50 lessons—the “weed pluckers” as my first ACIM teacher Paul used to call them. Their radical ideas are meant to shake us and wake us up to the beauty and joy that exist outside of our leaden ego. We may not instantly agree with or understand each lesson, yet something deep down says, “Keep going. This is good stuff!”

The review will remind us of our initial reaction to each lesson. Now, as we read the lesson again, we can discern how much of these ideas are beginning to settle into our mind and thoughts, giving us hope for the first time that there is another way of looking at the world, one that inspires peace and joy rather than fear and guilt.

Day 52

Lesson 51

Review I: Lessons 1-5

Spend some quiet time reading and thinking about these brief explanations and any related thoughts. Then take any or all of them into your day, thinking of them frequently. You are learning to install these different ideas into your database of beliefs!

Lesson 1. Nothing I see means anything.

“What I think I see now is taking the place of vision.” (W82.1:4)

We are on ego-automatic. We see everything through its filter and everything the ego looks upon comes from the belief in separation and is therefore not true. Accepting this is so, we can ask for its correction so true vision can return to our mind.

Lesson 2. I have given what I see all the meaning it has for me.

“I have judged everything I look upon, and it is this and only this I see. This is not vision.”

(W82.2)

If I want true vision I must be determined to recognize that my judgments are hurting me. I must be willing to leave a space for the truth to be seen instead.

Lesson 3. I do not understand anything I see.

“What I see is a projection of my own errors of thought.” (W82.3:3)

This is all we need to want to change our mind. The hard part is admitting we are wrong. Egos don't like to do this! The fear is that it will be so ashamed of its stupid actions that it will want to

die. And it will, with the help of the Holy Spirit.

Lesson 4. These thoughts do not mean anything.

“The thoughts of which I am aware do not mean anything because I am trying to think without God.” (p 83.4:2)

Our real thoughts lie hidden under the judgmental thoughts of the ego. All our efforts should be directed at noticing our ego thoughts for what they are and then wanting to change our mind.

Lesson 5. I’m never upset for the reason I think.

“I make all things my enemies, so that my anger is justified and my attacks are warranted.”
(W83.5:4)

We are tired and upset because we are working so hard to make our false ideas true. This is an exhausting and frustrating activity that brings us nothing but pain. We are beginning to realize we do not have to suffer. We can let go of damaging thoughts and be at peace.

Day 53

Lesson 52

Review I: Lessons 6-10

Read, reflect, and think often of one or more of these lessons during the day.

Lesson 6. I am upset because I see what is not there.

“When I am upset, it is always because I have replaced reality with illusions I made up.”

(W52.1:5)

I think of becoming upset as something that happens to me, against my will and not in my control. These lessons are teaching just the opposite—I am choosing to be upset because I fear God’s peace, having taken the ego’s hand as guide.

Lesson 7. I see only the past.

“When I have forgiven myself and remembered who I am, I will bless everyone and everything I see.” (W52.2:5)

I am waking up! I no longer want to condemn anyone because I realize it keeps me separate from my siblings who share my perfect holiness.

Lesson 8. My mind is preoccupied with past thoughts.

“Let me remember that I look on the past to prevent the present from dawning on my mind.”

(W52.3:4)

As I allow my right mind to help me release the past, I see there truly was no value in it. Holding on to the past is my ego’s way of making time a reality, separating me from the truth of Who I am and Who the circle of people around me are.

Lesson 9. I see nothing as it is now.

“What I have chosen to see has cost me vision. Now I would choose again that I may see.”

(W52.4:5-6)

How wonderful it is to start to see that all the judgmental thoughts i think that i'm thinking, have no effect and are nothing at all. I am exchanging the darkness of my guilt for the light of vision!

Lesson 10. My thoughts do not mean anything.

“I have no private thoughts. Yet it is only private thoughts of which I am aware.” (W52.5)

The belief that my little, private thoughts are real, and as a result are important, is the ego's clever scheme to convince me that bodies and minds are multitudinous in this world. These false thoughts deny the grandeur that is mine as God's holy creation. Why would i want to keep them?

Day 54

Lesson 53

Review I: Lessons 11-15

Today's five review lessons focus on the insanity of the ego. I've known people to get upset with passages that say things like, "Anyone who elects a totally insane guide must be totally insane himself." (T9.IV.8) The ego doesn't enjoy being called insane because it perceives it as an attack. The Course contains many psychological terms and concepts because it was filtered through the minds of its channels, Helen and Bill, who were clinical psychologists at Columbia Presbyterian Hospital in NYC in the 1960s. In fact, when Helen heard the Voice tell her to "take dictation" she thought she was going crazy. Bill counseled her, "Let's see what it says . . ."

The result was A Course in Miracles.

Lesson 11. My meaningless thoughts are showing me a meaningless world.

"Since the thoughts of which I am aware do not mean anything, the world that pictures them can have no meaning." (W53.1:2)

Meaninglessness and insanity are synonyms in this teaching. My insane ego thoughts manifest a correspondingly insane world of pain and fear. But insane thoughts are not real and since i have real thoughts in my mind as well, i can choose them instead, returning to sanity.

Lesson 12. I am upset because I see a meaningless world.

"I am grateful that the world is not real, and that I need not see it at all unless I choose to value it." (W53.2:6)

At this stage of the study, i simply need to be aware of my guilty, hateful, anxious thoughts and

the pain they are causing me. When i affirm that the chaos of this perceived world is no longer what i want. Then i can make a new choice for thoughts of joining and peace.

Lesson 13. A meaningless world engenders fear.

“The totally insane engenders fear because it is completely undependable, and offers no grounds for trust.” (W53.3:2)

The very nature of insanity is instability. The ego world harbors no safe haven to rest without fear. That is why i want to see it in its bare unreality and then let it go back to nothingness, replaced by the reality of peace.

Lesson 14. God did not create a meaningless world.

“Why should I continue to suffer from the effects of my own insane thoughts when the perfection of creation is my home?” (W53.4:5)

This is the foundational question i am being led to ask over and over until i realize that the ego holds nothing that i want or need. My Creator created me to share the joy of unity. This world i see is the epitome of division and dis-ease. Therefore, it has no place in my mind.

Lesson 15. My thoughts are images that I have made.

“The fact that I see a world in which there is suffering and loss and death, shows me that I am seeing only the representation of my insane thoughts, and am not allowing my real thoughts to cast their beneficent light on what I see.” (W53.5:4)

My will is one with God's, and so, the time will come when i give up this insane desire for autonomy and return to my true state of being. I am free to choose chaos or peace but i am not

free to choose my reality as God's Holy Creation.

Day 55

Lesson 54

Review I: Lessons 16-20

Today's main idea is central to the teaching that all thoughts are shared. People often ask me if i believe in mind readers (or psychics). Yes! We are all mind readers at times. Who hasn't had the experience of knowing what someone else was going to say or do? Most of us don't cultivate the ability because it is threatening to the ego which strives to keep us aloof and defensive, "safe" in our autonomy and "private thoughts."

Lesson 16. I have no neutral thoughts.

"Neutral thoughts are impossible because all thoughts have power." (W54.1:2)

All thinking has an effect. As i allow my mind to wander in fearful thinking (what ifs, i should've), i attract like-minded individuals who relish disaster. (Birds of a feather flock together!) By catching those thoughts and asking for their transformation, i draw more serene, nonviolent relationships to me.

Lesson 17. I see no neutral things.

"Let me look on the world I see as a representation of my own state of mind." (W54.2:4)

As difficult as it is to imagine that i can see the people and situations in my life differently, i am willing to conceive of the possibility. I *must* envision it in order for there to be a change. It is only *my* mind that can bring a new perception of the world i see. Because i am on ego-automatic, until i ask for change i will participate in loneliness, fatigue, melancholy, and worthlessness,

among other delights of the ego.

Lesson 18. I am not alone in experiencing the effects of my seeing.

“As my thoughts of separation call to the separation thoughts of others, so my real thoughts awaken the real thoughts in them. And the world my real thoughts show me will dawn on their sight as well as mine.” (W54.3:6-7)

Since there is no separation, what i believe is what i will project onto others. It doesn't seem to be so because i see different aspects of my chaotic thinking in different people. Yet, when i decide with my right mind, i will see and experience loving interactions with everyone around me.

Lesson 19. I am not alone in experiencing the effects of my thoughts.

“I am alone in nothing. Everything I think or say or do teaches all the universe.” (W54.4:2-3)

May i always be asking the Holy Spirit to guide me in the right and proper channels. Since i am connected to everyone else, i will experience the effects of my thoughts on others. If i radiate anger, that is what i will receive. If i radiate love and acceptance, that is what i will receive.

Lesson 20. I am determined to see.

“I would behold the proof that what has been done through me has enabled love to replace fear, laughter to replace tears, and abundance to replace loss.” (W54.5:4)

Because i want the peace of God, i must want it also for my sibling travelers on the journey home. It is they who show me what i am thinking. My thoughts become the actions of my companions on the path. My gratitude for what they teach me showers me with miracles!

Day 56

Lesson 55

Review I: Lessons 21-25

Our lessons today center on our faulty perception that stems from having forgotten Who we are in truth. Under these circumstances, how can we possibly have our own best interests in mind?

Lesson 21. I am determined to see things differently.

“I am determined to see the witnesses to the truth in me, rather than those which show me an illusion of myself.” (W55.1:7)

One radical teaching of the *Course* is that God did not create the world or anything in it. He did not create me as a separate body on my own in the universe. If i see myself in this way, then i do not understand my Creator or myself. God could not create division, being the God of Love.

Lesson 22. What I see is a form of vengeance.

“The world I see is hardly the representation of loving thoughts. It is a picture of attack...It is my own attack thoughts that give rise to this picture. (W55.2:2)

The ego in me works 24/7 to keep strife alive in my thoughts. Yet there is a part of my mind untouched by its alienating influences, the part that has never separated from God, to which i can return the instant i am willing to give up the meager offerings of the ego.

Lesson 23. I can escape from this world by giving up attack thoughts.

“As forgiveness allows love to return to my awareness, I will see a world of peace and safety and joy.” (W55.3:4)

Forgiveness is the unfailing tool i have been given by my Teacher to resolve all disharmony in my mind. W.Pt II.1.4:1-3 says, “Forgiveness . . . is still, and quietly does nothing It merely looks, and waits, and judges not.” All of these characteristics—stillness, nonreaction, patience, nonjudgment—are all antithetical to the ego. When i practice these i am retraining my mind in a way that will transform my relationships, bringing me to a state of unassailable peace.

Lesson 24. I do not perceive my own best interests.

“I am willing to follow the Guide God has given me to find out what my own best interests are, recognizing that I cannot perceive them by myself.” (W55.4:4)

To get a job done right, i need the proper tools and, just as importantly, an expert to show me what to do. My Teacher gives me forgiveness as the tool, and the Holy Spirit as the Guide who will lead me in straight paths. My decision to ask the Holy Spirit’s help is the necessary shift into my right mind. It is here that i remember who i AM.

Lesson 25. I do not know what anything is for.

“The purpose I have given the world has led to a frightening picture of it.” (W55.5:6)

I have been overtly as well as subtly taught by my family and teachers that the world is dangerous and i must be prepared to defend myself at all times. This reactive thinking has substituted for my real thoughts which see only loving relationships, or ones that require healing and nothing else. When i look on the things of the world with new eyes, i do not feel alone for i know my Helper is with me. Together we choose peace.

Day 57

Lesson 56

Review I: Lessons 26-30

Our lessons today concentrate on how our faulty sense of self leads to suffering. One of the major differences i see in this path from other spiritual philosophies is its focus on our misperceptions, flawed judgments, and misbegotten assumptions. Whereas many other disciplines fixate on the positive aspects of life, our study asks us to summon the honesty and courage to reveal all our hidden hates and buried fears. They must be brought to the light and transformed so that we may return to a state of permanent peace.

Lesson 26. My attack thoughts are attacking my invulnerability.

“All my hopes and wishes and plans appear to be at the mercy of a world I cannot control.”

(W56.1:4)

I seem to be under continual attack from sources outside my influence. The huge open secret here is that it is my own attack thoughts that are causing me distress in many forms. I forget who i *am* every time i take umbrage at something someone says, every time i get upset because something isn't going my way, every time i look out and see a competitor trying to beat me. I make up these images to hide the light in me. But now i'm waking up (or at least stirring from sleep) and getting ready to exchange attack for peace.

Lesson 27. Above all else I want to see.

“Recognizing that what I see reflects what I think I am, I realize that vision is my greatest need.”

(W56.2:2)

When the truth dawns clearly that only my own beliefs are keeping me in hell, then i begin the typically slow progression (called the Atonement process) of bringing to my attention all the blocks to peace that i invent. Seeing these clearly, i can then ask the Holy Spirit to help correct my misperceptions.

Lesson 28. Above all else I want to see things differently.

“While i see the world as i see it now, truth cannot enter my awareness.” (W56.3:3)

I remember many years ago, when my life seemed to be in shambles. I was stricken with unbearable pain and i cried to God, “i want to see things differently.” Over and over i repeated the words like a mantra, not really knowing what i was saying but with a rudimentary awareness that something had to change. It took me quite a while to realize that i only have to *want* to change my mind: that is enough. I don’t have to know how it will happen. The clear desire opens the door to the miracle that heals my mind.

Lesson 29. God is in everything I see.

“Beyond all my insane wishes is my will, united with the will of my Father.” (W56.4:4)

I have a choice as to how i see all people and events in my life. This is so easy to say yet so hard

to put into practice. Most of the time, because i'm on ego-automatic, i don't even consider that there is another way to view my situation. My beliefs are so entrenched that it often takes a major disturbance (tragedy, trauma) to lead me to ask for help to lift me out of the hole i have dug myself into. This *must* happen eventually, since my will is always one with God's. I cannot remain forever in hell.

Lesson 30. God is in everything I see because God is in my mind.

“I have not lost the knowledge of Who I am because I have forgotten it. It has been kept for me in the Mind of God, Who has not left His Thoughts.” (W56.5:3)

No matter how terrible my life may seem and how much i suffer, i can ask for a miracle and be renewed. Because God didn't create this veil of tears, there is every reason to relinquish my attachment to it. All i need is the true desire for God's eternal peace, not the ego's, which comes and goes according to the whim of the dream. Waking up is coming home to Reality.

Day 58

Lesson 57

Review I: Lessons 31-35

It is hardly a stretch to see this world as a prison where we are caged by our defective thought system. The restriction of our spirit leads to power struggles, fury fights, and nonstop defensive maneuvers. Our lessons aim to release the bonds of ego thinking and return us to the awareness of the power of our mind to CHOOSE the path of peace.

Lesson 31. I am not the victim of the world I see.

“Nothing holds me in this world. Only my wish to stay keeps me a prisoner. (W57.1:7)

My first teacher Paul (from 1978–1985) always said, “This course is simple but it’s not easy.”

What could be simpler than changing my mind (but more difficult)? My ego has such an investment in being right that anything that might even slightly seem counter to its preconceived notions is immediately disarmed, denied, or attacked. This is a main reason why change is so resistible!

Lesson 32. I have invented the world I see.

“I have deluded myself into believing it is possible to imprison the Son of God.” (W57.2:4)

My ego claims it wants to learn, grow, and expand my consciousness, yet it must always be on

the look-out for possible annihilation. It knows it has an enemy who is endeavoring to win back my mind. So, it must keep a tight rein on my thoughts or else i will break the chains of guilt and fear and return to my right mind, leading to the ego's dissolution.

Lesson 33. There is another way of looking at the world.

“I would look upon the world as it is, and see it as a place where the Son of God finds his freedom.” (W57.3:6)

Every time i stop, for even just a second, and question a thought in my mind from a logical, detached point of view, i am shifting my thinking to my right mind. This is the space where miracles are born. The only extra, added ingredient necessary for the realization of the miracle is my collaboration with the Holy Spirit in my mind.

Lesson 34. I could see peace instead of this.

“When I see the world as a place of freedom, I realize that it reflects the laws of God instead of the rules I made for it to obey.” (W57.4:2)

The Holy Spirit's presence in my mind is crucial to my receiving a miracle (a change of perception). If i try to do it myself, i am right back in the ego's penitentiary of limited understanding. Because i'm on ego-automatic, i will want the miracle for the wrong reason. Instead, i can choose to see this world as a classroom where i've come to learn the Holy Spirit's curriculum.

Lesson 35. My mind is part of God's. I am very holy.

“I begin to understand the holiness of all living things, including myself, and their oneness with me.” (W57.5:5)

With the Holy Spirit as my partner, i am truly in a state of grace, and communion with my Source. In my right mind is a new world, the real world, the world transformed. Here suddenly all is forgiven, and all beings are worthy of my compassion. Complete serenity is my vibration! How beautiful, powerful, and freeing is this state!

Day 59

Lesson 58

Review I: Lessons 36-40

*How many of us can say we were brought up to believe we were holy beings? Did our parents remind us of our holiness every day? Did we have lessons in school on how to best utilize our holiness? Although our parents probably loved us and our teachers were well trained, **THEY** didn't assume their holiness so, how could they promote ours? Now we have a new Teacher to guide us back to our true Identity as God's holy Son.*

Lesson 36. My holiness envelopes everything I see.

“From my holiness does the perception of the real world come.” (W58.1:2)

The goal of this study is *not* to get to heaven. It isn't? No, because i am already in heaven even though i don't know it. So, the real purpose of my lessons is to shift my perception from the ego, which believes i am a sinner, to my right mind where the awareness of my holiness has always been. Choosing to make this shift brings me to the real world. Heaven is just a step or two away! Heaven is peace of mind.

Lesson 37. My holiness blesses the world.

“There is nothing apart from this joy, because there is nothing that does not share my holiness.”
(W58.2:4)

The real world is the world i currently see, but transformed. In the real world i am aware that there are others around me but i feel no sense of separation. We are undivided parts of a greater whole which is eternally holy.

Lesson 38. There is nothing my holiness cannot do.

“In the presence of my holiness, which I share with God Himself, all idols vanish.” (W58.3:6)

My holiness is the fertile ground where miracles blossom. Holiness shifts my thoughts from self-interest to compassion and service. Where before i saw an angry person, now i see a fearful one; one in need of understanding and love. My holiness sees the vulnerability in others and rushes to comfort and support.

Lesson 39. My holiness is my salvation.

“Since my holiness saves me from all guilt, recognizing my holiness is recognizing my salvation.” (W58.4:2)

Salvation is an ancient concept whose form varies relative to the discipline from which it stems. As i study and reflect, i’m learning that my salvation comes from performing miracles! No one can do this for me, but neither can i do it alone. First i *must want to see a miracle* (a change of perception) and then i must *remember to invite the Holy Spirit in*. Together we dispel the ego’s

layers of fear, guilt, and sin that seem to hide my True Self from me.

Lesson 40. I am blessed as a Son of God.

“I cannot suffer any loss or deprivation or pain because of Who I am.” (W58.5:5)

In traditional Christianity, Jesus is the only Son of God and He suffered and died for our sins. In this teaching, we *all* are God’s Son in whom He is well pleased! We are created in joy and peace by our loving Creator so that pain and suffering are impossible. The miracle is the acknowledgment of my true identity as God’s blessed Son.

Day 60

Lesson 59

Review I: Lessons 41-45

All our senses were made to conceal our oneness with God. Our holiness remains hidden in a world of duality made up of our projected thoughts. We made a world apart from God because we believed the ego's story that God is angry with us and would punish us if we came home.

These lessons are the antidote to this sick and fearful tale.

Lesson 41. God goes with me wherever I go.

“How can I be disturbed by anything when He rests in me in absolute peace?” (W59.1:4)

Imagine what it would be like to feel the Presence of God with me everywhere i am. The miracle is that perhaps brief, but nonetheless exquisite experience of complete connection with another. And each miracle brings me closer to the Real World where only peace presides.

Lesson 42. God is my strength. Vision is His gift.

Let me be willing to exchange my pitiful illusion of seeing for the vision that is given by God.”
(W59.2:3)

Once i believe i've become an autonomous individual, i accept the ego as my partner and follow unflinchingly all its strictures. It tells me to trust no one. It tells me God is Someone to fear. So only a mind shift away from the ego can recall the gift of God's vision. “[It] speaks of

timelessness in time, and that is why Christ's vision looks on everything with love.”

(T13.VIII.4:4)

Lesson 43. God is my Source. I cannot see apart from Him.

“It is these [illusions] I choose when I try to see through the body's eyes.” (W59.3:6)

My Teacher knows that i have forsaken my true inheritance, manifesting a cruel world based on the ego's plan. He also knows that i am frozen by fear of retaliation and dreaming of war and vengeance. His plan, should i elect to follow Him, will eradicate all fear, leaving a clean slate where vision takes the place of perception.

Lesson 44. God is the Light in which I see.

“Let me welcome vision and the happy world it will show me.” (W59.4:7)

The world of my ego is filled with darkness. The real world of the Holy Spirit is bathed in light. In the dark i see defensively. In the light of truth, vision shows a healed world, one where enemies become soulmates and we walk together in peace.

Lesson 45. God is the Mind with which I think.

“I have no thoughts I do not share with God.” (W59.5:2)

The thoughts i think that are private thoughts are simply the illusionary thoughts of the ego. It is the healed world i long to see. But only when i confront my fear of God directly, and see the empty space where i thought His Judgment lurks, will i be convinced that i was wrong. I cannot think apart from my Creator nor can He think apart from me. Our Mind is one in unified creativity.

Day 61

Lesson 60

Review I: Lessons 46-50

The power of forgiveness and its necessity for healing the mind threads its way through our discourse today. We need and want forgiveness for ourself and those we see outside ourself in order to remember the love we share with our Creator.

Lesson 46. God is the Love in which I forgive.

“God does not forgive because He never condemned.” (W60.1:2)

When i first read these words i was overcome by their significance and authenticity. “Of course!” i said to myself, “God has never condemned anyone! How could a loving Creator threaten His Creations?” The stories of God’s wrath and vengeance are inventions of the ego to keep us in its clutches. Only the ego condemns and projects its judgment onto God. The story the ego has told me is becoming unglued! Perhaps i really don’t have to be afraid of God after all!

Lesson 47. God is the strength in which I trust.

“It is not my own strength though which I forgive. It is with the strength of God in me, which I am remembering as I forgive.” (W60.2:2)

If God is not an enemy, as my ego has tried to convince me, then i am free to explore my relationship with my Source on a whole new level. On this new ground of being, we are not

master and possession but rather the sun and its rays. I am the same “stuff” as my Creator and cannot be separated. In this way i forgive God for what He never did (kick me out of the house) and i forgive myself for believing i could leave. So, His strength can only be mine. Who else is there to trust?

Lesson 48. There is nothing to fear.

“Everyone and everything I see will lean toward me to bless me.” (W60.3:4)

What is there to fear when i no longer believe i’ve been condemned by God? No longer will i need to find another to project my fear upon. Here’s a true story: I was visiting a friend one morning. She was giving her little son breakfast and he didn’t want to finish eating. His mother admonished him so he went over and kicked the cat! The ego is always looking for someone to victimize. Forgiveness puts an end to projection because my forgiveness sees that there is no harm done and no need to find a victim. In my forgiveness, i see only kindred spirits who share my journey.

Lesson 49. God’s Voice speaks to me all through the day.

“There is not a moment in which His Voice fails to direct my thoughts, guide my actions and lead my feet.” (W60.4:3)

This is not something i brag about to all my friends—they might put me away if they think i’m

hearing voices! Seriously, i must be careful not to take everything that is written literally as some have done with the Bible. Much of the *Course* is written poetically and metaphorically therefore, it is extremely important not to extract a sentence from the material and say, *This* is what the *Course* says. The passage i quote and then interpret must fit into the general scheme set forth in all three volumes of the material. They all hang together. Guidance comes in myriad forms and the more i ask and listen, the better i become at discerning God's Voice from the ego's.

Lesson 50. I am sustained by the Love of God.

“As I forgive, His Love reminds me that His Son is sinless.” (W60.5:4)

There are so many ways to “hear” the Holy Spirit; the form is not important. It is the clarity and certainty of the guidance that matters. One criteria for true guidance is that it is not for me alone but is helpful to others as well. The guidance i receive from the Holy Spirit or God's Voice is the manifestation of forgiveness. His suggestions are always loving and will show me that my life companions are as sinless as i am.

REVIEW II

Lessons 61 to 80

Day 82

Review II: Lessons 61 to 80

Once again, let's pause in our lessons to consolidate what you have learned thus far. Each one brings you a little closer to Home as you internalize and extend the lessons you have been given. For the next ten days, you will work more intensively to refashion your mind in a way that brings peace instead of chaos into your life. You will delve more deeply into the previous lessons, seeking their deeper meaning. You will be reviewing two lessons each day, the first in the morning and the second in the afternoon.

Being as practical as this study eminently is, let's enumerate how you are to do the lessons:

1. There should be one long practice period (15 minutes, if possible, at a designated time each day). Read both lessons and follow from #3 on.
2. In the shorter practice periods, read the lesson slowly, perhaps several times, and consider the message it contains.
3. Close your eyes and actively listen. The Holy Spirit is speaking to you.
4. Be confident that you will hear, because you want to.
5. Notice distracting thoughts, and relinquish them. They drown out the Voice for God.
6. Regard these moments as sacred time. You are engaging in holy work that will change your life and the world you see!

Keep in mind that the power of decision rests in your own mind. Nothing can stop you except your belief in the ego.

Day 83

Lesson 81

Review II: Lessons 61-62

A.M. Lesson 61 I am the light of the world.

Today i will let my light shine on everyone and everything i see.

P.M. Lesson 62 Forgiveness is my function as the light of the world.

As i allow myself to see the blocks i manifest to keep my light hidden from my awareness, i will learn the true meaning of forgiveness.

Day 84

Lesson 82

Review II: Lessons 63-64

A.M. Lesson 63 The light of the world brings peace to every mind through my forgiveness.

I am beginning to see my place in the Sonship as one with my Creator. I am the light of the world, here to bring joy wherever i go.

P.M. Lesson 64 Let me not forget my function.

The fear of peace in my mind is diminishing. It is becoming easier to remember that i can choose to forgive anytime i want.

Day 85

Lesson 83

Review II: Lessons 65-66

A.M. Lesson 65 My only function is the one God gave me.

When i know i only have one function, to forgive, my day becomes uncomplicated by many different choices.

P.M. Lesson 66 My happiness and my function are one.

There is great joy in having only one function, no matter how many different forms it takes.

Day 86

Lesson 84

Review II: Lessons 67-68

A.M. Lesson 67 Love created me like Itself.

I have the power of God's Love within me to include everybody and everything in my true happiness.

P.M. Lesson 68 Love holds no grievances.

Today i will not use attack to separate myself from my companions as we journey Home.

Day 87

Lesson 85

Review II: Lessons 69-70

A.M. Lesson 69 My grievances hide the light of the world in me.

My awakening has begun. I want to see. Seeing means forgiving all the people and situations i believe injured me.

P.M. Lesson 70 My salvation comes from me.

I thought my happiness came from manipulating the people and things in my life. Now i see that this belief was a lie my ego told me.

Day 88

Lesson 86

Review II: Lessons 71-72

A.M. Lesson 71 Only God's plan for salvation will work.

I'm finally noticing how my expectation of happiness in the world is rife with disappointment. The world was made to keep my joy separate from me. Let me see where my contentment has always been.

P.M. Lesson 72 Holding grievances is an attack on God's plan for salvation.

I attack my holiness and that of my siblings each time i lay a sin upon my shoulders or theirs. Only egos make mistakes that can be easily corrected by a shift in my perception.

Day 89

Lesson 87

Review II: Lessons 73-74

A.M. Lesson 73 I will there be light.

In the light, all that i saw before has now become rare and lovely. The people surrounding me are precious beings who share the light with me.

P.M. Lesson 74 There is no will but God's.

When i am afraid or sad or angry or disappointed, it is because i have made a will in opposition to God's. By renouncing the ego as my guide, i can once more take my rightful place at home in God whose will i share.

Day 90

Lesson 88

Review II: Lessons 75-76

A.M. Lesson 75 The light has come.

Now i know that, in every moment, i choose either illusion or truth. By taking back the power of decision, i am healed and my world is healed along with it.

P.M. Lesson 76 I am under no laws but God's.

Today i want to experience the freedom of living under God's laws instead of being a prisoner of the ego. All my suffering will disappear as i make the choice for God.

Day 91

Lesson 89

Review II: Lessons 77-78

A.M. Lesson 77 I am entitled to miracles.

A miracle is a change of perspective. I have accepted the ego's view of the world but now i choose miracles. God created me to live with vivacity and compassion.

P.M. Lesson 78 Let miracles replace all grievances.

By making this affirmation, i am consciously willing to replace my ego beliefs about my relationships and their consequences with the Truth. I recognize the joy that is mine as i release all my objections in favor of peace.

Day 92

Lesson 90

Review II: Lessons 79-80

These two companion lessons (79 and 80) that close this review encapsulate this whole course of study in their luminous brevity! There is only one universal problem and one perfect solution. To know this in the fullness of consciousness is to reach salvation.

A.M. Lesson 79 Let me recognize the problem so it can be solved.

Although it may seem like we have many problems, our Teacher assures us they are all the same! They are merely grievances we have carried from the past into the present. Every grievance has the same purpose—to keep us from loving each other. Therefore, in fact, they are one and the same problem.

P.M. Lesson 80 Let me recognize my problems have been solved.

In embracing the ego belief system we have also accepted one of its major tenets—the belief in time. Only in time can a problem be separated from its solution. Only the ego holds onto the past to use as a bludgeon upon the present. We have come to this moment to lay down our weapons in the light of Love.

REVIEW III

Lessons 91 to 110

Day 113

Review III: Lessons 91–110

Today, let's take a day of consolidation, a day off from formal instruction so that you can determine where you stand in your commitment to your study. Be as nonjudgmental of yourself as possible as you assess your progress. If you are doing well, then give thanks and spend the day in the manner that seems best to you. If you believe you could do better, give thanks that you observe this, and recommit yourself to your work. Relinquishing the ego is tough work!

Tomorrow we come again to the opportunity to review. This time we'll bring our attention to the last twenty lessons we have just completed. We have the opportunity to approach these with new eyes and an open mind, ready to receive more of the wisdom these lessons offer us. Each moment we can be reborn, renewed in the spirit, awakened to new possibilities. Let each lesson sing a fresh refrain in your mind, bringing novel ideas and an expansion of consciousness. We are taking baby steps down a path that seems strange and perhaps too rocky at times. Go on! You will be given whatever you need to succeed.

Our Teacher gives us specific instructions, as always, about how to perform our practice. Yet it is up to us to determine what ideas may inspire our cooperation. It may be helpful to think of our practice as time devoted to a musical instrument. In this case, the "instrument" is our mind. We want to practice to be able to play as beautifully as we can!

Or perhaps we could consider our practice as if we are memorizing a poem or a song we cherish. Our lessons are the most uplifting literature we could possibly want to learn.

Or we might consider our practice as a perfect equation we want to memorize:
willingness + humility = peace.

The form of devotion is unimportant but the willingness to be devoted to our practice is important. So, let us use whatever means will help us to implement our lessons. Our brother Jesus is well aware of the difficulty we have in disciplining our minds to remember the lesson at the assigned time. Missing a practice period need not engender guilt. Examine your intention to determine if the missed period was really unavoidable or if it was ego resistance. If purposely missed, make it up as soon as possible to counter the ego resistance.

The format for practice starts with dedicating 5 minutes in the morning to the two ideas presented for the day. Read the lesson and the comments accompanying it. Assert to yourself that the lesson can help you in your daily life. Then let the ideas fill your mind and extract the wisdom that is already there.

It is just as important—if not more so—to complete as many practice periods as possible throughout the day. Jesus knows we have been lax in bringing these teachings into our daily experiences to have them healed. Have faith that your mind and the Voice for God in it will come to your assistance any moment that you ask for help.

“In these reviews, we stress the need to let your learning not lie idly by between your longer practice periods.” (W.R.III.10.1)

Our Guide tells us to think of and mentally imbibe the lessons each hour, the first on the hour and the second on the half hour. Just for a moment let the idea sink into the mind and rest there. Then make every effort to keep the thoughts with you as you go through the day, applying their strength to all the attempts of the ego to keep you down.

“These practice periods are planned to help you form the habit of applying what you learn each day to everything you do.” (W.R.III.11.2)

You should spend a second 5 minutes with the ideas at the end of the day. Each time you practice, you gain incalculable advancement toward your goal.

Day 114

Lesson 111

Review III: Lessons 91-92

Today let us begin this 10-day review with a sense of deep purpose. This holy work will take you on a “journey without distance” to a place you never left. You will enter into your twice-daily quiet periods, morning and night, with happy anticipation of the gifts that await you. And you will strive to bring the wisdom and comfort of each lesson into every hour and every incident of your day.

Do not let the ego delay your joy with guilt if you forget a practice period, but instead correct the error immediately. You are always cherished by your Creator. These lessons are to help you learn to honor and love your Self.

Lesson 91 Miracles are seen in light.

Above all else, i want to move beyond the ego’s fuzzy thinking to the truth about myself.

Lesson 92 Miracles are seen in light, and light and strength are one.

In the stillness of my right mind, i feel the power of love that is my inheritance from God.

Day 115

Lesson 112

Review III: Lessons 93-94

Lesson 93 Light and joy and peace abide in me.

How easy and natural it is to feel the light and peace and joy in me when i know that my loving Creator is always with me to guide me, protecting me from all false thinking.

Lesson 94 I am as God Created me.

How fortunate that the self i thought i was, was an error. I am a wholly loving and a wholly giving Self, created by God.

Day 116

Lesson 113

Review III: Lessons 95-96

Lesson 95 I am one Self, united with my creator.

My Self is vast and wondrous because of Its Creator. I give thanks each time i apprehend the Allness of my Self.

Lesson 96 Salvation comes from my one Self.

I am saved because within my Self there is only Love.

Day 117

Lesson 114

Review III: Lessons 97-98

Lesson 97 I am spirit.

The ego tells me i am a body, but even such a clever illusion cannot hide the truth of my Identity forever. I am starting to awaken from the dream of death to claim my eternal nature.

Lesson 98 I will accept my part in God's plan for salvation.

I see clearly now that following the ego's plan has brought me endless anxiety and pain.

Realizing i do not deserve to suffer, i gladly choose to follow God's plan instead.

Day 118

Lesson 115

Review III: Lessons 99-100

Lesson 99 Salvation is my only function here.

The Sonship is like a diamond. It can only sparkle when it is whole. My light can shine only when it is not blocked by guilt and fear. Then i see all things in light.

Lesson 100 My part is essential to God's plan for salvation.

Like a facet of the diamond, my part is essential to the integrity of the stone. Without me, the light cannot show its complete and brilliant beauty.

Day 119

Lesson 116

Review III: Lessons 101-102

Lesson 101 God's Will for me is perfect happiness.

I no longer cherish the autonomy of my will because it hasn't brought the profound peace and joy i've been seeking all my life. I know now that only by accepting God's Will for me will i gain that perfect peace

Lesson 102 I share God's Will for happiness for me.

There is nothing to fear in sharing God's Will. The paranoia of the ego is nothing but attempts to prevent me from attaining the joy and peace of God. Today i choose the path to Truth.

Day 120

Lesson 117

Review III: Lessons 103-104

Lesson 103 God, being Love, is also happiness.

God is not a Who but a What. God is All of Creation, all that is real. Because Love leads to happiness, it is reality. Fear and suffering lead to death and are illusions. Because i am blessed as part of that Creation that is God, love and happiness are my inheritance.

Lesson 104 I seek but what belongs to me in truth.

I thought suffering was part of love until my brother Jesus showed me a new way to look at the world. Now i strive for true Love, comprised of compassion, not judgment. This is what belongs to me and all that i want.

Day 121

Lesson 118

Review III: Lessons 105-106

Lesson 105 God's peace and joy are mine.

How different the world looks when i know that God's peace and joy are mine. I have no need of judgment and condemnation. I have no desire for guilt or shame. I see a golden glow around all my siblings, even if they don't see their own glow or mine. I can rest from the chaos of the ego.

Lesson 106 Let me be still and listen to the truth.

In my rest, i hear the Voice for God calling to me. That Voice assures me of God's love as It guides me through every concern i have and every difficulty i perceive. As i listen in certainty that i will receive the help i desire, a gentle peace descends upon me. I am not alone.

Day 122

Lesson 119

Review III: Lessons 107-108

Lesson 107 Truth will correct all errors in my mind.

My ego mind has made a world of fear and sickness. However, the mind that i share with God—my right mind—contains *only* the truth about *all* things. When i return to my right mind, where the truth resides, i perceive a world corrected of all error.

Lesson 108 To give and to receive are one in truth.

When i give from my right mind, home of the Holy Spirit, i will only see benefit. There can be no loss because what is given is increased in the giving of it. In truth, giver and receiver, experience our oneness and are filled with joy.

Day 123

Lesson 120

Review III: Lessons 109-110

Lesson 109 I rest in God.

Each time i say these words, i am filled with ineffable joy. A sense of security, gentleness, and reverence flows through me, releasing all tension and doubt. When i know i rest in God, there is nothing i have to fear, no problem that cannot be solved.

Lesson 110 I am as God created me.

When i give my concerns and fears to the Holy Spirit, with certainty that they will be healed, i receive that assurance in return. I am given the miracle as a gift to share with my partners on this journey of “uncovery.” I am peeling back the layers of subterfuge that the ego has cast upon my Self so that i won’t remember Who i Am. Each time i allow acceptance to pervade my perception, i am moving closer to the Self that God created.

REVIEW IV

Lessons 121 to 140

Day 144

Review IV: Lessons 121–140

The road to hell is wide and paved with flecks of faux gold, with millions of people jostling each other as they trudge along, trying to get ahead of the one in front, whereas the path to heavenly peace is narrow and steep so few decide to tackle it. The great dissembler (the ego) convinces the unambitious seekers that the wide road leads to heaven and the narrow to hell and is not questioned by them. And, so, they take the wide path and fail to see the boulders looming in the distance. In their delusion, they fail to recognize their mistake.

We are those deluded ones until we let a miracle intervene to begin the wakening process we call Atonement. We no longer want to defend a thought system that brings us suffering. We may not know how to get what we really want but we do know we want to experience the peace of God instead of the chaos of the ego.

For many months now, we have been determined to build our spiritual muscles despite the efforts of our ego to throw us off track. I remember my first teacher Paul with great fondness. He often remarked that, “This Course is not for cowards.” And that is a good explanation for why there are few who persevere in the study. It takes much courage to face our demons to find that they are merely figments of our imagination. Until we can, we walk the world with fear as our companion.

Fear is the breeding ground for mistrust, anger, grandiosity, and a host of other defenses. We’ve made a world of levels and degrees in every conceivable aspect. Such complexity is the root cause of our unhappiness and anxiety. All because we have chosen sin over holiness.

Blessing upon blessing, we have found an alternate plan for living—this course. From deep within our minds, an awareness has bubbled up to the surface. It says, “Forgive, and you will be free.” We hear and begin the process of correction. It is, for most of us, a slow, bumpy trip we are on. We forget to ask for help. We decide to do it ourself. The result is more pain, which, like a bell, reminds us we have fallen back into the ego’s arms.

This set of reviews will strengthen our deeper commitment to our goal of peace. For the next 10 days, we are instructed to spend our first 5 waking minutes in this way: “Open your mind, and clear it of all thoughts that would deceive, and let this thought alone engage it fully, and remove the rest.” (W.R IV.intro)

My mind holds only what I think with God.

Next, we read the two ideas assigned for each day, repeating them slowly, allowing each to suffuse us with wisdom. Each hour of the rest of the day, we should spend a moment thinking of our main thought and then repeat the two ideas as well. Receive the gifts each of these holy times offers. Our practice will release the chains of our defenses against the truth and we will know that God’s Love goes with us everywhere. Tomorrow we begin.

Day 145

Review IV: Lesson 141

As mentioned yesterday, this set of reviews will strengthen your deeper commitment to your goal of peace. For the next 10 days, you will reconsider the effect of the previous 20 lessons on your thinking. Begin your quiet time by noticing the thoughts that come into your mind. Spend the first few moments discerning if your thoughts are helpful or hurtful. Imagine they are written on a blackboard in your mind. Then, see yourself taking a big eraser and clearing away all those thoughts. Now, write on the blackboard,

My mind holds only what I think with God.

Notice what thoughts arise, then quickly add the two review lessons for the day.

Lesson 121: Forgiveness is the key to happiness.

Lesson 122: Forgiveness offers everything I want.

Now, spend a few minutes considering the importance of forgiveness.

Reader Reflection/Action

What have you learned about forgiveness recently? How is it different from what you understood forgiveness to be previously?

Day 146

Review IV Lesson 142

As mentioned yesterday, this set of reviews will strengthen your deeper commitment to your goal of peace. For the next 9 days, you will reconsider the effect of the previous 20 lessons on your thinking. Begin your quiet time by noticing the thoughts that come into your mind. Spend the first few moments discerning if your thoughts are helpful or hurtful. Imagine they are written on a blackboard in your mind. Then, see yourself taking a big eraser and clearing away all those thoughts. Now, write on the blackboard,

My mind holds only what I think with God.

Notice what thoughts arise, then quickly add the two review lessons for the day on your blackboard.

Lesson 123: I thank my Father for His gifts to me.

Lesson 124: Let me remember I am one with God.

Now, spend a few minutes considering what your gifts are.

Reader Reflection/Action

List as many of your gifts as you can. Do these gifts help you remember your oneness with your Source?

Day 147

Review IV Lesson 143

As mentioned yesterday, this set of reviews will strengthen your deeper commitment to your goal of peace. For the next 8 days, you will reconsider the effect of the previous 20 lessons on your thinking. Begin your quiet time by noticing the thoughts that come into your mind. Spend the first few moments discerning if your thoughts are helpful or hurtful. Imagine they are written on a blackboard in your mind. Then, see yourself taking a big eraser and clearing away all those thoughts. Now, write on the blackboard,

My mind holds only what I think with God.

Notice what thoughts arise, then quickly add the two review lessons for the day on your
blackboard.

Lesson 125: In quiet I receive God's word today.

Lesson 126: All that I give is given to myself.

Now, spend a few minutes considering the effect of your thoughts. Remember a thought you recently had about somebody. Then, be still and notice what the effect of that thought has on you.

Reader Reflection/Action

Compliment yourself on taking this quiet time to sit in the Presence of the Divine. Your ego is not pleased! And it will try with all its might to divert your attention from this worthy activity. Pay no attention to it! Instead, appreciate the gift you are giving yourself. Every minute that you choose to step aside from the ego's rantings, you build your spiritual muscles! Celebrate!

Day 148

Review IV Lesson 144

As mentioned yesterday, this set of reviews will strengthen your deeper commitment to your goal of peace. For the next 7 days, you will reconsider the effect of the previous 20 lessons on your thinking. Begin your quiet time by noticing the thoughts that come into your mind. Spend the first few moments discerning if your thoughts are helpful or hurtful. Imagine they are written on a blackboard in your mind. Then, see yourself taking a big eraser and clearing away all those thoughts. Now, write on the blackboard,

My mind holds only what I think with God.

Notice what thoughts arise, then quickly add the two review lessons for the day on your
blackboard.

Lesson 127: There is no love but God's.

Lesson 128: The world I see holds nothing that I want.

Now, spend a few minutes considering the significance of today's ideas.

Reader Reflection/Action

Think back to our discussion of love. Have you had any new awareness of the meaning of love in your life? How is God's love different from human love? Do you agree that the world you see holds nothing that you want? Yes or no? Why?

Day 149

Review IV Lesson 145

We continue with this set of reviews which will strengthen your deeper commitment to your goal of peace. For the next 6 days, you will reconsider the effect of the previous 20 lessons on your thinking. Begin your quiet time by noticing the thoughts that come into your mind. Spend the first few moments discerning if your thoughts are helpful or hurtful. Imagine they are written on a blackboard in your mind. Then, see yourself taking a big eraser and clearing away all those thoughts. Now, write on the blackboard,

My mind holds only what I think with God.

Notice what thoughts arise, then quickly add the two review lessons for the day on your blackboard.

Lesson 129: Beyond this world there is a world I want.

Lesson 130: It is impossible to see two worlds.

Now, spend a few minutes considering what your world looks like.

Reader Reflection/Action

Close your eyes and ask yourself, “If my world could be anything I want, what would it look like?” How would it be different from the world you see now? Now choose which world you want to see today.

Day 150

Review IV Lesson 146

Again, this set of reviews will strengthen your deeper commitment to your goal of peace. For the next 5 days, you will reconsider the effect of the previous 20 lessons on your thinking. Begin your quiet time by noticing the thoughts that come into your mind. Spend the first few moments discerning if your thoughts are helpful or hurtful. Imagine they are written on a blackboard in your mind. Then, see yourself taking a big eraser and clearing away all those thoughts. Now, write on the blackboard,

My mind holds only what I think with God.

Notice what thoughts arise, then quickly add the two review lessons for the day on your blackboard.

Lesson 131: No one can fail who seeks to reach the truth.

Lesson 132: I loose the world from all I thought it was.

Now, spend a few minutes considering how these two ideas interact.

Reader Reflection/Action

One of the characteristics of a teacher of God (that's you!) is patience. You might be saying to yourself, "I've been a truth seeker for 10, 20, 30 years and i still don't feel like i've reached the truth." I commiserate! This may be a hard thing to hear—if you haven't reached the truth yet, it's because you don't want to. You're on ego-automatic so you're afraid to change your mind, to

loose the world from your current perception. You still have a belief in loss. Yet, you're still here. That means that beneath the resistance, you sense the truth and are continuing at your own pace. Spend a few minutes acknowledging how far you've come.

Day 151

Review IV Lesson 147

Again, this set of reviews will strengthen your deeper commitment to your goal of peace. For the next 4 days, you will reconsider the effect of the previous 20 lessons on your thinking. Begin your quiet time by noticing the thoughts that come into your mind. Spend the first few moments discerning if your thoughts are helpful or hurtful. Imagine they are written on a blackboard in your mind. Then, see yourself taking a big eraser and clearing away all those thoughts. Now, write on the blackboard,

My mind holds only what I think with God.

Notice what thoughts arise, then quickly add the two review lessons for the day on your blackboard.

Lesson 133: I will not value what is valueless.

Lesson 134: Let me perceive forgiveness as it is.

Now, spend a few minutes considering what you value. Do you value forgiveness?

Reader Reflection/Action

If there is anybody in your life whom you cannot forgive, you are valuing the ego's belief in separation. You are saying, "This one is not worthy to be in the Sonship." And if you leave him out, you must remain out as well. Remember, forgiveness is not for another. It is for yourself, who has misperceived a holy creation. Review the unforgiven one(s) in your life. Is your desire to stay separate worth the loss of peace?

Day 152

Review IV Lesson 148

Once again, this set of reviews will strengthen your deeper commitment to your goal of peace. For 3 more days, you will reconsider the effect of the previous 20 lessons on your thinking. Begin your quiet time by noticing the thoughts that come into your mind. Spend the first few moments discerning if your thoughts are helpful or hurtful. Imagine they are written on a blackboard in your mind. Then, see yourself taking a big eraser and clearing away all those thoughts. Now, write on the blackboard,

My mind holds only what I think with God.

Notice what thoughts arise, then quickly add the two review lessons for the day on your blackboard.

Lesson 135: If I defend myself I am attacked.

Lesson 136: Sickness is a defense against the truth.

Now, spend a few minutes considering how sickness is an attack. Who is being attacked?

Reader Reflection/Action

Attack and defense are the tools of the ego to keep the other parts of your Self from you. They

are very versatile. They can be used on others you perceive around you as well as on your own body. When you attack another person, physically or emotionally, it is because you want to believe you are defending yourself from being harmed. When you get “sick,” you are harming yourself in the misguided belief that you deserve to suffer. Note any of these tendencies in yourself today and ask for correction from the Holy Spirit in your right mind.

Day 153

Review IV Lesson 149

Once again, this set of reviews will strengthen your deeper commitment to your goal of peace. For 2 more days, you will reconsider the effect of the previous 20 lessons on your thinking. Begin your quiet time by noticing the thoughts that come into your mind. Spend the first few moments discerning if your thoughts are helpful or hurtful. Imagine they are written on a blackboard in your mind. Then, see yourself taking a big eraser and clearing away all those thoughts. Now, write on the blackboard,

My mind holds only what I think with God.

Notice what thoughts arise, then quickly add the two review lessons for the day on your blackboard.

Lesson 137: When I am healed I am not healed alone.

Lesson 138: Heaven is the decision I must make.

Now, spend a few minutes considering what healing means to you.

Reader Reflection/Action

Because healing has nothing to do with bodies and everything to do with the mind, you are healed when you forgive yourself or a sibling. Forgiveness repairs the seeming crack in creation

and returns the mind to its Heavenly domain. What does it mean to “decide for Heaven”? How would your life be different when you make that decision?

Day 154

Review IV Lesson 150

This is the last day of the review. As you have been doing for the last 9 days, begin your quiet time by noticing the thoughts that come into your mind. Spend the first few moments discerning if your thoughts are helpful or hurtful. Imagine they are written on a blackboard in your mind. Then, see yourself taking a big eraser and clearing away all those thoughts. Now, write on the blackboard,

My mind holds only what I think with God.

Notice what thoughts arise, then quickly add the two review lessons for the day on your blackboard.

Lesson 139: I will accept Atonement for myself.

Lesson 140: Only salvation can be said to cure.

Now, spend a few minutes considering the new definitions you have learned for the concepts of atonement and salvation.

Reader Reflection/Action

You are saved (or healed) when you accept Atonement for yourself. Your focus no longer is on what “they” are doing, but rather, on what you are thinking. As you go about your day, notice how often you become enmeshed in what other people are doing and make the “necessary”

judgments about them that go along with heeding the ego's guidance. How does this perception make you feel?

REVIEW V

Lessons 151 to 170

Day 175

Review V: Lessons 151–170

In the introduction to this fifth review, our brother Jesus speaks directly to us. His message is of hope and surety that we will achieve the peace that is our inheritance. He affirms his loyalty to us and his undivided devotion to us.

“I take the journey with you. For I share your doubts and fears a little while, that you may come to me who recognizes the road by which all fears and doubts are overcome. We walk together. I must understand uncertainty and pain although I know they have no meaning.”

(W.Rev V.Intro.6:1-4)

He asks us to release him as we practice. You may well wonder what we are releasing him from?! This is a very painful and frightening idea to confront but, by this point in our study, we are ready to look at some of the ugly beliefs our ego accepts as true without ever bringing them up for inspection.

Our body-specific religions have taught us that Jesus, the Christ and only son of God, was murdered to expiate our sins. God had to kill a part of Himself to pay for our evil deeds. In the Act of Contrition, we pray, “My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.”

This whole idea of our sinfulness puts us immediately outside of Heaven, rejected by God. It is clear, to the ego, that we are not cut from the same cloth as Jesus, who has God’s

favor. In the ego world, this is more than justification for jealousy and revenge. However, these two are sins and are therefore not to be tolerated. This brings them underground, hidden behind a veil of piety that covers the rage we feel at Jesus for being God's chosen *and* for being the one who has brought God's wrath upon us.

This is just one version of the ego story. Every culture and religion has its own dogma to suggest that we are somehow cursed by an angry god for our transgressions. These, of course, are ontological myths but they play out in our daily lives. Our anger at Jesus festers, under the surface, in all our relationships. Happiness is a precious commodity as a result.

Thus, Jesus came again in this age, to correct these mistakes by dictating *A Course in Miracles* to two psychologists in New York in the 1960s. The truth, he assures us, is that God *is* a loving God who would not cause His Son pain, nor would He separate Himself from his Creation (which is all of us). Jesus is our elder brother, come again to help us return Home without fear of retribution. He is with us always, to guide us and support us, as we make our way back to our True Self.

Reader Reflection/Action

Rest today and simply reflect on the thought you will carry with you for the next 10 days: "God is but Love, and therefore so am I."

Day 176

Review V: Lesson 171

For the next 10 days, our Teacher gives us the opportunity to return to the previous 20 lessons we've completed, to see them in a new light. He suggests that these thoughts are *our* thoughts as a Son of God. This is a very practical program we are studying. Let us make a sincere effort to offer these lessons to everybody we meet so that we will remember their truth for ourself.

Our brother Jesus requests our assistance by being His voice, his eyes, his feet, his hands through which we save the world. In other words, we are to use our bodily vehicle to perform the act of forgiveness in every moment and in any way necessary to renounce the separation which the ego tries to convince us is real.

So, each day, we renew our commitment to our goal of the attainment of peace. We read and reflect on the two lessons for the day, surrounding them with these words of truth:

God is but Love, and therefore so am I.

We start the day and end the day extolling our True Identity and proclaim it as often as possible throughout the day.

Lesson 151 All things are echoes of the Voice for God.

If i so choose, i can see the beauty and tranquility in all my activities today.

Lesson 152 The power of decision is my own.

Chaos or calm? What i see originates within my own mind.

Reader Reflection/Action

In your quiet time today, pick two people or circumstances that you would like to see with vision. Get a clear picture of each one in your mind's eye. Then ask the Holy Spirit in your right mind to help you achieve your goal. Applaud your willingness to use your power of decision to let your mind be healed.

Day 177

Review V: Lesson 172

For the next 9 days, our Teacher gives us the opportunity to return to the previous 20 lessons we've done, to see them in a new light. He suggests that these thoughts are *our* thoughts as a Son of God. This is a very practical program we are studying. Let us make a sincere effort to offer these lessons to everybody we meet so that we will remember their truth for ourself.

Our brother Jesus requests our assistance by being His voice, his eyes, his feet, his hands through which we save the world. In other words, we are to use our bodily vehicles to perform the act of forgiveness in every moment and in any way necessary to renounce the separation which the ego tried to convince us was real.

So, each day, we renew our commitment to our goal of the attainment of peace. We read and reflect on the two lessons for the day, surrounding them with these words of truth:

God is but Love, and therefore so am I.

We start the day and end the day extolling our True Identity and proclaim it as often as possible throughout the day.

Lesson 153 In my defenselessness my safety lies.

Defenselessness is strength, not weakness when i take the Holy Spirit with me everywhere i go!

Lesson 154 I am among the ministers of God.

I will let my ministry of compassion and forgiveness envelop every interaction i have today!

Reader Reflection/Action

Today offers another opportunity to watch your ego defend itself against a perceived attack and choose a new response instead. Now you *feel* the pain of deciding with the ego, and make a conscious decision to shift your perception to your right mind where peace is waiting for you. This is your ministry—to be a role model for others to follow in your footsteps. They see you make a new choice and realize they can do it too.

Day 178

Review V: Lesson 173

For the next 8 days, our Teacher gives us the opportunity to return to the previous 20 lessons we've done, to see them in a new light. He suggests that these thoughts are *our* thoughts as a Son of God. This is a very practical program we are studying. Let us make a sincere effort to offer these lessons to everybody we meet so that we will remember their truth for ourself.

Our brother Jesus requests our assistance by being His voice, his eyes, his feet, his hands through which we save the world. In other words, we are to use our bodily vehicles to perform the act of forgiveness in every moment and in any way necessary to renounce the separation which the ego tried to convince us was real.

So, each day, we renew our commitment to our goal of the attainment of peace. We read and reflect on the two lessons for the day, surrounding them with these words of truth:

God is but Love, and therefore so am I.

We start the day and end the day extolling our True Identity and proclaim it as often as possible throughout the day.

Lesson 155 I will step back and let Him lead the way.

The power of peace goes with me when i let the Voice for God lead the way.

Lesson 156 I walk with God in perfect holiness.

Let me remember Who I truly Am as God's holy Creation.

Reader Reflection/Action

Let today be a day of complete submission to your holy Self. This is the Self that has no need to put on a façade of superiority over others but, rather, to see each one as an equal participant in Life everlasting. This is the Self that enters each moment with calm and creativity, in full companionship with the Source of all Being.

Day 179

Review V: Lesson 174

For the next 7 days, our Teacher gives us the opportunity to return to the previous 20 lessons we've done, to see them in a new light. He suggests that these thoughts are *our* thoughts as a Son of God. This is a very practical program we are studying. Let us make a sincere effort to offer these lessons to everybody we meet so that we will remember their truth for ourself.

Our brother Jesus requests our assistance by being His voice, his eyes, his feet, his hands through which we save the world. In other words, we are to use our bodily vehicles to perform the act of forgiveness in every moment and in any way necessary to renounce the separation which the ego tried to convince us was real.

So each day we renew our commitment to our goal of the attainment of peace. We read and reflect on the two lessons for the day, surrounding them with these words of truth:

God is but Love, and therefore so am I.

We start the day and end the day extolling our True Identity and proclaiming it as often as possible throughout the day.

Lesson 157 Into His Presence would I enter now.

I do not have to go anywhere or do anything to be with my Guide. I simply open my mind to His Love.

Lesson 158 Today I learn to give as I receive.

I will pay close attention today to the words i speak, for what i say reflects what i believe i deserve for myself.

Reader Reflection/Action

In Lesson 157 you did the preparation for Enlightenment meditation. It is an inner journey you take, gathering forgiven ones along the way until there is no one left outside your love. It is a process of giving up the need to be different and right so that you can receive the gifts that have been given you. They were yours all along, yet until you release the resistance to their benefits, you will not enter His Presence. Practice this meditation again today.

Day 180

Review V: Lesson 175

For the next 6 days, our Teacher gives us the opportunity to return to the previous 20 lessons we've done, to see them in a new light. He suggests that these thoughts are *our* thoughts as a Son of God. This is a very practical program we are studying. Let us make a sincere effort to offer these lessons to everybody we meet so that we will remember their truth for ourself.

Our brother Jesus requests our assistance by being His voice, his eyes, his feet, his hands through which we save the world. In other words, we are to use our bodily vehicles to perform the act of forgiveness in every moment and in any way necessary to renounce the separation which the ego tried to convince us was real.

So, each day, we renew our commitment to our goal of the attainment of peace. We read and reflect on the two lessons for the day, surrounding them with these words of truth:

God is but Love, and therefore so am I.

We start the day and end the day extolling our True Identity and proclaim it as often as possible throughout the day.

Lesson 159 I give the miracles I have received.

As i choose miracles instead of chaos, i effortlessly bring peace everywhere i go.

Lesson 160 I am at home. Fear is the stranger here.

When i bring peace everywhere, there is no need for fear.

Reader Reflection/Action

You have learned that you cannot give the gifts you have if you don't know you have them. And you will not know you have them until you look upon all your siblings on this journey with compassion and acceptance. In your quiet time, search your mind for any hidden resentments you may be harboring. They hide well under the cloak of the ego's judgments and rationalizations so pay close attention!

Day 181

Review V: Lesson 176

For the next 5 days, our Teacher gives us the opportunity to return to the previous 20 lessons we've done, to see them in a new light. He suggests that these thoughts are *our* thoughts as a Son of God. This is a very practical program we are studying. Let us make a sincere effort to offer these lessons to everybody we meet so that we will remember their truth for ourself.

Our brother Jesus requests our assistance by being His voice, his eyes, his feet, his hands through which we save the world. In other words, we are to use our bodily vehicles to perform the act of forgiveness in every moment and in any way necessary to renounce the separation which the ego tried to convince us was real.

So, each day, we renew our commitment to our goal of the attainment of peace. We read and reflect on the two lessons for the day, surrounding them with these words of truth:

God is but Love, and therefore so am I.

We start the day and end the day extolling our True and proclaim it as often as possible throughout the day.

Lesson 161 Give me your blessing, holy Son of God.

What joy and grace i experience when i see the holiness in my siblings.

Lesson 162 I am as God created me.

Only a loving God could create eternal Life. What is eternal cannot be divided. Therefore, i am one with my Source.

Reader Reflection/Action

You are as God created you, perfect and complete, with no bits carved off and seen outside yourself. The way you will know your True Identity is when you ask for blessings from everyone you meet. Spend this day obtaining as many blessings as you can! How? Easy! Smile at everyone as you feel their unity with you.

Day 182

Review V: Lesson 177

For the next 4 four days, our Teacher gives us the opportunity to return to the previous 20 lessons we've done, to see them in a new light. He suggests that these thoughts are *our* thoughts as a Son of God. This is a very practical program we are studying. Let us make a sincere effort to offer these lessons to everybody we meet so that we will remember their truth for ourself.

Our brother Jesus requests our assistance by being His voice, his eyes, his feet, his hands through which we save the world. In other words, we are to use our bodily vehicles to perform the act of forgiveness in every moment and in any way necessary to renounce the separation which the ego tried to convince us was real.

So, each day, we renew our commitment to our goal of the attainment of peace. We read and reflect on the two lessons for the day, surrounding them with these words of truth:

God is but Love, and therefore so am I.

We start the day and end the day extolling our True Identity and proclaim it as often as possible throughout the day.

Lesson 163 There is no death. The Son of God is free.

True freedom can have no limit. God created me unlimited therefore freedom is my inheritance.

Lesson 164 Now are we one with Him Who is our Source.

I have always been a part of God yet, i do not know this until i recognize that all beings are a part of me.

Reader Reflection/Action

These two lessons are particularly despised by the ego! They are in direct opposition to everything the ego teaches: 1. You are born, live, and die. 2. God is in Heaven and you are here on earth. These are the mainstay principles that will keep you rooted in the separation of the ego system, or free you to take your rightful place in Heaven now. Heaven is not a place—it is a state of mind. Attempt to go there now with the Holy Spirit's help.

Day 183

Review V: Lesson 178

For the next 3 days, our Teacher gives us the opportunity to return to the previous 20 lessons we've done, to see them in a new light. He suggests that these thoughts are *our* thoughts as a Son of God. This is a very practical program we are studying. Let us make a sincere effort to offer these lessons to everybody we meet so that we will remember their truth for ourself.

Our brother Jesus requests our assistance by being His voice, his eyes, his feet, his hands through which we save the world. In other words, we are to use our bodily vehicles to perform the act of forgiveness in every moment and in any way necessary to renounce the separation which the ego tried to convince us was real.

So, each day, we renew our commitment to our goal of the attainment of peace. We read and reflect on the two lessons for the day, surrounding them with these words of truth:

God is but Love, and therefore so am I.

We start the day and end the day extolling our True Identity and proclaim it as often as possible throughout the day.

Lesson 165 Let not my mind deny the Thought of God.

In this world, i am on ego-automatic. Therefore, i must make a conscious decision to choose God's Love and be at peace.

Lesson 166 I am entrusted with the gifts of God.

The gifts the world gives are few and fleeting. Let me choose God's gifts of harmony and understanding which have no limit.

Reader Reflection/Action

Denial is a powerful tool. You can use it to deny your happiness and prosperity by focusing instead on all the things you lack. Or, you can deny the suffering inherent in the ego system by choosing to find the ways to come together with your siblings. Resist the lies that will keep you apart. Make that conscious choice today.

Day 184

Review V: Lesson 179

For 2 more days, our Teacher gives us the opportunity to return to the previous 20 lessons we've done, to see them in a new light. He suggests that these thoughts are *our* thoughts as a Son of God. This is a very practical program we are studying. Let us make a sincere effort to offer these lessons to everybody we meet so that we will remember their truth for ourself.

Our brother Jesus requests our assistance by being His voice, his eyes, his feet, his hands through which we save the world. In other words, we are to use our bodily vehicles to perform the act of forgiveness in every moment and in any way necessary to renounce the separation which the ego tried to convince us was real.

So, each day, we renew our commitment to our goal of the attainment of peace. We read and reflect on the two lessons for the day, surrounding them with these words of truth:

God is but Love, and therefore so am I.

We start the day and end the day extolling our True Identity and proclaim it as often as possible throughout the day.

Lesson 167 There is one life, and that I share with God.

Real Life begins when i let go of the ego's cold, cruel grasp and take the Holy Spirit's hand instead.

Lesson 168 Your grace is given me. I claim it now.

How easy it is to feel God's grace when i release the need to be special.

Reader Reflection/Action

There are so many forms that grace can take in your world if you truly desire it from the spaciousness of your right mind. Make way today for the life you live with God by opening to the endless possibilities for uniting with your siblings who travel with you. Smile, dance, write, eat, garden, tinker, play, talk. All roads will take you to your chosen destination. Go there now!

Day 185

Review V: Lesson 180

On this last day of our review, our Teacher gives us the opportunity to return to the previous 20 lessons we've done, to see them in a new light. He suggests that these thoughts are *our* thoughts as a Son of God. This is a very practical program we are studying. Let us make a sincere effort to offer these lessons to everybody we meet so that we will remember their truth for ourself.

Our brother Jesus requests our assistance by being His voice, his eyes, his feet, his hands through which we save the world. In other words, we are to use our bodily vehicles to perform the act of forgiveness in every moment and in any way necessary to renounce the separation which the ego tried to convince us was real.

Today, we renew our commitment to our goal of the attainment of peace. We read and reflect on the two lessons for the day, surrounding them with these words of truth:

God is but Love, and therefore so am I.

We start the day and end the day extolling our True Identity and proclaim it as often as possible throughout the day.

Lesson 169 By grace I live. By grace I am released.

The power of God's grace can heal any problem i perceive in my mind. Let me be a willing recipient and see my wholeness.

Lesson 170 There is no cruelty in God and none in me.

Only a cruel god could create a world of suffering. When i relinquish my desire to hurt others, my suffering will be over!

Reader Reflection/Action

You need to keep reminding yourself that you are a perfect, loving creation of a perfect, loving Creator. From this vantage point, the idea of hurting, betraying, denying, or in any way being apart from your siblings and your Source would be impossible. You are in a state of grace always, but you will only know it when you affirm your own true nature.

REVIEW VI

Lessons 181 to 200

Day 206

Review VI: Lessons 181–200

Lesson 181: I trust my brothers, who are one with me.

With this review, you are taking your meditation time on the road! (It is still advisable to spend the first moments of the day in quiet preparation by connecting with Spirit.) Yes, you can be in a state of meditation in the midst of your busy day! At this point, you've noticed that you can be thinking of your lesson while you are talking to someone, or while engaging in your work.

This last series of lessons has emphasized your true Identity and the power you have as the Christ, the holy Son of God. You are one with your siblings. God's name is your inheritance.

The world's salvation depends on you. Your Self blesses the world. The peace of God lies within you. You have a function that God has given you to accomplish. You show your gratitude to your Creator by extending love. Only you can hurt yourself. It is only your gratitude that you earn. You are spirit, not a body.

You are asked to repeat each lesson many times a day for the next 20 days to strengthen these statements in your own understanding. You have spent a lifetime listening to the ego and learning its ways. Your disappointment has led you to this study. Now you are questioning the ego's coaching in the light of a newfound sense of freedom and release from suffering.

You may not know how to obtain this freedom and joy permanently but you've been told by your loving Teacher, Jesus, that you have a Voice within you Who will guide you every step of the way on this new path you've chosen. You trust your Brother because you feel His Love. Now he is teaching you to trust all your siblings. Trust is the vehicle that you must use to get to your Destination.

The instructions for these lessons definitely contain a sense of urgency on your Teacher's part. He really wants you to apply yourself so that you can reap the rewards that await you. He assures you that absorbing one lesson completely and using it in all your perceived encounters is all you need to be saved from the ego. The only caveat is that you must exclude no single thought from your scrutiny. You are to start and end each day with this central theme for all these reviews:

“I am not a body. I am free.

For I am still as God created me.”

Then use this idea and the lesson for today, repeating them both on the hour and as frequently as possible in between. One other rule is given for the practice periods: “no form of exercise is urged, except a deep relinquishment of everything that clutters up the mind, and makes it deaf to reason, sanity and simple truth.” (W.RVI.3:8) It is strongly suggested that you catch as many idle thoughts as possible and tell each one that it is not wanted, replacing it with the day's lesson. As i mentioned previously, these lessons are a shortcut—the powerful fuel to speed you on our way Home.

Day 207

Review VI: Lesson 201

Lesson 182: I will be still an instant and go Home.

As you start your day, meditate on this:

What do you imagine when you think of the word *home* in its most positive sense? The one place on earth where you are safe and loved; a bright kitchen where you sit with a steaming brew; the luscious scene of nourishing meals that send their savory odors wafting through the halls; a gathering spot for those closest to you, who share the good times and the bad with you; a sanctuary of calm that leaves the chaos of the world outside; the location of the most welcome realm of respite at the end of a day—your bed!

Unfortunately, even if you experience these wonderful interludes in your home, they are not sustained. One day you spill the coffee, or you have a disagreement with a loved one, or the new kitten pees in your bed, or you burn the veggies steaming in the pot. In this world fashioned by the ego, there is little room for stillness. Your mind is filled with concerns, with guilty thoughts of misdeeds, with anger at some perceived infraction, with sadness at missed opportunities. And so on. This is a world of duality, of opposites. It is a place where stillness must quickly be followed by noisiness and gentleness by violence.

Therefore, home for you is not the utter fulfillment of your desires. It is a place of respite, where you hope and dream of a better life. It is the cage your ego builds for you while proclaiming your freedom and safety in its limitations.

The home your Teacher offers you is everything your temporal home is not. It has no walls! You can barely conceive of it because your left–right thinking cannot understand oneness,

complete unity, and total harmony. Yet, an ancient melody plays in your mind in the rare moments of quiet from your busyness. It foretells of a timeless place with unending joy. You hear it, and long for greater awareness. And in your seeking, you open the pathway for true peace to guide you.

Day 208

Review VI: Lesson 202

Lesson 183: I call upon God's Name and on my own

As you start your day, meditate on this:

Many students of the *Course* resist this idea for quite a while. They will say, “I’m not only spirit . . . i’m a body, too,” thus negating the very foundation of this metaphysical work. Our Brother and Teacher Jesus is very aware of your fear of acknowledging the totality of this statement. To be a body is to accept *duality* as your reality. You must do this as long as the body seems to offer you what you want.

As you progress in your study, it becomes clear that you are only deluding yourself. The happiness the body brings is fleeting and inconsistent. You cannot depend upon it. Just as you sit in the comfort of your happiness, a bolt hits from out of the blue destroying your peace and returning you to attack/defense mode. This study is the antidote to the suffering we experience as individuals in a shifting world where nothing lasts for long.

Today’s beautifully poetic lesson paints a picture of a life you can have for always when you fully embrace your oneness with your Source. You are illuminated by grace as you let go of all thoughts that separate—of all thoughts that judge—of all thoughts that would have you believe that anything can come between your Self and your Creator.

You break another link in the chain the ego has forged in its attempt to alienate you from your true Identity when you repeat God’s Name. What does it mean to say God’s Name? Simply

this: It means you begin to understand that all the words you've made up are "but symbols of symbols. They are thus twice removed from reality." (M21.1:9-10)

Words, and the names you have given to all the discrete items in your landscape, are the blades that sever you from your unity. Substituting those words with the Name of God does not mean you deny what your eyes behold but it does mean that you offer your sight to the Holy Spirit Who replaces it with His vision. Then, what seemed apart from you, you now have joined together as one. To reiterate, this only makes sense to a mind that knows it is not in a body. At your present level of awareness, you are moving into a true relationship with this idea, yet haven't dispensed with the need for a body as a vehicle of learning. That's what time is for!

Day 209

Review VI: Lesson 203

As you start your day, meditate on this:

Each day that you commit to this study, you move closer to the Real World, which is this same ego world but seen with your right mind. In this enlightened perception, you still view the multiplicity of bodies and things, yet they are seen with compassion and understanding. Fear has gone and only love is present. In this state of consciousness, you remember that

Lesson 184: The Name of God is my inheritance.

Our Teacher makes it clear that *you* named all the objects that you see and thus believe you see them. He says, “You see something where nothing is, and see as well nothing where there is unity.” (W184.2:2) In your naming of these many things, you have effectively separated yourself from your Self, which is one with its Source. Notice that He never scolds or demeans you. He simply states what you are experiencing, always with the purpose of leading you out of your errant thinking.

In fact, He plays to your budding sense of miracle-mindedness by extolling the virtue of your teaching ability as you go forth in our day. You will continue to see others around you and all the numerous items surrounding you, however you should use these as a means of communication until their insubstantiality dawns upon your mind.

This process will be hastened if you take periods throughout the day to focus on your true identity. (This is what I mean by taking your meditation on the road!) Hopefully by this point in your lessons, you dedicate time more and more frequently to seek the guidance of the Holy Spirit in your right mind. He will remind you of Who you truly *are*.

In these latest years of my study, i find myself saying, “Jesus, Jesus,” as soon as i catch myself wanting to judge somebody or something as good or bad; or when i begin to mentally ramble on about the possible outcome of a situation in my awareness. By calling my Brother’s name, i return my mind to a state of peace. This is the form of “calling upon the Name of God” for me, but each of us will find the word or words that elicit the same result: the denial of our separation from one another.

Day 210

Review VI: Lesson 204

Lesson 185: I want the peace of God.

As you start your day, meditate on this:

“To say these words is nothing. But to mean these words is everything.” (W185:1) This is one of my favorite quotes because it implies the dishonesty of our ego. Peace can never come to a mind in conflict with itself. Notice when you say one thing, and do another—when you expect people to act a certain way and you don’t act that way yourself! A characteristic of a teacher of God is that his actions mirror his beliefs which mirror his thoughts, so that thought, word, and deed are all aligned.

Form and content are a major theme in our study. The ego has the concept of form and content mixed up so that intention and action may align, but not what you say. Or, you say something stemming from your conviction but fail to follow through in fact. So, to the ego, not acting on one’s beliefs, or acting against one’s beliefs, would be a clash of form and content. All this is true within the ego thought system.

In all this complexity, the ego misses the point. Any time we separate one thing from another, be it thought, word, or deed, we have made a choice for the ego. You are learning to recognize when your ego starts to hack away at peace by separating form from content. The answer is always to bring in the big gun, the Holy Spirit, to vanquish all thought of division.

Day 211

Review VI: Lesson 205.

Lesson 186: Salvation of the world depends on me.

As you start your day, meditate on this:

As I said originally in Lesson 185, you become the savior of the world by forgiving all thoughts that don't reflect unity. A savior, to the ego, is one who rescues others from danger or destruction. This sounds like a worthy enterprise, but a savior can never be considered the equal of those s/he saves. The reward of being a savior is to be put on a pedestal for honor or worship. This makes total sense to a split mind but is nonsense to the one Creation of a loving Creator Who makes no comparisons.

You take on the mantle of savior when you choose to open your mind to the miracle. Being a change of perception (from cleavage to union), the miracle is the arrival at a turning point in your inner journey toward wholeness. It is the momentary suspension of seeing yourself as apart from your siblings. The tool you have been given to effectuate the miracle is Forgiveness.

“Forgiveness recognizes what you thought your brother did to you has not occurred.”
(WII.1.1) If your brother is separate from you and has done a bad thing, you are justified in being angry with him. This is typical ego thinking. Yet, if your brother is *not* separate from you but, rather, is a thought in your mind, then it is *your* mind that needs correction, and not your brother!

Day 212

Review VI: Lesson 206

Lesson 187: I bless the world because I bless myself.

As you start your day, meditate on this:

A blessing is a sign of approval or encouragement. Perhaps you were taught as a child to ask for God's blessing in your prayers before bed. There is great power in prayer. There have been many stories about the power of prayer to bring God's blessing to situations that seemed bereft of hope. Of course, the ego's version of a blessing is a physical healing, or a successful result, or any happy ending to a problem in the world.

From a metaphysical perspective, you are the giver and receiver of all blessings! You, the spirit that abides in your right mind, can only bless all things because you contain them all. This is a huge concept to grasp as long as you see others outside of yourself and different from you. Yet, because you have chosen to enter into this study, you are showing your willingness to put aside the belief in arrogance that your ego demands. It is not arrogant to acknowledge your holiness and the gift of blessings you are entitled to offer.

Actually, it is arrogant to refuse to accept your Identity as God created you and view yourself as small and limited, forever in a state of fear of the unknown. If your Creator is an eternal, loving Presence, and you are inextricably connected to that Presence, then blessings are your natural response to all situations. Spend the day being Your Holy Self, dispensing blessings everywhere you go!

Day 213

Review VI: Lesson 207

Lesson 188: The peace of God is shining in me now.

As you start your day, meditate on this:

In your desire for the peace of God, you remember your holiness, and when you remember your holiness, the peace of God is your reality. It is a closed circle, open to eternity. It is the end of what never was. It is the relinquishment of hell and the return to heaven.

As you allow yourself more frequent periods of being in the peace that has no opposite, you become a model of choicelessness, a light, a way-shower to your misguided thoughts. For a while, you will see the equality and holiness of others around you. You will laugh more, feel joy often, think of ways to be of service. You have entered the Real World that is the ego world transformed from fear to love.

There is still work to do because you often let the ego call you back to the world of attack and defense. Yet, you have been “to the mountain” and will never forget the experience. Keep the memory as current as possible. It is your shortcut home!

Day 214

Review VI: Lesson 208

Lesson 189: I feel the Love of God within me now.

As you start your day, meditate on this:

You have worked long and hard thus far to uncover a part of yourself that you didn't know was in you. An ancient memory, a long-forgotten Voice is calling you in tones so magnificent and gladdening that you find you must respond. Despite the sharp claws of the ego trying to pull you back, you keep your thoughts on the goal of God's Love. And when you falter, the time it takes you to return your thoughts to Truth is gradually decreasing.

Now, the slightest tinge of discomfort is like a clanging bell, warning you that you have taken the ego's hand. Before this journey began, you didn't know what you didn't know. Now you do.

You know there is another way to live in the world—a way that leaves behind the suffering that comes from guilt and fear and leads instead toward the light of healed relationships. Now you desire peace above all else and use the tool of forgiveness to welcome all those who stood outside the door to your heart. Celebrate each time you remember these truths, and ask for correction as quickly as possible when you forget. God's Love goes with you everywhere yet you will only feel it when you see no one outside your Self.

Day 215

Review VI: Lesson 209

Lesson 190: I choose the joy of God instead of pain.

As you start your day, meditate on this:

The world you see is a figment of your fear-based imagination. You see it because you made the choice to take the ego as your guide. You didn't realize that you made a huge mistake because you believed the ego's lies. But then you experienced a miracle, a glorious moment, out of time, when you dropped the ego's hand. You heard, and better still, you listened to that still, small Voice calling you to forgive and be at peace.

Rejoice today that you know what you didn't know before: that there is another alternative, another Voice to follow that will take you from pain to joy. You didn't know that pain is a choice you've made, a decision to have a limited and hurtful existence. Armed now with this new awareness, you are learning how to step outside the pain box you have painted around yourself.

Being aware is the first step to relinquishing pain. Listening to the Holy Spirit's guidance is the next step. Then following through on the guidance you receive is the third step. It takes courage to step outside one's comfort zone but the rewards for doing so are incalculable!

Day 216

Review VI: Lesson 210

Lesson 191: I am the holy Son of God Himself.

As you start your day, meditate on this:

As you review these last lessons, it becomes crystal clear what your Teacher is attempting to accomplish—it is nothing short of a complete reversal of all that you believe about yourself, those you see around you, and the world you seem to inhabit.

This is absolutely essential in the light of the fact that your current understanding of who you are is a fallible, vulnerable individual who walks this earth with fear as a companion and dread of the future. You perceive this lonely self in a hostile environment where attack and defense are your coping mechanisms.

You consider yourself amazingly lucky if you can say you have one or two people in your life whom you trust completely. Everyone else is under suspicion of disappointing you at minimum, or turning against you completely. You are subsumed by the need to protect the little you have from loss, and often become addicted to the acquisition of money, power, and self-glorification as a means of feeling safe.

Thus, our purpose, if we even believe we have one, is mostly about staying alive and getting ahead of everybody else. This is the plight of every mind that has accepted the ego as its mentor.

In this second confrontation with today's idea, and i mean this in the most positive way, you are coming to the edge of the precipice. Are you in fact this frightened little sparrow or, as your lesson would have you accept, are you the mighty eagle who soars above all the terrors of

the ego's world?

How do you feel when you are told you are the holy Son of God Himself? Do you look skyward expecting the wrath of heaven to descend on you for your arrogance and blasphemy? Do you retreat into denial, refusing to believe such a preposterous idea? Or is a crack forming in your ego armor, letting in a fresh breeze of freedom from limitation?

Gladly give some time today to clarify your feelings about this life-altering statement once again. And make no mistake about it: to accept these words as true will require a complete shift in how you live our life. You are casting off the bonds of fear in favor of the incredible joy of creative expression. You are one with your Source as His Holy Creation.

Day 217

Review VI: Lesson 211

Lesson 192: I have a function God would have me fill.

As you start your day, meditate on this:

When i was a child, the most important thing to me was getting good grades in school. There is nothing more satisfying to a kid than hir parent's approbation when a good report comes from the teacher.

Isn't it true that as we grow older we transfer that desire for affirmation from our parent to our boss or our special loved one? Like a flower pointing its face toward the sun, we bring our best ideas and accomplishments up for their positive feedback.

Unfortunately, all too often these pseudo-gods whose pleasure we seek often don't comply! They unknowingly cut us down with their own viewpoint. Or, having their own agenda, see no other possibility but to defend it.

And, bubble bursting, we retreat. In denial of our real feelings, we may slough it off as unimportant and pretend to go about our business, letting the hurt grow like an undetected cancer. Or, the lollipop being withheld, we may whimper for a while, feeling sorry for ourself. The initial sting of rejection fades, merging into the background of our consciousness, festering and scheming.

Another defense, and the one most frequently used, is anger. Getting angry seems to be the most obvious and useful response. "How could he not see how brilliant my idea is?!" Our fury motivates us to plan our next move, be it revenge or a search for an even better idea, depending upon whose guidance we're hearing in the moment.

The immediate gratification of anger would seem to be an antidote to the hurt we receive; however, usually this is not the case. As long as the ego is in charge of our decisions, it will not rest until it has been vindicated, which may be never! So, like a pot on a slow boil, we keep the lid on, just barely.

Depression, anger's flip side, is the most socially unacceptable method to handle the psychic pain we feel. It is the ego gone berserk with rage and finding no outlet, seeks to destroy itself. So, there we have it! These are the methods the ego uses to handle the slings and arrows that fate throws at us. No wonder we're such a mess! With no other means to effectuate a happy outcome except luck, we are at the mercy of god and his minions.

Into this dreary and hopeless scenario comes the miracle! The door to the previously unexplored room in your mansion creaks open! The light pours in! A radiant figure appears with outstretched arms beckoning us into the light! "Come, walk with me and let me tell you what joyful things you will do!"

"You have a function God would have you fill, and in its performance you will be filled with joy!" says the beautiful one. With this lesson and all those that follow, your spiritual muscles will strengthen so that no task is too difficult, no relationship too stressful, no situation too overwhelming. All are met with the presence of Love beside you, guiding you over the rocky places and sharing your serenity in the peaceful moments.

Day 218

Review VI: Lesson 212

Lesson 193: All things are lessons God would have me learn.

As you start your day, meditate on this:

This lesson is easy to accept when the lesson learned is welcomed. It may be occurring quite frequently now that we ask for guidance as we start our day and receive a clear message that we need to correct some error we've made that will make our life better as we judge it.

Ah, but when the situation arises where you get caught in a lie, forget a very important date or appointment, or hurt someone unintentionally—or worse, intentionally—then the lesson seems to lose all its benefits!

Because this study stresses that there is no guilt, only error, you can and will eventually choose to let go of what God did *not* lay on you. However, if you define your actions as bad, you will feel guilty and because you are on ego-automatic, you will do the things i mentioned yesterday instead of seeking correction for your seeming sin.

You will deny your wrongdoing, get mad and blame somebody else, or withdraw into depression, for example. Any of these reactions help you to *keep* the guilt and remain a sinner. The ego wins.

A lesson teaches the student something of value—something that improves or lifts the student up. By saying that all things have value for what they can teach you removes the stigma of badness, replacing it with the simple and profound notion that errors are normal and correctible. You are not evil because you made a mistake.

Today's lesson cracks open the chains of sin and guilt. In releasing all judgment of what

you have done or not done, you are refusing to do the dance of destruction. The words of wisdom your Guide may give you are: “Don’t make that mistake again,” or “Next time you need to remember to do this.”

Your Guide, the Holy Spirit, will never condemn, but only correct. So, it is in your best interest to seek His opinion as frequently as possible throughout the day. Then at day’s end you will be able to affirm that all things are lessons God would have you learn because a loving Creator will never leave you comfortless.

Day 219

Review VI: Lesson 213

Lesson 194: I place the future in the Hands of God

As you start your day, meditate on this:

Trust is unnatural to the ego. The part of our mind that thinks of itself as a mortal being surrounded by millions of other mortal beings learns through experience that most people can't be trusted to keep their word. We ourselves have difficulty following through on the promises we make even when we have every intention of doing so.

Our lesson today affirms that there is another way of living in this world. You don't have to be constantly looking over your shoulder or tip-toeing along in fear of upsetting some applecart.

You can walk with confidence into each day knowing you are never alone. You carry within you the memory of God and His Love in a form you can understand as the Holy Spirit. For the purpose of this lesson, the Holy Spirit is the Guide who will place you in God's Hands. Now, God doesn't really have hands because God is spirit. Yet your Teacher speaks to you this way because He knows it will give you comfort to think of God as a loving parent who will take care of your every need.

There are many ways to conceive of the Holy Spirit. The numerous ways you are given to view the Holy Spirit clearly indicates the love your Creator has for you. Surely you can find at least one description that fills you with the certainty that there is an energy, a force, a being that is always present and will intervene on your behalf when you need assistance.

Universal Inspiration, Comforter, Healer, Guide, Shared Inspiration of the Sonship,

Motivator for Miracle-Mindedness, Spirit of Joy, the Awakener, the Reminder, the Bridge, the Voice for creation, Heaven's Teacher, the Great Correction Principle, and the Voice for God are just some of the terms you can apply to that loving Presence that goes with you wherever you go.

So, even though you know God doesn't have hands, today's statement assures you that your Source had not left you even though you seem to be far away from Him. He has given you a gift that will remind you of His constant caring, which you can choose to cherish or neglect.

By placing your trust in God's gift to you, the Holy Spirit, you are choosing the peace and joy of God over the chaos of the ego in its dream of separation.

Day 220

Review VI: Lesson 214

Lesson 195: Love is the way I walk in gratitude.

As you start your day, meditate on this:

Gratitude and love go together like wetness on a wave—can't have one without the other! The experience of gratitude is infused with the presence of love. When you are grateful, it is because you are having positive, warm, loving feelings.

From an ego perspective, you are grateful for someone or something that you perceive as having a beneficial effect on you and so you say, "i love you," meaning "i'm grateful that you have done this thing for me." In the duality of the ego realm, there must always be a giver and a receiver. I am the receiver of the gift that the giver has given to me. This is temporal or false gratitude because it is contingent upon a specific action by a specific person. When that action or person no longer performs as the ego desires, gratitude disappears into thin air leaving love in the dust. The rancid odor of revenge begins to fill the air.

In your right mind gratitude is a constant state of being. It does not depend on a particular person or event to be experienced. It is the expression of the love of God in which you are immersed and so you feel grateful for every person you meet and every event that occurs. There is no judgment in gratitude because you see no differences. Each one is viewed as an integral part of the whole, like a hip is part of the body. It can't be meaningfully separated from its source.

That is why you are often reminded throughout the material that giving and receiving are one. The giver and the receiver are not separate in truth, and in this state of oneness only love

exists. True gratitude is yours when you remember your oneness with all creation.

You do not leave this up to the body's eyes to determine, because the eyes were made by the ego—or alienated part of our mind—to see yourself as distinct from another. In the ego illusion, it seems perfectly obvious that you are an individual living and dying on a big round rock spinning in space. In your right mind, you know yourself to be spirit, eternal and changeless, and complete within the Source. The former perception breeds fear and distrust while the latter *is* the home of peace.

Day 221

Review VI Lesson 215

Lesson 196: It can be but myself I crucify.

As you start your day, meditate on this:

You seem to live in a domain where you dance back and forth between defending yourself from attack, and surging forth to beat others to the desired goal. In all the frantic activity, it is apparent that you are at the mercy of a loveless, unfriendly world—one that doesn't play fair. It sets up traps and taunts that undermine your confidence and fill you with anxiety.

Believing you live in the world means you operate on ego-automatic. Having accepted your role as a victim of circumstances beyond your control, you see no way out. So, you scheme and plot to make the best of a painful situation.

You search for a mate who will weather the storms of life with you, being a strong support in the heavy winds that blow you hither and thither. And as long as this person fulfills your expectations, you are happy. Invariably, however, you are shocked and overcome when this person fails to keep his end of the bargain. Ah, a victim once again!

This scenario will play itself out over and over again in your experience while you cling to the hideous belief that you must crucify yourself so God doesn't have to do it. You have bought the story that no matter how bad things are here, it's better than going to heaven where you will be judged harshly for your sins. Until you realize that you don't have to be a gerbil running on a spinning wheel, there is no recourse to pain and suffering.

Then, suddenly, through grace, you realize that victimhood is a choice you make! How startling and marvelous a realization this is! It is such a simple yet a tremendously powerful idea!

Your plea for help is answered! Where before you saw this person taking advantage of you, you now see a frightened being who believes that s/he must do this thing to you in order to survive. You feel compassion instead of anger now. And because you changed your mind about your need to punish yourself, you no longer play the victim to your sibling.

You have made a new choice. You have taken back the power of decision in your mind to drop the ego's hand and take up the Holy Spirit's instead. Now you no longer walk alone in fear. A loving and wise Presence accompanies you everywhere you go. This Guide helps you see with new eyes so that where you saw a victimizer tormenting you, you now see a frightened sibling who has fallen asleep and dreams a cruel dream of attack and defense.

Now you have no need to punish yourself, because your Guide reminds you how holy and beautiful you are, and how much your Creator loves you. With this new awareness, your main concern is bringing peace and lightheartedness to all you encounter. You have laid down the old, rugged cross for good!

Day 222

Review VI: Lesson 216

Lesson 197: It can be but my gratitude I earn.

As you start your day, meditate on this:

On Day 220 i mentioned that gratitude and love are inseparable. These two universal ideas are essential to achieving your goal: the peace of God.

There are always two ways of defining any word: either from the ego's perspective or the Holy Spirit's. The ego defines gratitude in very specific terms. "I'm grateful that you showed me that." Your love is specific as well. You love this one but not that one. And peace is a feeling you have sometimes but not others.

In your present state of consciousness, you must use specifics in order to learn that everything comes from one Source and is therefore the same. Since this is not immediately apparent to you, you need the miracle, the temporary suspension of the ego belief system, to give you the experience of unity in all you perceive.

And, for a miraculous moment, you are swimming in an ocean of endless peace, which *is* God, where all fear has vanished and been replaced by vision. Although you still *see* separation in the form of people and things, you don't *feel* separate.

You need the miracle to be able to understand yourself in a new light. Just as gratitude, love, and peace are one, so are you one with your Source. God is not an all-powerful Being sitting on a throne in heaven dispensing judgments and favors. Nor are you the body-brain continuum walking this earth, which the ego has taught.

In so many ways your Teacher makes it clear that you and God are not separate or

separable. As each miracle is added to your storehouse of truth, you come to realize that you are united with God as equal participants in Creation. This means that you have no need to seek God's gratitude for your good behavior.

God doesn't need your gratitude but you do because gratitude is necessary only to the separated mind as a means of reconnection. Each time you feel love or peace or gratitude toward anyone, you are choosing to break down the barriers that keep you apart.

I call these three—love, peace, and gratitude—the Holy Trinity. You can't have one without the other two. They describe the characteristics of the holiness in you as you journey back to oneness.

Day 223

Review VI: Lesson 217

Lesson 198: Only my condemnation injures me.

As you start your day, meditate on this:

The emphasis in this sentence should be on the word *my*. In other words, by believing i can condemn others, i must also believe others can injure me. To your body–brain, it’s obvious that other people can injure you. They can say and do mean things that anger and/or sadden you. They can beat your body and make it bleed, and even cause it to die.

But your worst fear as an ego is what God will do to you when you stop breathing and go before your Maker to receive his judgment. Our western religions have given us a clear picture of who God is. *He* is a male super-person who lives in another place you call heaven, yet he can see everything you do and has a very good memory. (Or maybe he has an administrative assistant, the Holy Spirit? who writes everything down!) So, you are justified in your terror of arriving at the pearly gates. He will list all your sins and then punish you so severely that you will surely perish.

Our program has a very different conception of God and His demeanor. There is much to say about the description of our Creator; however, let’s keep it simple for now. GOD IS NOT A SEPARATE ENTITY FROM YOU! He doesn’t live in a faraway heaven and doesn’t spend his days furtively watching you and cataloging your sins. This is the persona of god that our ego would have us accept as real.

God is the sum total of all creation. That includes everybody and everything you perceive in this world and beyond. This means that you are part of, not apart from, your Source.

Therefore, there is *no one* outside of you who is watching your activities. While you're on ego-automatic, it is *you* who judge yourself and then project that judgment onto an external source so you can feel victimized.

The goal of our study, as i've said many times, is to find and keep the peace of God. When you are peaceful, there are no victims or victimizers. When you are peaceful, you *do* see mistakes and rest in the certainty that they are easily corrected. When you are peaceful, there simply is no need for condemnation of yourself or anyone you see.

Day 224

Review VI: Lesson 218

Lesson 199: I am not a body. I am free.

As you start your day, meditate on this:

For the last 19 days, you have immersed yourself in the major idea that you are not a body but spirit. You seem to have fallen asleep and are having this nightmare dream in which the Son can decide to fragment into billions of separate entities in an ingenious attempt to avoid what it believes is God's wrath.

If you listen to the ego, it will say, "How can you not be a body?! That's crazy! Pinch yourself! You'll feel the pain and know you must be a body!" What the ego doesn't say is that once you accept its thesis of separation, you will believe you are a body that can feel pain, and so you will. You have the power of the mind of God, therefore whatever you believe becomes your reality.

Freedom takes on a whole new meaning when you begin to accept this statement that you are not a body. The limited sense of freedom you feel at times melts away as you embrace your holiness more fully. The very nature of bodies is a limitation. In my body, i cannot fly. I cannot be in two places at once. I cannot help but compare my body to other bodies thereby causing myself stress at not being as perfect as i perceive some other bodies to be. Peace cannot remain long to those of us who believe we are a body.

Your power of decision is so great that whatever you choose to believe is true will be true for you until you make another choice. Each miracle that you experience is the proof that you can "Change but your mind on what you want to see, and all the world must change

accordingly.” (W132.5:2)

In other words, you can't wait to see how things work out before you change your mind. You must change your mind *now* if you want to see a better world. By choosing the peaceful alternative, that is what you will see.

Your Guide, the Holy Spirit, waits patiently for you to ask for a change in your perception so that you can see yourself as the holy, eternal creation of a wholly loving Creator. God created you like Him, Spirit.

The day will come when you say, “I am *not* a body. I *have* a body momentarily, and it is my spirit which enlivens it to do God's Will.”

Day 225

Review VI: Lesson 219

Lesson 200: There is no peace except the peace of God.

As you start your day, meditate on this:

One day in the early 1980s, when i was a young student of *A Course in Miracles*, i attempted to explain to a friend what it was. It was summer and we were walking across her lawn with glasses of lemonade in our hands. “So, what is this thing you’re studying?” she asked me interestedly. This particular friend was a lifelong learner as i was, and always wanted to know about something new that she could add to her intellectual property. “Well,” i said, not really knowing how to describe the *Course* to a person with no background in metaphysics, “the purpose of the Course is to learn how to be peaceful all the time.”

“What?” she exclaimed, stopping so short that some of the liquid spilled from her glass. “Peaceful??? Who wants to be peaceful??? That’s so boring!”

At first i was flabbergasted at her reply. Who *wouldn't* want to be peaceful all the time, i thought. Then slowly it occurred to me that here was a perfect example of how the ego works. It takes a beautiful, holy concept and turns it on its head, making it distasteful and unattractive to desire. And, in doing so, it prevents the joy that would be given to the one who would embrace it.

My friend’s reaction to the idea of peace was extreme. Many people would profess to want peace yet surreptitiously, do everything in their power to cast it away. And others would think that peace is not even possible in this world.

Isn’t it true that peace, when it appears, stays but briefly like the fog and then moves

away? In the ego system peace is the enemy and cannot be suffered for long. It is the unwelcome guest at the party who puts a damper on the joviality of the crowd. The ego cherishes competition, fears defeat and hates what it doesn't understand. None of those ideas leads to peace.

In your ego, what you call peace is a travesty of true peace because, by its very flightiness, it causes anxiety. How long will it last? When will it disappear? So, can there really ever be a peaceful moment?

Our Teacher assures you that you *can* and *will* attain the peace of God. It is a process in which you agree to accept the Atonement for yourself. This means you catch your unloving, fearful, jealous, anxious, sad, and lonely thoughts and ask the Holy Spirit's help in correcting them.

The closest you can come to peace in your current state of mind is through forgiveness. Each time you look upon a sibling, recognize your ego's desire to remain separate and then ask for correction, you experience the miracle, which is the *reflection* of God's peace in this world. Adding miracle to miracle, you will finally reach your goal!