

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

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

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

The course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. The opposite of love is fear, but what is all-encompassing can have no opposite.

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

*Nothing real can be threatened.*

*Nothing unreal exists.*

*Herein lies the peace of God.*



# A COURSE IN MIRACLES WORKBOOK

Lessons 221 through 365

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



## INTRODUCTION TO THE WORKBOOK

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

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

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

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

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

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

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

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

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

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

## INTRODUCTION TO LESSONS 221 - 365

Words will mean little now. We use them but as guides on which we do not now depend. For now we seek direct experience of truth alone. The lessons that remain are merely introductions to the times in which we leave the world of pain, and go to enter peace. Now we begin to reach the goal this course has set, and find the end toward which our practicing was always geared.

Now we attempt to let the exercise be merely a beginning. For we wait in quiet expectation for our God and Father. He has promised He will take the final step Himself. And we are sure His promises are kept. We have come far along the road, and now we wait for Him. We will continue spending time with Him each morning and at night, as long as makes us happy. We will not consider time a matter of duration now. We use as much as we will need for the result that we desire. Nor will we forget our hourly remembrance in between, calling to God when we have need of Him as we are tempted to forget our goal.

We will continue with a central thought for all the days to come, and we will use that thought to introduce our times of rest, and calm our minds at need. Yet we will not content ourselves with simple practicing in the remaining holy instants which conclude the year that we have given God. We say some simple words of welcome, and expect our Father to reveal Himself, as He has promised. We have called on Him, and He has promised that His Son will not remain unanswered when he calls His Name.

Now do we come to Him with but His Word upon our minds and hearts, and wait for Him to take the step to us that He has told us, through His Voice, He would not fail to take when we invited him. He has not left His Son in all his madness, nor betrayed His trust in Him. Has not His faithfulness earned Him the invitation that He seeks to make us happy? We will

offer it, and it will be accepted. So our times with Him will now be spent. We say the words of invitation that His Voice suggests, and then we wait for Him to come to us.

Now is the time of prophecy fulfilled. Now are all ancient promises upheld and fully kept. No step remains for time to separate from its accomplishment. For now we cannot fail. Sit silently and wait upon your Father. He has willed to come to you when you have recognized it is your will He do so. And you could have never come this far unless you saw, however dimly, that it is your will.

I am so close to you we cannot fail. Father, we give these holy times to You, in gratitude to Him Who taught us how to leave the world of sorrow in exchange for its replacement, given us by You. We look not backward now. We look ahead, and fix our eyes upon the journey's end. Accept these little gifts of thanks from us, as through Christ's vision we behold a world beyond the one we made, and take that world to be the full replacement of our own.

And now we wait in silence, unafraid and certain of Your coming. We have sought to find our way by following the Guide You sent to us. We did not know the way, but You did not forget us. And we know that You will not forget us now. We ask but that Your ancient promises be kept which are Your Will to keep. We will with You in asking this. The Father and the Son, Whose holy Will created all that is, can fail in nothing. In this certainty, we undertake these last few steps to You, and rest in confidence upon Your Love, which will not fail the Son who calls to You.

And so we start upon the final part of this one holy year, which we have spent together in the search for truth and God, Who is its one Creator. We have found the way He chose for us, and made the choice to follow it as He would have us go. His Hand has held us up. His Thoughts have lit the darkness of our minds. His Love has called to us unceasingly since time began.



We had a wish that God would fail to have the Son whom He created for Himself. We wanted God to change Himself, and be what we would make of Him. And we believed that our insane desires were the truth. Now we are glad that this is all undone, and we no longer think illusions true. The memory of God is shimmering across the wide horizons of our minds. A moment more, and it will rise again. A moment more, and we who are God's Sons are safely home, where He would have us be.

Now is the need for practice almost done. For in this final section, we will come to understand that we need only call to God, and all temptations disappear. Instead of words, we need but feel His Love. Instead of prayers, we need but call His Name. Instead of judging, we need but be still and let all things be healed. We will accept the way God's plan will end, as we received the way it started. Now it is complete. This year has brought us to eternity.

One further use for words we still retain. From time to time, instructions on a theme of special relevance will intersperse our daily lessons and the periods of wordless, deep experience which should come afterwards. These special thoughts should be reviewed each day, each one of them to be continued till the next is given you. They should be slowly read and thought about a little while, preceding one of the holy and blessed instants in the day. We give the first of these instructions now.



## WHAT IS FORGIVENESS?

Forgiveness recognizes what you thought your brother did to you has not occurred. It does not pardon sins and make them real. It sees there was no sin. And in that view are all your sins forgiven. What is sin, except a false idea about God's Son? Forgiveness merely sees its falsity, and therefore lets it go. What then is free to take its place is now the Will of God.

An unforgiving thought is one which makes a judgment that it will not raise to doubt, although it is not true. The mind is closed, and will not be released. The thought protects projection, tightening its chains, so that distortions are more veiled and more obscure; less easily accessible to doubt, and further kept from reason. What can come between a fixed projection and the aim that it has chosen as its wanted goal?

An unforgiving thought does many things. In frantic action it pursues its goal, twisting and overturning what it sees as interfering with its chosen path. Distortion is its purpose, and the means by which it would accomplish it as well. It sets about its furious attempts to smash reality, without concern for anything that would appear to pose a contradiction to its point of view.

Forgiveness, on the other hand, is still, and quietly does nothing. It offends no aspect of reality, nor seeks to twist it to appearances it likes. It merely looks, and waits, and judges not. He who would not forgive must judge, for he must justify his failure to forgive. But he who would forgive himself must learn to welcome truth exactly as it is.

Do nothing, then, and let forgiveness show you what to do, through Him Who is your Guide, your Savior and Protector, strong in hope, and certain of your ultimate success. He has forgiven you already, for such is His function, given Him by God. Now must you share His function, and forgive whom He has saved, whose sinlessness He sees, and whom He honors as the Son of God.

## LESSON 221

### **Peace To My Mind. Let All My Thoughts Be Still.**

*Father, I come to You today to seek the peace that You alone can give. I come in silence. In the quiet of my heart, the deep recesses of my mind, I wait and listen for Your Voice. My Father, speak to me today. I come to hear Your Voice in silence and in certainty and love, sure You will hear my call and answer me.*

Now do we wait in quiet. God is here, because we wait together. I am sure that He will speak to you, and you will hear. Accept my confidence, for it is yours. Our minds are joined. We wait with one intent; to hear our Father's answer to our call, to let our thoughts be still and find His peace, to hear Him speak to us of what we are, and to reveal Himself unto His Son.

## LESSON 222

### **God Is With Me. I Live And Move In Him.**

God is with me. He is my Source of life, the life within, the air I breathe, the food by which I am sustained, the water which renews and cleanses me. He is my home, wherein I live and move; the Spirit Which directs my actions, offers me Its Thoughts, and guarantees my safety from all pain. He covers me with kindness and with care, and holds in love the Son He shines upon, who also shines on Him. How still is he who knows the truth of what He speaks today!

*Father, we have no words except Your Name upon our lips and in our minds, as we come quietly into Your Presence now, and ask to rest with You in peace a while.*

## LESSON 223

### **God Is My Life. I Have No Life But His.**

I was mistaken when I thought I lived apart from God, a separate entity that moved in isolation, unattached, and housed within a body. Now I know my life is God's, I have no other home, and I do not exist apart from Him. He has no Thoughts that are not part of me, and I have none but those which are of Him.

*Our Father, let us see the face of Christ instead of our mistakes. For we who are Your holy Son are sinless. We would look upon our sinlessness, for guilt proclaims that we are not Your Son. And we would not forget You longer. We are lonely here, and long for Heaven, where we are at home. Today we would return. Our Name is Yours, and we acknowledge that we are Your Son.*

## LESSON 224

### **God Is My Father, And He Loves His Son.**

My true Identity is so secure, so lofty, sinless, glorious and great, wholly beneficent and free from guilt, that Heaven looks to It to give it light. It lights the world as well. It is the gift my Father gave to me; the one as well I give the world. There is no gift but This that can be either given or received. This is reality, and only This. This is illusion's end. It is the truth.

*My Name, O Father, still is known to You. I have forgotten it, and do not know where I am going, who I am, or what it is I do. Remind me, Father, now, for I am weary of the world I see. Reveal what You would have me see instead.*

## LESSON 225

### God Is My Father, And His Son Loves Him.

*Father, I must return Your Love for me, for giving and receiving are the same, and You have given all Your Love to me. I must return it, for I want it mine in full awareness, blazing in my mind and keeping it within its kindly light, inviolate, beloved, with fear behind and only peace ahead. How still the way Your loving Son is led along to You!*

Brother, we find that stillness now. The way is open. Now we follow it in peace together. You have reached your hand to me, and I will never leave you. We are one, and it is but this oneness that we seek, as we accomplish these few final steps which end a journey that was not begun.

## LESSON 226

### My Home Awaits Me. I Will Hasten There.

If I so choose, I can depart this world entirely. It is not death which makes this possible, but it is change of mind about the purpose of the world. If I believe it has a value as I see it now, so will it still remain for me. But if I see no value in the world as I behold it, nothing that I want to keep as mine or search for as a goal, it will depart from me. For I have not sought for illusions to replace the truth.

*Father, my home awaits my glad return. Your Arms are open and I hear Your Voice. What need have I to linger in a place of vain desires and of shattered dreams, when Heaven can so easily be mine?*

## LESSON 227

### **This Is My Holy Instant Of Release.**

*Father, it is today that I am free, because my will is Yours. I thought to make another will. Yet nothing that I thought apart from You exists. And I am free because I was mistaken, and did not affect my own reality at all by my illusions. Now I give them up, and lay them down before the feet of truth, to be removed forever from my mind. This is my holy instant of release. Father, I know my will is one with Yours.*

And so today we find our glad return to Heaven, which we never really left. The Son of God this day lays down his dreams. The Son of God this day comes home again, released from sin and clad in holiness, with his right mind restored to him at last.

## LESSON 228

### **God Has Condemned Me Not. No More Do I.**

My Father knows my holiness. Shall I deny His knowledge, and believe in what His knowledge makes impossible? Shall I accept as true what He proclaims as false? Or shall I take His Word for what I am, since He is my Creator, and the One Who knows the true condition of His Son?

*Father, I was mistaken in myself, because I failed to realize the Source from Which I came. I have not left that Source to enter in a body and to die. My holiness remains a part of me, as I am part of You. And my mistakes about myself are dreams. I let them go today. And I stand ready to receive Your Word alone for what I really am.*

## LESSON 229

### Love, Which Created Me, Is What I Am.

I seek my own Identity, and find It in these words: “Love, Which created me, is what I am.” Now need I seek no more. Love has prevailed. So still It waited for my coming home, that I will turn away no longer from the holy face of Christ. And what I look upon attests the truth of the Identity I sought to lose, but Which my Father has kept safe for me.

*Father, my thanks to You for what I am; for keeping my Identity untouched and sinless, in the midst of all the thoughts of sin my foolish mind made up. And thanks to You for saving me from them. Amen.*

## LESSON 230

### Now Will I Seek And Find The Peace Of God.

In peace I was created. And in peace do I remain. It is not given me to change my Self. How merciful is God my Father, that when He created me He gave me peace forever. Now I ask but to be what I am. And can this be denied me, when it is forever true?

*Father, I seek the peace You gave as mine in my creation. What was given then must be here now, for my creation was apart from time, and still remains beyond all change. The peace in which Your Son was born into Your Mind is shining there unchanged. I am as You created me. I need but call on You to find the peace You gave. It is Your Will that gave it to Your Son.*



## WHAT IS SALVATION?

Salvation is a promise, made by God, that you would find your way to Him at last. It cannot but be kept. It guarantees that time will have an end, and all the thoughts that have been born in time will end as well. God's Word is given every mind which thinks that it has separate thoughts, and will replace these thoughts of conflict with the Thought of peace.

The Thought of peace was given to God's Son the instant that his mind had thought of war. There was no need for such a Thought before, for peace was given without opposite, and merely was. But when the mind is split there is a need of healing. So the Thought that has the power to heal the split became a part of every fragment of the mind that still was one, but failed to recognize its oneness. Now it did not know itself, and thought its own Identity was lost.

Salvation is undoing in the sense that it does nothing, failing to support the world of dreams and malice. Thus it lets illusions go. By not supporting them, it merely lets them quietly go down to dust. And what they hid is now revealed; an altar to the holy Name of God whereon His Word is written, with the gifts of your forgiveness laid before it, and the memory of God not far behind.

Let us come daily to this holy place, and spend a while together. Here we share our final dream. It is a dream in which there is no sorrow, for it holds a hint of all the glory given us by God. The grass is pushing through the soil, the trees are budding now, and birds have come to live within their branches. Earth is being born again in new perspective. Night has gone, and we have come together in the light.

From here we give salvation to the world, for it is here salvation was received. The song of our rejoicing is the call to all the world that freedom is returned, that time is almost over, and God's Son has but an instant more to wait until his Father is remembered, dreams are done, eternity has shined away the world, and only Heaven now exists at all.

## LESSON 231

### **Father, I Will But To Remember You.**

*What can I seek for, Father, but Your Love? Perhaps I think I seek for something else; a something I have called by many names. Yet is Your Love the only thing I seek, or ever sought. For there is nothing else that I could ever really want to find. Let me remember You. What else could I desire but the truth about myself?*

This is your will, my brother. And you share this will with me, and with the One as well Who is our Father. To remember Him is Heaven. This we seek. And only this is what it will be given us to find.

## LESSON 232

### **Be In My Mind, My Father, Through The Day.**

*Be in my mind, my Father, when I wake, and shine on me throughout the day today. Let every minute be a time in which I dwell with You. And let me not forget my hourly thanksgiving that You have remained with me, and always will be there to hear my call to You and answer me. As evening comes, let all my thoughts be still of You and of Your Love. And let me sleep sure of my safety, certain of Your care, and happily aware I am Your Son.*

This is as every day should be. Today, practice the end of fear. Have faith in Him Who is your Father. Trust all things to Him. Let Him reveal all things to you, and be you undismayed because you are His Son.

## LESSON 233

### **I Give My Life To God To Guide Today.**

*Father, I give You all my thoughts today. I would have none of mine. In place of them, give me Your Own. I give You all my acts as well, that I may do Your Will instead of seeking goals which cannot be obtained, and wasting time in vain imaginings. Today I come to You. I will step back and merely follow You. Be You the Guide, and I the follower who questions not the wisdom of the Infinite, nor Love whose tenderness I cannot comprehend, but which is yet Your perfect gift to me.*

Today we have one Guide to lead us on. And as we walk together, we will give this day to Him with no reserve at all. This is His day. And so it is a day of countless gifts and mercies unto us.

## LESSON 234

### **Father, Today I Am Your Son Again.**

Today we will anticipate the time when dreams of sin and guilt are gone, and we have reached the holy peace we never left. Merely a tiny instant has elapsed between eternity and timelessness. So brief the interval there was no lapse in continuity, nor break in thoughts which are forever unified as one. Nothing has ever happened to disturb the peace of God the Father and the Son. This we accept as wholly true today.

*We thank You, Father, that we cannot lose the memory of You and of Your Love. We recognize our safety, and give thanks for all the gifts You have bestowed on us, for all the loving help we have received, for Your eternal patience, and the Word which You have given us that we are saved.*

## LESSON 235

### **God In His Mercy Wills That I Be Saved.**

I need but look upon all things that seem to hurt me, and with perfect certainty assure myself, “God wills that I be saved from this,” and merely watch them disappear. I need but keep in mind my Father’s Will for me is only happiness, to find that only happiness has come to me. And I need but remember that God’s Love surrounds His Son and keeps his sinlessness forever perfect, to be sure that I am saved and safe forever in His Arms. I am the Son He loves. And I am saved because God in His mercy wills it so.

*Father, Your holiness is mine. Your Love created me, and made my sinlessness forever part of You. I have no guilt nor sin in me, for there is none in You.*

## LESSON 236

### **I Rule My Mind, Which I Alone Must Rule.**

I have a kingdom I must rule. At times, it does not seem I am its king at all. It seems to triumph over me, and tell me what to think, and what to do and feel. And yet it has been given me to serve whatever purpose I perceive in it. My mind can only serve. Today I give its service to the Holy Spirit to employ as He sees fit. I thus direct my mind, which I alone can rule. And thus I set it free to do the Will of God.

*Father, my mind is open to Your Thoughts, and closed today to every thought but Yours. I rule my mind, and offer it to You. Accept my gift, for it is Yours to me.*

## LESSON 237

### Now Would I Be As God Created Me.

Today I will accept the truth about myself. I will arise in glory, and allow the light in me to shine upon the world throughout the day. I bring the world the tidings of salvation which I hear as God my Father speaks to me. And I behold the world that Christ would have me see, aware it ends the bitter dream of death; aware it is my Father's call to me.

*Christ is my eyes today, and He the ears that listen to the Voice for God today. Father, I come to You through Him Who is Your Son, and my true Self as well. Amen.*

## LESSON 238

### On My Decision All Salvation Rests.

*Father, Your trust in me has been so great, I must be worthy. You created me, and know me as I am. And yet You placed Your Son's salvation in my hands, and let it rest on my decision. I must be beloved of You indeed. And I must be steadfast in holiness as well, that You would give Your Son to me in certainty that he is safe Who still is part of You, and yet is mine, because He is my Self.*

And so, again today, we pause to think how much our Father loves us. And how dear His Son, created by His Love, remains to Him Whose Love is made complete in him.

## LESSON 239

### **The Glory Of My Father Is My Own.**

Let not the truth about ourselves today be hidden by a false humility. Let us instead be thankful for the gifts our Father gave us. Can we see in those with whom He shares His glory any trace of sin and guilt? And can it be that we are not among them, when He loves His Son forever and with perfect constancy, knowing he is as He created him?

*We thank You, Father, for the light that shines forever in us. And we honor it, because You share it with us. We are one, united in this light and one with You, at peace with all creation and ourselves.*

## LESSON 240

### **Fear Is Not Justified In Any Form.**

Fear is deception. It attests that you have seen yourself as you could never be, and therefore look upon a world which is impossible. Not one thing in this world is true. It does not matter what the form in which it may appear. It witnesses but to your own illusions of yourself. Let us not be deceived today. We are the Sons of God. There is no fear in us, for we are each a part of Love Itself.

*How foolish are our fears! Would You allow Your Son to suffer? Give us faith today to recognize Your Son, and set him free. Let us forgive him in Your Name, that we may understand his holiness, and feel the love for him which is Your Own as well.*

## WHAT IS THE WORLD?

The world is false perception. It is born of error, and it has not left its source. It will remain no longer than the thought that gave it birth is cherished. When the thought of separation has been changed to one of true forgiveness, will the world be seen in quite another light; and one which leads to truth, where all the world must disappear and all its errors vanish. Now its source has gone, and its effects are gone as well.

The world was made as an attack on God. It symbolizes fear. And what is fear except love's absence? Thus the world was meant to be a place where God could enter not, and where His Son could be apart from Him. Here was perception born, for knowledge could not cause such insane thoughts. But eyes deceive, and ears hear falsely. Now mistakes become quite possible, for certainty has gone.

The mechanisms of illusion have been born instead. And now they go to find what has been given them to seek. Their aim is to fulfill the purpose which the world was made to witness and make real. They see in its illusions but a solid base where truth exists, upheld apart from lies. Yet everything that they report is but illusion which is kept apart from truth.

As sight was made to lead away from truth, it can be redirected. Sounds become the call of God, and all perception can be given a new purpose by the One Whom God appointed Savior to the world. Follow His Light, and see the world as He beholds it. Hear His Voice alone in all that speaks to you. And let Him give you peace and certainty, which you have thrown away, but Heaven has preserved for you in Him.

Let us not rest content until the world has joined our changed perception. Let us not be satisfied until forgiveness has been made complete. And let us not attempt to change our function. We must save the world. For we who made it must behold it through the eyes of Christ, that what was made to die can be restored to everlasting life.

## LESSON 241

### **This Holy Instant Is Salvation Come.**

What joy there is today! It is a time of special celebration. For today holds out the instant to the darkened world where its release is set. The day has come when sorrows pass away and pain is gone. The glory of salvation dawns today upon a world set free. This is the time of hope for countless millions. They will be united now, as you forgive them all. For I will be forgiven by you today.

*We have forgiven one another now, and so we come at last to You again. Father, Your Son, who never left, returns to Heaven and his home. How glad are we to have our sanity restored to us, and to remember that we all are one.*

## LESSON 242

### **This Day Is God's. It Is My Gift To Him.**

I will not lead my life alone today. I do not understand the world, and so to try to lead my life alone must be but foolishness. But there is One Who knows all that is best for me. And He is glad to make no choices for me but the ones that lead to God. I give this day to Him, for I would not delay my coming home, and it is He Who knows the way to God.

*And so we give today to You. We come with wholly open minds. We do not ask for anything that we may think we want. Give us what You would have received by us. You know all our desires and our wants. And You will give us everything we need in helping us to find the way to You.*



## LESSON 243

### **Today I Will Judge Nothing That Occurs.**

I will be honest with myself today. I will not think that I already know what must remain beyond my present grasp. I will not think I understand the whole from bits of my perception, which are all that I can see. Today I recognize that this is so. And so I am relieved of judgments that I cannot make. Thus do I free myself and what I look upon, to be in peace as God created us.

*Father, today I leave creation free to be itself. I honor all its parts, in which I am included. We are one because each part contains Your memory, and truth must shine in all of us as one.*

## LESSON 244

### **I Am In Danger Nowhere In The World.**

*Your Son is safe wherever he may be, for You are there with him. He need but call upon Your Name, and he will recollect his safety and Your Love, for they are one. How can he fear or doubt or fail to know he cannot suffer, be endangered, or experience unhappiness, when he belongs to You, beloved and loving, in the safety of Your Fatherly embrace?*

And there we are in truth. No storms can come into the hallowed haven of our home. In God we are secure. For what can come to threaten God Himself, or make afraid what will forever be a part of Him?

## LESSON 245

### **Your Peace Is With Me, Father. I Am Safe.**

*Your peace surrounds me, Father. Where I go, Your peace goes there with me. It sheds its light on everyone I meet. I bring it to the desolate and lonely and afraid. I give Your peace to those who suffer pain, or grieve for loss, or think they are bereft of hope and happiness. Send them to me, my Father. Let me bring Your peace with me. For I would save Your Son, as is Your Will, that I may come to recognize my Self.*

And so we go in peace. To all the world we give the message that we have received. And thus we come to hear the Voice for God, Who speaks to us as we relate His Word; Whose Love we recognize because we share the Word that He has given unto us.

## LESSON 246

### **To Love My Father Is To Love His Son.**

Let me not think that I can find the way to God, if I have hatred in my heart. Let me not try to hurt God's Son, and think that I can know his Father or my Self. Let me not fail to recognize myself, and still believe that my awareness can contain my Father, or my mind conceive of all the love my Father has for me, and all the love which I return to Him.

*I will accept the way You choose for me to come to You, my Father. For in that will I succeed, because it is Your Will. And I would recognize that what You will is what I will as well, and only that. And so I choose to love Your Son. Amen.*

## LESSON 247

### **Without Forgiveness I Will Still Be Blind.**

Sin is the symbol of attack. Behold it anywhere, and I will suffer. For forgiveness is the only means whereby Christ's vision comes to me. Let me accept what His sight shows me as the simple truth, and I am healed completely. Brother, come and let me look on you. Your loveliness reflects my own. Your sinlessness is mine. You stand forgiven, and I stand with you.

*So would I look on everyone today. My brothers are Your Sons. Your Fatherhood created them, and gave them all to me as part of You, and my own Self as well. Today I honor You through them, and thus I hope this day to recognize my Self.*

## LESSON 248

### **Whatever Suffers Is Not Part Of Me.**

I have disowned the truth. Now let me be as faithful in disowning falsity. Whatever suffers is not part of me. What grieves is not myself. What is in pain is but illusion in my mind. What dies was never living in reality, and did but mock the truth about myself. Now I disown self-concepts and deceits and lies about the holy Son of God. Now am I ready to accept him back as God created him, and as he is.

*Father, my ancient love for You returns, and lets me love Your Son again as well. Father, I am as You created me. Now is Your Love remembered, and my own. Now do I understand that they are one.*

## LESSON 249

### **Forgiveness Ends All Suffering And Loss.**

Forgiveness paints a picture of a world where suffering is over, loss becomes impossible and anger makes no sense. Attack is gone, and madness has an end. What suffering is now conceivable? What loss can be sustained? The world becomes a place of joy, abundance, charity and endless giving. It is now so like to Heaven that it quickly is transformed into the light that it reflects. And so the journey which the Son of God began has ended in the light from which he came.

*Father, we would return our minds to You. We have betrayed them, held them in a vise of bitterness, and frightened them with thoughts of violence and death. Now would we rest again in You, as You created us.*

## LESSON 250

### **Let Me Not See Myself As Limited.**

Let me behold the Son of God today, and witness to his glory. Let me not try to obscure the holy light in him, and see his strength diminished and reduced to frailty; nor perceive the lacks in him with which I would attack his sovereignty.

*He is Your Son, my Father. And today I would behold his gentleness instead of my illusions. He is what I am, and as I see him so I see myself. Today I would see truly, that this day I may at last identify with him.*

## WHAT IS SIN?

Sin is insanity. It is the means by which the mind is driven mad, and seeks to let illusions take the place of truth. And being mad, it sees illusions where the truth should be, and where it really is. Sin gave the body eyes, for what is there the sinless would behold? What need have they of sights or sounds or touch? What would they hear or reach to grasp? What would they sense at all? To sense is not to know. And truth can be but filled with knowledge, and with nothing else.

The body is the instrument the mind made in its efforts to deceive itself. Its purpose is to strive. Yet can the goal of striving change. And now the body serves a different aim for striving. What it seeks for now is chosen by the aim the mind has taken as replacement for the goal of self-deception. Truth can be its aim as well as lies. The senses then will seek instead for witnesses to what is true.

Sin is the home of all illusions, which but stand for things imagined, issuing from thoughts that are untrue. They are the “proof” that what has no reality is real. Sin “proves” God’s Son is evil; timelessness must have an end; eternal life must die. And God Himself has lost the Son He loves, with but corruption to complete Himself, His Will forever overcome by death, love slain by hate, and peace to be no more.

A madman’s dreams are frightening, and sin appears indeed to terrify. And yet what sin perceives is but a childish game. The Son of God may play he has become a body, prey to evil and to guilt, with but a little life that ends in death. But all the while his Father shines on him, and loves him with an everlasting Love which his pretenses cannot change at all.

How long, O Son of God, will you maintain the game of sin? Shall we not put away these sharp-edged children’s toys? How soon will you be ready to come home? Perhaps today? There is no sin. Creation is unchanged. Would you still hold return to Heaven back? How long, O holy Son of God, how long?

## LESSON 251

### **I Am In Need Of Nothing But The Truth.**

I sought for many things, and found despair. Now do I seek but one, for in that one is all I need, and only what I need. All that I sought before I needed not, and did not even want. My only need I did not recognize. But now I see that I need only truth. In that all needs are satisfied, all cravings end, all hopes are finally fulfilled and dreams are gone. Now have I everything that I could need. Now have I everything that I could want. And now at last I find myself at peace.

*And for that peace, our Father, we give thanks. What we denied ourselves You have restored, and only that is what we really want.*

## LESSON 252

### **The Son Of God Is My Identity.**

My Self is holy beyond all the thoughts of holiness of which I now conceive. Its shimmering and perfect purity is far more brilliant than is any light that I have ever looked upon. Its love is limitless, with an intensity that holds all things within it, in the calm of quiet certainty. Its strength comes not from burning impulses which move the world, but from the boundless Love of God Himself. How far beyond this world my Self must be, and yet how near to me and close to God!

*Father, You know my true Identity. Reveal It now to me who am Your Son, that I may waken to the truth in You, and know that Heaven is restored to me.*

## LESSON 253

### **My Self Is Ruler Of The Universe.**

It is impossible that anything should come to me unbidden by myself. Even in this world, it is I who rule my destiny. What happens is what I desire. What does not occur is what I do not want to happen. This must I accept. For thus am I led past this world to my creations, children of my will, in Heaven where my holy Self abides with them and Him Who has created me.

*You are the Self Whom You created Son, creating like Yourself and one with You. My Self, Which rules the universe, is but Your Will in perfect union with my own, which can but offer glad assent to Yours, that it may be extended to Itself.*

## LESSON 254

### **Let Every Voice But God's Be Still In Me.**

*Father, today I would but hear Your Voice. In deepest silence I would come to You, to hear Your Voice and to receive Your Word. I have no prayer but this: I come to You to ask You for the truth. And truth is but Your Will, which I would share with You today.*

Today we let no ego thoughts direct our words or actions. When such thoughts occur, we quietly step back and look at them, and then we let them go. We do not want what they would bring with them. And so we do not choose to keep them. They are silent now. And in the stillness, hallowed by His Love, God speaks to us and tells us of our will, as we have chosen to remember Him.

## LESSON 255

### **This Day I Choose To Spend In Perfect Peace.**

It does not seem to me that I can choose to have but peace today. And yet, my God assures me that His Son is like Himself. Let me this day have faith in Him Who says I am God's Son. And let the peace I choose be mine today bear witness to the truth of what He says. God's Son can have no cares, and must remain forever in the peace of Heaven. In His Name, I give today to finding what my Father wills for me, accepting it as mine, and giving it to all my Father's Sons, along with me.

*And so, my Father, would I pass this day with You. Your Son has not forgotten You. The peace You gave him still is in his mind, and it is there I choose to spend today.*

## LESSON 256

### **God Is The Only Goal I Have Today.**

The way to God is through forgiveness here. There is no other way. If sin had not been cherished by the mind, what need would there have been to find the way to where you are? Who would still be uncertain? Who could be unsure of who he is? And who would yet remain asleep, in heavy clouds of doubt about the holiness of him whom God created sinless? Here we can but dream. But we can dream we have forgiven him in whom all sin remains impossible, and it is this we choose to dream today. God is our goal; forgiveness is the means by which our minds return to Him at last.

*And so, our Father, would we come to You in Your appointed way. We have no goal except to hear Your Voice, and find the way Your sacred Word has pointed out to us.*



## LESSON 257

### **Let Me Remember What My Purpose Is.**

If I forget my goal I can be but confused, unsure of what I am, and thus conflicted in my actions. No one can serve contradicting goals and serve them well. Nor can he function without deep distress and great depression. Let us therefore be determined to remember what we want today, that we may unify our thoughts and actions meaningfully, and achieve only what God would have us do this day.

*Father, forgiveness is Your chosen means for our salvation. Let us not forget today that we can have no will but Yours. And thus our purpose must be Yours as well, if we would reach the peace You will for us.*

## LESSON 258

### **Let Me Remember That My Goal Is God.**

All that is needful is to train our minds to overlook all little senseless aims, and to remember that our goal is God. His memory is hidden in our minds, obscured but by our pointless little goals which offer nothing, and do not exist. Shall we continue to allow God's grace to shine in unawareness, while the toys and trinkets of the world are sought instead? God is our only goal, our only Love. We have no aim but to remember Him.

*Our goal is but to follow in the way that leads to You. We have no goal but this. What could we want but to remember You? What could we seek but our Identity?*

## LESSON 259

### Let Me Remember That There Is No Sin.

Sin is the only thought that makes the goal of God seem unattainable. What else could blind us to the obvious, and make the strange and the distorted seem more clear? What else but sin engenders our attacks? What else but sin could be the source of guilt, demanding punishment and suffering? And what but sin could be the source of fear, obscuring God's creation; giving love the attributes of fear and of attack?

*Father, I would not be insane today. I would not be afraid of love, nor seek for refuge in its opposite. For love can have no opposite. You are the Source of everything there is. And everything that is remains with You, and You with it.*

## LESSON 260

### Let Me Remember God Created Me.

*Father, I did not make myself, although in my insanity I thought I did. Yet, as Your Thought, I have not left my Source, remaining part of Who created me. Your Son, my Father, calls on You today. Let me remember You created me. Let me remember my Identity. And let my sinlessness arise again before Christ's vision, through which I would look upon my brothers and myself today.*

Now is our Source remembered, and Therein we find our true Identity at last. Holy indeed are we, because our Source can know no sin. And we who are His Sons are like each other, and alike to Him.

## WHAT IS THE BODY?

The body is a fence the Son of God imagines he has built, to separate parts of his Self from other parts. It is within this fence he thinks he lives, to die as it decays and crumbles. For within this fence he thinks that he is safe from love. Identifying with his safety, he regards himself as what his safety is. How else could he be certain he remains within the body, keeping love outside?

The body will not stay. Yet this he sees as double safety. For the Son of God's impermanence is "proof" his fences work, and do the task his mind assigns to them. For if his oneness still remained untouched, who could attack and who could be attacked? Who could be victor? Who could be his prey? Who could be victim? Who the murderer? And if he did not die, what "proof" is there that God's eternal Son can be destroyed?

The body is a dream. Like other dreams it sometimes seems to picture happiness, but can quite suddenly revert to fear, where every dream is born. For only love creates in truth, and truth can never fear. Made to be fearful, must the body serve the purpose given it. But we can change the purpose that the body will obey by changing what we think that it is for.

The body is the means by which God's Son returns to sanity. Though it was made to fence him into hell without escape, yet has the goal of Heaven been exchanged for the pursuit of hell. The Son of God extends his hand to reach his brother, and to help him walk along the road with him. Now is the body holy. Now it serves to heal the mind that it was made to kill.

You will identify with what you think will make you safe. Whatever it may be, you will believe that it is one with you. Your safety lies in truth, and not in lies. Love is your safety. Fear does not exist. Identify with love, and you are safe. Identify with love, and you are home. Identify with love, and find your Self.

## LESSON 261

### **God Is My Refuge And Security.**

I will identify with what I think is refuge and security. I will behold myself where I perceive my strength, and think I live within the citadel where I am safe and cannot be attacked. Let me today seek not security in danger, nor attempt to find my peace in murderous attack. I live in God. In Him I find my refuge and my strength. In Him is my Identity. In Him is everlasting peace. And only there will I remember Who I really am.

*Let me not seek for idols. I would come, my Father, home to You today. I choose to be as You created me, and find the Son whom You created as my Self.*

## LESSON 262

### **Let Me Perceive No Differences Today.**

*Father, You have one Son. And it is he that I would look upon today. He is Your one creation. Why should I perceive a thousand forms in what remains as one? Why should I give this one a thousand names, when only one suffices? For Your Son must bear Your Name, for You created him. Let me not see him as a stranger to his Father, nor as stranger to myself. For he is part of me and I of him, and we are part of You Who are our Source, eternally united in Your Love; eternally the holy Son of God.*

We who are one would recognize this day the truth about ourselves. We would come home, and rest in unity. For there is peace, and nowhere else can peace be sought and found.

## LESSON 263

### **My Holy Vision Sees All Things As Pure.**

*Father, Your Mind created all that is, Your Spirit entered into it, Your Love gave life to it. And would I look upon what You created as if it could be made sinful? I would not perceive such dark and fearful images. A madman's dream is hardly fit to be my choice, instead of all the loveliness with which You blessed creation; all its purity, its joy, and its eternal, quiet home in You.*

And while we still remain outside the gate of Heaven, let us look on all we see through holy vision and the eyes of Christ. Let all appearances seem pure to us, that we may pass them by in innocence, and walk together to our Father's house as brothers and the holy Sons of God.

## LESSON 264

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

*Father, You stand before me and behind, beside me, in the place I see myself, and everywhere I go. You are in all the things I look upon, the sounds I hear, and every hand that reaches for my own. In You time disappears, and place becomes a meaningless belief. For what surrounds Your Son and keeps him safe is Love Itself. There is no Source but This, and nothing is that does not share Its holiness; that stands beyond Your one creation, or without the Love Which holds all things within Itself. Father, Your Son is like Yourself. We come to You in Your Own Name today, to be at peace within Your everlasting Love.*

My brothers, join with me in this today. This is salvation's prayer. Must we not join in what will save the world, along with us?

## LESSON 265

### **Creation's Gentleness Is All I See.**

I have indeed misunderstood the world, because I laid my sins on it and saw them looking back at me. How fierce they seemed! And how deceived was I to think that what I feared was in the world, instead of in my mind alone. Today I see the world in the celestial gentleness with which creation shines. There is no fear in it. Let no appearance of my sins obscure the light of Heaven shining on the world. What is reflected there is in God's Mind. The images I see reflect my thoughts. Yet is my mind at one with God's. And so I can perceive creation's gentleness.

*In quiet would I look upon the world, which but reflects Your Thoughts, and mine as well. Let me remember that they are the same, and I will see creation's gentleness.*

## LESSON 266

### **My Holy Self Abides In You, God's Son.**

*Father, You gave me all Your Sons, to be my saviors and my counselors in sight; the bearers of Your holy Voice to me. In them are You reflected, and in them does Christ look back upon me from my Self. Let not Your Son forget Your holy Name. Let not Your Son forget his holy Source. Let not Your Son forget his name is Yours.*

This day we enter into paradise, calling upon God's Name and on our own, acknowledging our Self in each of us; united in the holy Love of God. How many saviors God has given us! How can we lose the way to Him, when He has filled the world with those who point to Him, and given us the sight to look on them?

## LESSON 267

### **My Heart Is Beating In The Peace Of God.**

Surrounding me is all the life that God created in His Love. It calls to me in every heartbeat and in every breath; in every action and in every thought. Peace fills my heart, and floods my body with the purpose of forgiveness. Now my mind is healed, and all I need to save the world is given me. Each heartbeat brings me peace; each breath infuses me with strength. I am a messenger of God, directed by His Voice, sustained by Him in love, and held forever quiet and at peace within His loving Arms. Each heartbeat calls His Name, and every one is answered by His Voice, assuring me I am at home in Him.

*Let me attend Your Answer, not my own. Father, my heart is beating in the peace the Heart of Love created. It is there and only there that I can be at home.*

## LESSON 268

### **Let All Things Be Exactly As They Are.**

*Let me not be Your critic, Lord, today, and judge against You. Let me not attempt to interfere with Your creation, and distort it into sickly forms. Let me be willing to withdraw my wishes from its unity, and thus to let it be as You created it. For thus will I be able, too, to recognize my Self as You created me. In Love was I created, and in Love will I remain forever. What can frighten me, when I let all things be exactly as they are?*

Let not our sight be blasphemous today, nor let our ears attend to lying tongues. Only reality is free of pain. Only reality is free of loss. Only reality is wholly safe. And it is only this we seek today.

## LESSON 269

### **My Sight Goes Forth To Look Upon Christ's Face.**

*I ask Your blessing on my sight today. It is the means which You have chosen to become the way to show me my mistakes, and look beyond them. It is given me to find a new perception through the Guide You gave to me, and through His lessons to surpass perception and return to truth. I ask for the illusion which transcends all those I made. Today I choose to see a world forgiven, in which everyone shows me the face of Christ, and teaches me that what I look upon belongs to me; that nothing is, except Your holy Son.*

Today our sight is blessed indeed. We share one vision, as we look upon the face of Him Whose Self is ours. We are one because of Him Who is the Son of God; of Him Who is our own Identity.

## LESSON 270

### **I Will Not Use The Body's Eyes Today.**

*Father, Christ's vision is Your gift to me, and it has power to translate all that the body's eyes behold into the sight of a forgiven world. How glorious and gracious is this world! Yet how much more will I perceive in it than sight can give. The world forgiven signifies Your Son acknowledges his Father, lets his dreams be brought to truth, and waits expectantly the one remaining instant more of time which ends forever, as Your memory returns to him. And now his will is one with Yours. His function now is but Your Own, and every thought except Your Own is gone.*

The quiet of today will bless our hearts, and through them peace will come to everyone. Christ is our eyes today. And through His sight we offer healing to the world through Him, the holy Son whom God created whole; the holy Son whom God created one.



## WHAT IS THE CHRIST?

Christ is God's Son as He created Him. He is the Self we share, uniting us with one another, and with God as well. He is the Thought Which still abides within the Mind that is His Source. He has not left His holy home, nor lost the innocence in which He was created. He abides unchanged forever in the Mind of God.

Christ is the link that keeps you one with God, and guarantees that separation is no more than an illusion of despair, for hope forever will abide in Him. Your mind is part of His, and His of yours. He is the part in which God's Answer lies; where all decisions are already made, and dreams are over. He remains untouched by anything the body's eyes perceive. For though in Him His Father placed the means for your salvation, yet does He remain the Self Who, like His Father, knows no sin.

Home of the Holy Spirit, and at home in God alone, does Christ remain at peace within the Heaven of your holy mind. This is the only part of you that has reality in truth. The rest is dreams. Yet will these dreams be given unto Christ, to fade before His glory and reveal your holy Self, the Christ, to you at last.

The Holy Spirit reaches from the Christ in you to all your dreams, and bids them come to Him, to be translated into truth. He will exchange them for the final dream which God appointed as the end of dreams. For when forgiveness rests upon the world and peace has come to every Son of God, what could there be to keep things separate, for what remains to see except Christ's face?

And how long will this holy face be seen, when it is but the symbol that the time for learning now is over, and the goal of the Atonement has been reached at last? So therefore let us seek to find Christ's face and look on nothing else. As we behold His glory, will we know we have no need of learning or perception or of time, or anything except the holy Self, the Christ Whom God created as His Son.

## LESSON 271

### **Christ's Is The Vision I Will Use Today.**

Each day, each hour, every instant, I am choosing what I want to look upon, the sounds I want to hear, the witnesses to what I want to be the truth for me. Today I choose to look upon what Christ would have me see, to listen to God's Voice, and seek the witnesses to what is true in God's creation. In Christ's sight, the world and God's creation meet, and as they come together all perception disappears. His kindly sight redeems the world from death, for nothing that He looks on but must live, remembering the Father and the Son; Creator and creation unified.

*Father, Christ's vision is the way to You. What He beholds invites Your memory to be restored to me. And this I choose to be what I would look upon today.*

## LESSON 272

### **How Can Illusions Satisfy God's Son?**

*Father, the truth belongs to me. My home is set in Heaven by Your Will and mine. Can dreams content me? Can illusions bring me happiness? What but Your memory can satisfy Your Son? I will accept no less than You have given me. I am surrounded by Your Love, forever still, forever gentle and forever safe. God's Son must be as You created him.*

Today we pass illusions by. And if we hear temptation call to us to stay and linger in a dream, we turn aside and ask ourselves if we, the Sons of God, could be content with dreams, when Heaven can be chosen just as easily as hell, and love will happily replace all fear.

## LESSON 273

### **The Stillness Of The Peace Of God Is Mine.**

Perhaps we are now ready for a day of undisturbed tranquility. If this is not yet feasible, we are content and even more than satisfied to learn how such a day can be achieved. If we give way to a disturbance, let us learn how to dismiss it and return to peace. We need but tell our minds, with certainty, "The stillness of the peace of God is mine," and nothing can intrude upon the peace that God Himself has given to His Son.

*Father, Your peace is mine. What need have I to fear that anything can rob me of what You would have me keep? I cannot lose Your gifts to me. And so the peace You gave Your Son is with me still, in quietness and in my own eternal love for You.*

## LESSON 274

### **Today Belongs To Love. Let Me Not Fear.**

*Father, today I would let all things be as You created them, and give Your Son the honor due his sinlessness; the love of brother to his brother and his Friend. Through this I am redeemed. Through this as well the truth will enter where illusions were, light will replace all darkness, and Your Son will know he is as You created him.*

A special blessing comes to us today, from Him Who is our Father. Give this day to Him, and there will be no fear today, because the day is given unto Love.

## LESSON 275

### **God's Healing Voice Protects All Things Today.**

Let us today attend the Voice for God, Which speaks an ancient lesson, no more true today than any other day. Yet has this day been chosen as the time when we will seek and hear and learn and understand. Join me in hearing. For the Voice for God tells us of things we cannot understand alone, nor learn apart. It is in this that all things are protected. And in this the healing of the Voice for God is found.

*Your healing Voice protects all things today, and so I leave all things to You. I need be anxious over nothing. For Your Voice will tell me what to do and where to go; to whom to speak and what to say to him, what thoughts to think, what words to give the world. The safety that I bring is given me. Father, Your Voice protects all things through me.*

## LESSON 276

### **The Word Of God Is Given Me To Speak.**

What is the Word of God? "My Son is pure and holy as Myself." And thus did God become the Father of the Son He loves, for thus was he created. This the Word His Son did not create with Him, because in this His Son was born. Let us accept His Fatherhood, and all is given us. Deny we were created in His Love and we deny our Self, to be unsure of who we are, of Who our Father is, and for what purpose we have come. And yet, we need but to acknowledge Him Who gave His Word to us in our creation, to remember Him and so recall our Self.

*Father, Your Word is mine. And it is this that I would speak to all my brothers, who are given me to cherish as my own, as I am loved and blessed and saved by You.*

## LESSON 277

### **Let Me Not Bind Your Son With Laws I Made.**

*Your Son is free, my Father. Let me not imagine I have bound him with the laws I made to rule the body. He is not subject to any laws I made by which I try to make the body more secure. He is not changed by what is changeable. He is not slave to any laws of time. He is as You created him, because he knows no law except the law of love.*

Let us not worship idols, nor believe in any law idolatry would make to hide the freedom of the Son of God. He is not bound except by his beliefs. Yet what he is, is far beyond his faith in slavery or freedom. He is free because he is his Father's Son. And he cannot be bound unless God's truth can lie, and God can will that He deceive Himself.

## LESSON 278

### **If I Am Bound, My Father Is Not Free.**

If I accept that I am prisoner within a body, in a world in which all things that seem to live appear to die, then is my Father prisoner with me. And this do I believe, when I maintain the laws the world obeys must I obey; the frailties and the sins which I perceive are real, and cannot be escaped. If I am bound in any way, I do not know my Father nor my Self. And I am lost to all reality. For truth is free, and what is bound is not a part of truth.

*Father, I ask for nothing but the truth. I have had many foolish thoughts about myself and my creation, and have brought a dream of fear into my mind. Today, I would not dream. I choose the way to You instead of madness and instead of fear. For truth is safe, and only love is sure.*

## LESSON 279

### Creation's Freedom Promises My Own.

The end of dreams is promised me, because God's Son is not abandoned by His Love. Only in dreams is there a time when he appears to be in prison, and awaits a future freedom, if it be at all. Yet in reality his dreams are gone, with truth established in their place. And now is freedom his already. Should I wait in chains which have been severed for release, when God is offering me freedom now?

*I will accept Your promises today, and give my faith to them. My Father loves the Son Whom He created as His Own. Would You withhold the gifts You gave to me?*

## LESSON 280

### What Limits Can I Lay Upon God's Son?

Whom God created limitless is free. I can invent imprisonment for him, but only in illusions, not in truth. No Thought of God has left its Father's Mind. No Thought of God is limited at all. No Thought of God but is forever pure. Can I lay limits on the Son of God, whose Father willed that he be limitless, and like Himself in freedom and in love?

*Today let me give honor to Your Son, for thus alone I find the way to You. Father, I lay no limits on the Son You love and You created limitless. The honor that I give to him is Yours, and what is Yours belongs to me as well.*

## WHAT IS THE HOLY SPIRIT?

The Holy Spirit mediates between illusions and the truth. Since He must bridge the gap between reality and dreams, perception leads to knowledge through the grace that God has given Him, to be His gift to everyone who turns to Him for truth. Across the bridge that He provides are dreams all carried to the truth, to be dispelled before the light of knowledge. There are sights and sounds forever laid aside. And where they were perceived before, forgiveness has made possible perception's tranquil end.

The goal the Holy Spirit's teaching sets is just this end of dreams. For sights and sounds must be translated from the witnesses of fear to those of love. And when this is entirely accomplished, learning has achieved the only goal it has in truth. For learning, as the Holy Spirit guides it to the outcome He perceives for it, becomes the means to go beyond itself, to be replaced by the Eternal Truth.

If you but knew how much your Father yearns to have you recognize your sinlessness, you would not let His Voice appeal in vain, nor turn away from His replacement for the fearful images and dreams you made. The Holy Spirit understands the means you made, by which you would attain what is forever unattainable. And if you offer them to Him, He will employ the means you made for exile to restore your mind to where it truly is at home.

From knowledge, where He has been placed by God, the Holy Spirit calls to you, to let forgiveness rest upon your dreams, and be restored to sanity and peace of mind. Without forgiveness will your dreams remain to terrify you. And the memory of all your Father's Love will not return to signify the end of dreams has come.

Accept your Father's gift. It is a call from Love to Love, that It be but Itself. The Holy Spirit is His gift, by which the quietness of Heaven is restored to God's beloved Son. Would you refuse to take the function of completing God, when all He wills is that you be complete?

## LESSON 281

### **I Can Be Hurt By Nothing But My Thoughts.**

*Father, Your Son is perfect. When I think that I am hurt in any way, it is because I have forgotten who I am, and that I am as You created me. Your Thoughts can only bring me happiness. If ever I am sad or hurt or ill, I have forgotten what You think, and put my little meaningless ideas in place of where Your Thoughts belong, and where they are. I can be hurt by nothing but my thoughts. The Thoughts I think with You can only bless. The Thoughts I think with You alone are true.*

I will not hurt myself today. For I am far beyond all pain. My Father placed me safe in Heaven, watching over me. And I would not attack the Son He loves, for what He loves is also mine to love.

## LESSON 282

### **I Will Not Be Afraid Of Love Today.**

If I could realize but this today, salvation would be reached for all the world. This the decision not to be insane, and to accept myself as God Himself, my Father and my Source, created me. This the determination not to be asleep in dreams of death, while truth remains forever living in the joy of love. And this the choice to recognize the Self Whom God created as the Son He loves, and Who remains my one Identity.

*Father, Your Name is Love and so is mine. Such is the truth. And can the truth be changed by merely giving it another name? The name of fear is simply a mistake. Let me not be afraid of truth today.*



## LESSON 283

### **My True Identity Abides In You.**

*Father, I made an image of myself, and it is this I call the Son of God. Yet is creation as it always was, for Your creation is unchangeable. Let me not worship idols. I am he my Father loves. My holiness remains the light of Heaven and the Love of God. Is not what is beloved of You secure? Is not the light of Heaven infinite? Is not Your Son my true Identity, when You created everything that is?*

Now are we one in shared Identity, with God our Father as our only Source, and everything created part of us. And so we offer blessing to all things, uniting lovingly with all the world, which our forgiveness has made one with us.

## LESSON 284

### **I Can Elect To Change All Thoughts That Hurt.**

Loss is not loss when properly perceived. Pain is impossible. There is no grief with any cause at all. And suffering of any kind is nothing but a dream. This is the truth, at first to be but said and then repeated many times; and next to be accepted as but partly true, with many reservations. Then to be considered seriously more and more, and finally accepted as the truth. I can elect to change all thoughts that hurt. And I would go beyond these words today, and past all reservations, and arrive at full acceptance of the truth in them.

*Father, what You have given cannot hurt, so grief and pain must be impossible. Let me not fail to trust in You today, accepting but the joyous as Your gifts; accepting but the joyous as the truth.*

## LESSON 285

### **My Holiness Shines Bright And Clear Today.**

Today I wake with joy, expecting but the happy things of God to come to me. I ask but them to come, and realize my invitation will be answered by the thoughts to which it has been sent by me. And I will ask for only joyous things the instant I accept my holiness. For what would be the use of pain to me, what purpose would my suffering fulfill, and how would grief and loss avail me if insanity departs from me today, and I accept my holiness instead?

*Father, my holiness is Yours. Let me rejoice in it, and through forgiveness be restored to sanity. Your Son is still as You created him. My holiness is part of me, and also part of You. And what can alter Holiness Itself?*

## LESSON 286

### **The Hush Of Heaven Holds My Heart Today.**

*Father, how still today! How quietly do all things fall in place! This is the day that has been chosen as the time in which I come to understand the lesson that there is no need that I do anything. In You is every choice already made. In You has every conflict been resolved. In You is everything I hope to find already given me. Your peace is mine. My heart is quiet, and my mind at rest. Your Love is Heaven, and Your Love is mine.*

The stillness of today will give us hope that we have found the way, and travelled far along it to a wholly certain goal. Today we will not doubt the end which God Himself has promised us. We trust in Him, and in our Self, Who still is one with Him.

## LESSON 287

### **You Are My Goal, My Father. Only You.**

Where would I go but Heaven? What could be a substitute for happiness? What gift could I prefer before the peace of God? What treasure would I seek and find and keep that can compare with my Identity? And would I rather live with fear than love?

*You are my goal, my Father. What but You could I desire to have? What way but that which leads to You could I desire to walk? And what except the memory of You could signify to me the end of dreams and futile substitutions for the truth? You are my only goal. Your Son would be as You created him. What way but this could I expect to recognize my Self, and be at one with my Identity?*

## LESSON 288

### **Let Me Forget My Brother's Past Today.**

*This is the thought that leads the way to You, and brings me to my goal. I cannot come to You without my brother. And to know my Source, I first must recognize what You created one with me. My brother's is the hand that leads me on the way to You. His sins are in the past along with mine, and I am saved because the past is gone. Let me not cherish it within my heart, or I will lose the way to walk to You. My brother is my savior. Let me not attack the savior You have given me. But let me honor him who bears Your Name, and so remember that It is my own.*

Forgive me, then, today. And you will know you have forgiven me if you behold your brother in the light of holiness. He cannot be less holy than can I, and you can not be holier than he.

## LESSON 289

### **The Past Is Over. It Can Touch Me Not.**

Unless the past is over in my mind, the real world must escape my sight. For I am really looking nowhere; seeing but what is not there. How can I then perceive the world forgiveness offers? This the past was made to hide, for this the world that can be looked on only now. It has no past. For what can be forgiven but the past, and if it is forgiven it is gone.

*Father, let me not look upon a past that is not there. For You have offered me Your Own replacement, in a present world the past has left untouched and free of sin. Here is the end of guilt. And here am I made ready for Your final step. Shall I demand that You wait longer for Your Son to find the loveliness You planned to be the end of all his dreams and all his pain?*

## LESSON 290

### **My Present Happiness Is All I See.**

Unless I look upon what is not there, my present happiness is all I see. Eyes that begin to open see at last. And I would have Christ's vision come to me this very day. What I perceive without God's Own Correction for the sight I made is frightening and painful to behold. Yet I would not allow my mind to be deceived by the belief the dream I made is real an instant longer. This the day I seek my present happiness, and look on nothing else except the thing I seek.

*With this resolve I come to You, and ask Your strength to hold me up today, while I but seek to do Your Will. You cannot fail to hear me, Father. What I ask have You already given me. And I am sure that I will see my happiness today.*

## WHAT IS THE REAL WORLD?

The real world is a symbol, like the rest of what perception offers. Yet it stands for what is opposite to what you made. Your world is seen through eyes of fear, and brings the witnesses of terror to your mind. The real world cannot be perceived except through eyes forgiveness blesses, so they see a world where terror is impossible, and witnesses to fear can not be found.

The real world holds a counterpart for each unhappy thought reflected in your world; a sure correction for the sights of fear and sounds of battle which your world contains. The real world shows a world seen differently, through quiet eyes and with a mind at peace. Nothing but rest is there. There are no cries of pain and sorrow heard, for nothing there remains outside forgiveness. And the sights are gentle. Only happy sights and sounds can reach the mind that has forgiven itself.

What need has such a mind for thoughts of death, attack and murder? What can it perceive surrounding it but safety, love and joy? What is there it would choose to be condemned, and what is there that it would judge against? The world it sees arises from a mind at peace within itself. No danger lurks in anything it sees, for it is kind, and only kindness does it look upon.

The real world is the symbol that the dream of sin and guilt is over, and God's Son no longer sleeps. His waking eyes perceive the sure reflection of his Father's Love; the certain promise that he is redeemed. The real world signifies the end of time, for its perception makes time purposeless.

The Holy Spirit has no need of time when it has served His purpose. Now He waits but that one instant more for God to take His final step, and time has disappeared, taking perception with it as it goes, and leaving but the truth to be itself. That instant is our goal, for it contains the memory of God. And as we look upon a world forgiven, it is He Who calls to us and comes to take us home, reminding us of our Identity Which our forgiveness has restored to us.

## LESSON 291

### **This Is A Day Of Stillness And Of Peace.**

Christ's vision looks through me today. His sight shows me all things forgiven and at peace, and offers this same vision to the world. And I accept this vision in its name, both for myself and for the world as well. What loveliness we look upon today! What holiness we see surrounding us! And it is given us to recognize it is a holiness in which we share; it is the Holiness of God Himself.

*This day my mind is quiet, to receive the Thoughts You offer me. And I accept what comes from You, instead of from myself. I do not know the way to You. But You are wholly certain. Father, guide Your Son along the quiet path that leads to You. Let my forgiveness be complete, and let the memory of You return to me.*

## LESSON 292

### **A Happy Outcome To All Things Is Sure.**

God's promises make no exceptions. And He guarantees that only joy can be the final outcome found for everything. Yet it is up to us when this is reached; how long we let an alien will appear to be opposing His. And while we think this will is real, we will not find the end He has appointed as the outcome of all problems we perceive, all trials we see, and every situation that we meet. Yet is the ending certain. For God's Will is done in earth and Heaven. We will seek and we will find according to His Will, which guarantees that our will is done.

*We thank You, Father, for Your guarantee of only happy outcomes in the end. Help us not interfere, and so delay the happy endings You have promised us for every problem that we can perceive; for every trial we think we still must meet.*

## LESSON 293

### **All Fear Is Past And Only Love Is Here.**

All fear is past, because its source is gone, and all its thoughts gone with it. Love remains the only present state, whose Source is here forever and forever. Can the world seem bright and clear and safe and welcoming, with all my past mistakes oppressing it, and showing me distorted forms of fear? Yet in the present love is obvious, and its effects apparent. All the world shines in reflection of its holy light, and I perceive a world forgiven at last.

*Father, let not Your holy world escape my sight today. Nor let my ears be deaf to all the hymns of gratitude the world is singing underneath the sounds of fear. There is a real world which the present holds safe from all past mistakes. And I would see only this world before my eyes today.*

## LESSON 294

### **My Body Is A Wholly Neutral Thing.**

I am a Son of God. And can I be another thing as well? Did God create the mortal and corruptible? What use has God's beloved Son for what must die? And yet a neutral thing does not see death, for thoughts of fear are not invested there, nor is a mockery of love bestowed upon it. Its neutrality protects it while it has a use. And afterwards, without a purpose, it is laid aside. It is not sick nor old nor hurt. It is but functionless, unneeded and cast off. Let me not see it more than this today; of service for a while and fit to serve, to keep its usefulness while it can serve, and then to be replaced for greater good.

*My body, Father, cannot be Your Son. And what is not created cannot be sinful nor sinless; neither good nor bad. Let me, then, use this dream to help Your plan that we awaken from all dreams we made.*

## LESSON 295

### **The Holy Spirit Looks Through Me Today.**

Christ asks that He may use my eyes today, and thus redeem the world. He asks this gift that He may offer peace of mind to me, and take away all terror and all pain. And as they are removed from me, the dreams that seemed to settle on the world are gone. Redemption must be one. As I am saved, the world is saved with me. For all of us must be redeemed together. Fear appears in many different forms, but love is one.

*My Father, Christ has asked a gift of me, and one I give that it be given me. Help me to use the eyes of Christ today, and thus allow the Holy Spirit's Love to bless all things which I may look upon, that His forgiving Love may rest on me.*

## LESSON 296

### **The Holy Spirit Speaks Through Me Today.**

*The Holy Spirit needs my voice today, that all the world may listen to Your Voice, and hear Your Word through me. I am resolved to let You speak through me, for I would use no words but Yours, and have no thoughts which are apart from Yours, for only Yours are true. I would be savior to the world I made. For having damned it I would set it free, that I may find escape, and hear the Word Your holy Voice will speak to me today.*

We teach today what we would learn, and that alone. And so our learning goal becomes an unconflicted one, and possible of easy reach and quick accomplishment. How gladly does the Holy Spirit come to rescue us from hell, when we allow His teaching to persuade the world, through us, to seek and find the easy path to God.



## LESSON 297

### **Forgiveness Is The Only Gift I Give.**

Forgiveness is the only gift I give, because it is the only gift I want. And everything I give I give myself. This is salvation's simple formula. And I, who would be saved, would make it mine, to be the way I live within a world that needs salvation, and that will be saved as I accept Atonement for myself.

*Father, how certain are Your ways; how sure their final outcome, and how faithfully is every step in my salvation set already, and accomplished by Your grace. Thanks be to You for Your eternal gifts, and thanks to You for my Identity.*

## LESSON 298

### **I Love You, Father, And I Love Your Son.**

My gratitude permits my love to be accepted without fear. And thus am I restored to my Reality at last. All that intruded on my holy sight forgiveness takes away. And I draw near the end of senseless journeys, mad careers and artificial values. I accept instead what God establishes as mine, sure that in that alone I will be saved; sure that I go through fear to meet my Love.

*Father, I come to You today, because I would not follow any way but Yours. You are beside me. Certain is Your way. And I am grateful for Your holy gifts of certain sanctuary, and escape from everything that would obscure my love for God my Father and His holy Son.*

## LESSON 299

### **Eternal Holiness Abides In Me.**

My holiness is far beyond my own ability to understand or know. Yet God, my Father, Who created it, acknowledges my holiness as His. Our Will, together, understands it. And our Will, together, knows that it is so.

*Father, my holiness is not of me. It is not mine to be destroyed by sin. It is not mine to suffer from attack. Illusions can obscure it, but can not put out its radiance, nor dim its light. It stands forever perfect and untouched. In it are all things healed, for they remain as You created them. And I can know my holiness. For Holiness Itself created me, and I can know my Source because it is Your Will that You be known.*

## LESSON 300

### **Only An Instant Does This World Endure.**

This is a thought which can be used to say that death and sorrow are the certain lot of all who come here, for their joys are gone before they are possessed, or even grasped. Yet this is also the idea that lets no false perception keep us in its hold, nor represent more than a passing cloud upon a sky eternally serene. And it is this serenity we seek, unclouded, obvious and sure, today.

*We seek Your holy world today. For we, Your loving Sons, have lost our way a while. But we have listened to Your Voice, and learned exactly what to do to be restored to Heaven and our true Identity. And we give thanks today the world endures but for an instant. We would go beyond that tiny instant to eternity.*

## WHAT IS THE SECOND COMING?

Christ's Second Coming, which is sure as God, is merely the correction of mistakes, and the return of sanity. It is a part of the condition that restores the never lost, and re-establishes what is forever and forever true. It is the invitation to God's Word to take illusion's place; the willingness to let forgiveness rest upon all things without exception and without reserve.

It is the all-inclusive nature of Christ's Second Coming that permits it to embrace the world and hold you safe within its gentle advent, which encompasses all living things with you. There is no end to the release the Second Coming brings, as God's creation must be limitless. Forgiveness lights the Second Coming's way, because it shines on everything as one. And thus is oneness recognized at last.

The Second Coming ends the lessons that the Holy Spirit teaches, making way for the Last Judgment, in which learning ends in one last summary that will extend beyond itself, and reaches up to God. The Second Coming is the time in which all minds are given to the hands of Christ, to be returned to spirit in the name of true creation and the Will of God.

The Second Coming is the one event in time which time itself can not affect. For every one who ever came to die, or yet will come or who is present now, is equally released from what he made. In this equality is Christ restored as one Identity, in Which the Sons of God acknowledge that they all are one. And God the Father smiles upon His Son, His one creation and His only joy.

Pray that the Second Coming will be soon, but do not rest with that. It needs your eyes and ears and hands and feet. It needs your voice. And most of all it needs your willingness. Let us rejoice that we can do God's Will, and join together in its holy light. Behold, the Son of God is one in us, and we can reach our Father's Love through Him.

## LESSON 301

### **And God Himself Shall Wipe Away All Tears.**

*Father, unless I judge I cannot weep. Nor can I suffer pain, or feel I am abandoned or unneeded in the world. This is my home because I judge it not, and therefore is it only what You will. Let me today behold it uncondemned, through happy eyes forgiveness has released from all distortion. Let me see Your world instead of mine. And all the tears I shed will be forgotten, for their source is gone. Father, I will not judge Your world today.*

God's world is happy. Those who look on it can only add their joy to it, and bless it as a cause of further joy in them. We wept because we did not understand. But we have learned the world we saw was false, and we will look upon God's world today.

## LESSON 302

### **Where Darkness Was I Look Upon The Light.**

*Father, our eyes are opening at last. Your holy world awaits us, as our sight is finally restored and we can see. We thought we suffered. But we had forgot the Son whom You created. Now we see that darkness is our own imagining, and light is there for us to look upon. Christ's vision changes darkness into light, for fear must disappear when love has come. Let me forgive Your holy world today, that I may look upon its holiness and understand it but reflects my own.*

Our Love awaits us as we go to Him, and walks beside us showing us the way. He fails in nothing. He the end we seek, and He the means by which we go to Him.

## LESSON 303

### **The Holy Christ Is Born In Me Today.**

Watch with me, angels, watch with me today. Let all God's holy Thoughts surround me, and be still with me while Heaven's Son is born. Let earthly sounds be quiet, and the sights to which I am accustomed disappear. Let Christ be welcomed where He is at home. And let Him hear the sounds He understands, and see but sights that show His Father's Love. Let Him no longer be a stranger here, for He is born again in me today.

*Your Son is welcome, Father. He has come to save me from the evil self I made. He is the Self That You have given me. He is but what I really am in truth. He is the Son You love above all things. He is my Self as You created me. It is not Christ That can be crucified. Safe in Your Arms let me receive Your Son.*

## LESSON 304

### **Let Not My World Obscure The Sight Of Christ.**

I can obscure my holy sight, if I intrude my world upon it. Nor can I behold the holy sights Christ looks upon, unless it is His vision that I use. Perception is a mirror, not a fact. And what I look on is my state of mind, reflected outward. I would bless the world by looking on it through the eyes of Christ. And I will look upon the certain signs that all my sins have been forgiven me.

*You lead me from the darkness to the light; from sin to holiness. Let me forgive, and thus receive salvation for the world. It is Your gift, my Father, given me to offer to Your holy Son, that he may find again the memory of You, and of Your Son as You created him.*

## LESSON 305

### There Is A Peace That Christ Bestows On Us.

Who uses but Christ's vision finds a peace so deep and quiet, undisturbable and wholly changeless, that the world contains no counterpart. Comparisons are still before this peace. And all the world departs in silence as this peace envelops it, and gently carries it to truth, no more to be the home of fear. For love has come, and healed the world by giving it Christ's peace.

*Father, the peace of Christ is given us, because it is Your Will that we be saved. Help us today but to accept Your gift, and judge it not. For it has come to us to save us from our judgment on ourselves.*

## LESSON 306

### The Gift Of Christ Is All I Seek Today.

What but Christ's vision would I use today, when it can offer me a day in which I see a world so like to Heaven that an ancient memory returns to me? Today I can forget the world I made. Today I can go past all fear, and be restored to love and holiness and peace. Today I am redeemed, and born anew into a world of mercy and of care; of loving kindness and the peace of God.

*And so, our Father, we return to You, remembering we never went away; remembering Your holy gifts to us. In gratitude and thankfulness we come, with empty hands and open hearts and minds, asking but what You give. We cannot make an offering sufficient for Your Son. But in Your Love the gift of Christ is his.*

## LESSON 307

### **Conflicting Wishes Cannot Be My Will.**

*Father, Your Will is mine, and only that. There is no other will for me to have. Let me not try to make another will, for it is senseless and will cause me pain. Your Will alone can bring me happiness, and only Yours exists. If I would have what only You can give, I must accept Your Will for me, and enter into peace where conflict is impossible, Your Son is one with You in being and in will, and nothing contradicts the holy truth that I remain as You created me.*

And with this prayer we enter silently into a state where conflict cannot come, because we join our holy will with God's, in recognition that they are the same.

## LESSON 308

### **This Instant Is The Only Time There Is.**

I have conceived of time in such a way that I defeat my aim. If I elect to reach past time to timelessness, I must change my perception of what time is for. Time's purpose cannot be to keep the past and future one. The only interval in which I can be saved from time is now. For in this instant has forgiveness come to set me free. The birth of Christ is now, without a past or future. He has come to give His present blessing to the world, restoring it to timelessness and love. And love is ever-present, here and now.

*Thanks for this instant, Father. It is now I am redeemed. This instant is the time You have appointed for Your Son's release, and for salvation of the world in him.*

## LESSON 309

### **I Will Not Fear To Look Within Today.**

Within me is Eternal Innocence, because it is God's Will that It be there forever and forever. I, His Son, whose will is limitless as is His Own, can will no change in this. For to deny my Father's Will is to deny my own. To look within is but to find my will as God created it, and as it is. I fear to look within because I think I made another will that is not true, and made it real. Yet it has no effects. Within me is the holiness of God. Within me is the memory of Him.

*The step I take today, my Father, is my sure release from idle dreams of sin. Your altar stands serene and undefiled. It is the holy altar to my Self, and there I find my true Identity.*

## LESSON 310

### **In Fearlessness And Love I Spend Today.**

*This day, my Father, would I spend with You, as You have chosen all my days should be. And what I will experience is not of time at all. The joy that comes to me is not of days nor hours, for it comes from Heaven to Your Son. This day will be Your sweet reminder to remember You, Your gracious calling to Your holy Son, the sign Your grace has come to me, and that it is Your Will I be set free today.*

We spend this day together, you and I. And all the world joins with us in our song of thankfulness and joy to Him Who gave salvation to us, and Who set us free. We are restored to peace and holiness. There is no room in us for fear today, for we have welcomed love into our hearts.



## WHAT IS THE LAST JUDGMENT?

Christ's Second Coming gives the Son of God this gift: To hear the Voice for God proclaim that what is false is false, and what is true has never changed. And this the judgment is in which perception ends. At first you see a world that has accepted this as true, projected from a now corrected mind. And with this holy sight, perception gives a silent blessing and then disappears, its goal accomplished and its mission done.

The Final Judgment on the world contains no condemnation. For it sees the world as totally forgiven, without sin and wholly purposeless. Without a cause, and now without a function in Christ's sight, it merely slips away to nothingness. There it was born, and there it ends as well. And all the figures in the dream in which the world began go with it. Bodies now are useless, and will therefore fade away, because the Son of God is limitless.

You who believed that God's Last Judgment would condemn the world to hell along with you, accept this holy truth: God's Judgment is the gift of the Correction He bestowed on all your errors, freeing you from them, and all effects they ever seemed to have. To fear God's saving grace is but to fear complete release from suffering, return to peace, security and happiness, and union with your own Identity.

God's Final Judgment is as merciful as every step in His appointed plan to bless His Son, and call him to return to the eternal peace He shares with him. Be not afraid of love. For it alone can heal all sorrow, wipe away all tears, and gently waken from his dream of pain the Son whom God acknowledges as His. Be not afraid of this. Salvation asks you give it welcome. And the world awaits your glad acceptance, which will set it free.

This is God's Final Judgment: "You are still My holy Son, forever innocent, forever loving and forever loved, as limitless as your Creator, and completely changeless and forever pure. Therefore awaken and return to Me. I am your Father and you are My Son."

## LESSON 311

### I Judge All Things As I Would Have Them Be.

Judgment was made to be a weapon used against the truth. It separates what it is being used against, and sets it off as if it were a thing apart. And then it makes of it what you would have it be. It judges what it cannot understand, because it cannot see totality and therefore judges falsely. Let us not use it today, but make a gift of it to Him Who has a different use for it. He will relieve us of the agony of all the judgments we have made against ourselves, and re-establish peace of mind by giving us God's Judgment of His Son.

*Father, we wait with open mind today, to hear Your Judgment of the Son You love. We do not know him, and we cannot judge. And so we let Your Love decide what he whom You created as Your Son must be.*

## LESSON 312

### I See All Things As I Would Have Them Be.

Perception follows judgment. Having judged, we therefore see what we would look upon. For sight can merely serve to offer us what we would have. It is impossible to overlook what we would see, and fail to see what we have chosen to behold. How surely, therefore, must the real world come to greet the holy sight of anyone who takes the Holy Spirit's purpose as his goal for seeing. And he cannot fail to look upon what Christ would have him see, and share Christ's Love for what he looks upon.

*I have no purpose for today except to look upon a liberated world, set free from all the judgments I have made. Father, this is Your Will for me today, and therefore it must be my goal as well.*

## LESSON 313

### Now Let A New Perception Come To Me.

*Father, there is a vision which beholds all things as sinless, so that fear has gone, and where it was is love invited in. And love will come wherever it is asked. This vision is Your gift. The eyes of Christ look on a world forgiven. In His sight are all its sins forgiven, for He sees no sin in anything He looks upon. Now let His true perception come to me, that I may waken from the dream of sin and look within upon my sinlessness, which You have kept completely undefiled upon the altar to Your holy Son, the Self with Which I would identify.*

Let us today behold each other in the sight of Christ. How beautiful we are! How holy and how loving! Brother, come and join with me today. We save the world when we have joined. For in our vision it becomes as holy as the light in us.

## LESSON 314

### I Seek A Future Different From The Past.

From new perception of the world there comes a future very different from the past. The future now is recognized as but extension of the present. Past mistakes can cast no shadows on it, so that fear has lost its idols and its images, and being formless, it has no effects. Death will not claim the future now, for life is now its goal, and all the needed means are happily provided. Who can grieve or suffer when the present has been freed, extending its security and peace into a quiet future filled with joy?

*Father, we were mistaken in the past, and choose to use the present to be free. Now do we leave the future in Your Hands, leaving behind our past mistakes, and sure that You will keep Your present promises, and guide the future in their holy light.*

## LESSON 315

### **All Gifts My Brothers Give Belong To Me.**

Each day a thousand treasures come to me with every passing moment. I am blessed with gifts throughout the day, in value far beyond all things of which I can conceive. A brother smiles upon another, and my heart is gladdened. Someone speaks a word of gratitude or mercy, and my mind receives this gift and takes it as its own. And everyone who finds the way to God becomes my savior, pointing out the way to me, and giving me his certainty that what he learned is surely mine as well.

*I thank You, Father, for the many gifts that come to me today and every day from every Son of God. My brothers are unlimited in all their gifts to me. Now may I offer them my thankfulness, that gratitude to them may lead me on to my Creator and His memory.*

## LESSON 316

### **All Gifts I Give My Brothers Are My Own.**

As every gift my brothers give is mine, so every gift I give belongs to me. Each one allows a past mistake to go, and leave no shadow on the holy mind my Father loves. His grace is given me in every gift a brother has received throughout all time, and past all time as well. My treasure house is full, and angels watch its open doors that not one gift is lost, and only more are added. Let me come to where my treasures are, and enter in where I am truly welcome and at home, among the gifts that God has given me.

*Father, I would accept Your gifts today. I do not recognize them. Yet I trust that You Who gave them will provide the means by which I can behold them, see their worth, and cherish only them as what I want.*

## LESSON 317

### **I Follow In The Way Appointed Me.**

I have a special place to fill; a role for me alone. Salvation waits until I take this part as what I choose to do. Until I make this choice, I am the slave of time and human destiny. But when I willingly and gladly go the way my Father's plan appointed me to go, then will I recognize salvation is already here, already given all my brothers and already mine as well.

*Father, Your way is what I choose today. Where it would lead me do I choose to go; what it would have me do I choose to do. Your way is certain, and the end secure. The memory of You awaits me there. And all my sorrows end in Your embrace, which You have promised to Your Son, who thought mistakenly that he had wandered from the sure protection of Your loving Arms.*

## LESSON 318

### **In Me Salvation's Means And End Are One.**

In me, God's holy Son, are reconciled all parts of Heaven's plan to save the world. What could conflict, when all the parts have but one purpose and one aim? How could there be a single part that stands alone, or one of more or less importance than the rest? I am the means by which God's Son is saved, because salvation's purpose is to find the sinlessness that God has placed in me. I was created as the thing I seek. I am the goal the world is searching for. I am God's Son, His one eternal Love. I am salvation's means and end as well.

*Let me today, my Father, take the role You offer me in Your request that I accept Atonement for myself. For thus does what is thereby reconciled in me become as surely reconciled to You.*

## LESSON 319

### **I Came For The Salvation Of The World.**

Here is a thought from which all arrogance has been removed, and only truth remains. For arrogance opposes truth. But when there is no arrogance the truth will come immediately, and fill up the space the ego left unoccupied by lies. Only the ego can be limited, and therefore it must seek for aims which are curtailed and limiting. The ego thinks that what one gains, totality must lose. And yet it is the Will of God I learn that what one gains is given unto all.

*Father, Your Will is total. And the goal which stems from it shares its totality. What aim but the salvation of the world could You have given me? And what but this could be the Will my Self has shared with You?*

## LESSON 320

### **My Father Gives All Power Unto Me.**

The Son of God is limitless. There are no limits on his strength, his peace, his joy, nor any attributes his Father gave in his creation. What he wills with his Creator and Redeemer must be done. His holy will can never be denied, because his Father shines upon his mind, and lays before it all the strength and love in earth and Heaven. I am he to whom all this is given. I am he in whom the power of my Father's Will abides.

*Your Will can do all things in me, and then extend to all the world as well through me. There is no limit on Your Will. And so all power has been given to Your Son.*

## WHAT IS CREATION?

Creation is the sum of all God's Thoughts, in number infinite, and everywhere without all limit. Only Love creates, and only like Itself. There was no time when all that It created was not there. Nor will there be a time when anything that It created suffers any loss. Forever and forever are God's Thoughts exactly as they were and as they are, unchanged through time and after time is done.

God's Thoughts are given all the power that their own Creator has. For He would add to Love by its extension. Thus His Son shares in creation, and must therefore share in power to create. What God has willed to be forever one will still be one when time is over; and will not be changed throughout the course of time, remaining as it was before the thought of time began.

Creation is the opposite of all illusions, for creation is the truth. Creation is the holy Son of God, for in creation is His Will complete in every aspect, making every part container of the Whole. Its oneness is forever guaranteed inviolate; forever held within His holy Will, beyond all possibility of harm, of separation, imperfection and of any spot upon its sinlessness.

We are creation; we the Sons of God. We seem to be discrete, and unaware of our eternal unity with Him. Yet back of all our doubts, past all our fears, there still is certainty. For Love remains with all Its Thoughts, Its sureness being theirs. God's memory is in our holy minds, which know their oneness and their unity with their Creator. Let our function be only to let this memory return, only to let God's Will be done on earth, only to be restored to sanity, and to be but as God created us.

Our Father calls to us. We hear His Voice, and we forgive creation in the Name of its Creator, Holiness Itself, Whose holiness His Own creation shares; Whose holiness is still a part of us.

## LESSON 321

### **Father, My Freedom Is In You Alone.**

*I did not understand what made me free, nor what my freedom is, nor where to look to find it. Father, I have searched in vain until I heard Your Voice directing me. Now I would guide myself no more. For I have neither made nor understood the way to find my freedom. But I trust in You. You Who endowed me with my freedom as Your holy Son will not be lost to me. Your Voice directs me, and the way to You is opening and clear to me at last. Father, my freedom is in You alone. Father, it is my will that I return.*

Today we answer for the world, which will be freed along with us. How glad are we to find our freedom through the certain way our Father has established. And how sure is all the world's salvation, when we learn our freedom can be found in God alone.

## LESSON 322

### **I Can Give Up But What Was Never Real.**

I sacrifice illusions; nothing more. And as illusions go I find the gifts illusions tried to hide, awaiting me in shining welcome, and in readiness to give God's ancient messages to me. His memory abides in every gift that I receive of Him. And every dream serves only to conceal the Self Which is God's only Son, the likeness of Himself, the Holy One Who still abides in Him forever, as He still abides in me.

*Father, to You all sacrifice remains forever inconceivable. And so I cannot sacrifice except in dreams. As You created me, I can give up nothing You gave me. What You did not give has no reality. What loss can I anticipate except the loss of fear, and the return of love into my mind?*



## LESSON 323

### I Gladly Make The “Sacrifice” Of Fear.

*Here is the only “sacrifice” You ask of Your beloved Son; You ask him to give up all suffering, all sense of loss and sadness, all anxiety and doubt, and freely let Your Love come streaming in to his awareness, healing him of pain, and giving him Your Own eternal joy. Such is the “sacrifice” You ask of me, and one I gladly make; the only “cost” of restoration of Your memory to me, for the salvation of the world.*

And as we pay the debt we owe to truth, — a debt that merely is the letting go of self-deceptions and of images we worshipped falsely — truth returns to us in wholeness and in joy. We are deceived no longer. Love has now returned to our awareness. And we are at peace again, for fear has gone and only love remains.

## LESSON 324

### I Merely Follow, For I Would Not Lead.

*Father, You are the One Who gave the plan for my salvation to me. You have set the way I am to go, the role to take, and every step in my appointed path. I cannot lose the way. I can but choose to wander off a while, and then return. Your loving Voice will always call me back, and guide my feet aright. My brothers all can follow in the way I lead them. Yet I merely follow in the way to You, as You direct me and would have me go.*

So let us follow One Who knows the way. We need not tarry, and we cannot stray except an instant from His loving hand. We walk together, for we follow Him. And it is He Who makes the ending sure, and guarantees a safe returning home.

## LESSON 325

### All Things I Think I See Reflect Ideas.

This is salvation's keynote: What I see reflects a process in my mind, which starts with my idea of what I want. From there, the mind makes up an image of the thing the mind desires, judges valuable, and therefore seeks to find. These images are then projected outward, looked upon, esteemed as real and guarded as one's own. From insane wishes comes an insane world. From judgment comes a world condemned. And from forgiving thoughts a gentle world comes forth, with mercy for the holy Son of God, to offer him a kindly home where he can rest a while before he journeys on, and help his brothers walk ahead with him, and find the way to Heaven and to God.

*Our Father, Your ideas reflect the truth, and mine apart from Yours but make up dreams. Let me behold what only Yours reflect, for Yours and Yours alone establish truth.*

## LESSON 326

### I Am Forever An Effect Of God.

*Father, I was created in Your Mind, a holy Thought that never left its home. I am forever Your Effect, and You forever and forever are my Cause. As You created me I have remained. Where You established me I still abide. And all Your attributes abide in me, because it is Your Will to have a Son so like his Cause that Cause and Its Effect are indistinguishable. Let me know that I am an Effect of God, and so I have the power to create like You. And as it is in Heaven, so on earth. Your plan I follow here, and at the end I know that You will gather Your effects into the tranquil Heaven of Your Love, where earth will vanish, and all separate thoughts unite in glory as the Son of God.*

Let us today behold earth disappear, at first transformed, and then, forgiven, fade entirely into God's holy Will.

## LESSON 327

### I Need But Call And You Will Answer Me.

I am not asked to take salvation on the basis of an unsupported faith. For God has promised He will hear my call, and answer me Himself. Let me but learn from my experience that this is true, and faith in Him must surely come to me. This is the faith that will endure, and take me farther and still farther on the road that leads to Him. For thus I will be sure that He has not abandoned me and loves me still, awaiting but my call to give me all the help I need to come to Him.

*Father, I thank You that Your promises will never fail in my experience, if I but test them out. Let me attempt therefore to try them, and to judge them not. Your Word is one with You. You give the means whereby conviction comes, and surety of Your abiding Love is gained at last.*

## LESSON 328

### I Choose The Second Place To Gain The First.

What seems to be the second place is first, for all things we perceive are upside down until we listen to the Voice for God. It seems that we will gain autonomy but by our striving to be separate, and that our independence from the rest of God's creation is the way in which salvation is obtained. Yet all we find is sickness, suffering and loss and death. This is not what our Father wills for us, nor is there any second to His Will. To join with His is but to find our own. And since our will is His, it is to Him that we must go to recognize our will.

*There is no will but Yours. And I am glad that nothing I imagine contradicts what You would have me be. It is Your Will that I be wholly safe, eternally at peace. And happily I share that Will which You, my Father, gave as part of me.*

## LESSON 329

### **I Have Already Chosen What You Will.**

*Father, I thought I wandered from Your Will, defied it, broke its laws, and interposed a second will more powerful than Yours. Yet what I am in truth is but Your Will, extended and extending. This am I, and this will never change. As You are One, so am I one with You. And this I chose in my creation, where my will became forever one with Yours. That choice was made for all eternity. It cannot change, and be in opposition to itself. Father, my will is Yours. And I am safe, untroubled and serene, in endless joy, because it is Your Will that it be so.*

Today we will accept our union with each other and our Source. We have no will apart from His, and all of us are one because His Will is shared by all of us. Through it we recognize that we are one. Through it we find our way at last to God.

## LESSON 330

### **I Will Not Hurt Myself Again Today.**

Let us this day accept forgiveness as our only function. Why should we attack our minds, and give them images of pain? Why should we teach them they are powerless, when God holds out His power and His Love, and bids them take what is already theirs? The mind that is made willing to accept God's gifts has been restored to spirit, and extends its freedom and its joy, as is the Will of God united with its own. The Self Which God created cannot sin, and therefore cannot suffer. Let us choose today that He be our Identity, and thus escape forever from all things the dream of fear appears to offer us.

*Father, Your Son can not be hurt. And if we think we suffer, we but fail to know our one Identity we share with You. We would return to It today, to be made free forever from all our mistakes, and to be saved from what we thought we were.*

## WHAT IS THE EGO?

The ego is idolatry; the sign of limited and separated self, born in a body, doomed to suffer and to end its life in death. It is the “will” that sees the Will of God as enemy, and takes a form in which it is denied. The ego is the “proof” that strength is weak and love is fearful, life is really death, and what opposes God alone is true.

The ego is insane. In fear it stands beyond the Everywhere, apart from All, in separation from the Infinite. In its insanity it thinks it has become a victor over God Himself. And in its terrible autonomy it “sees” the Will of God has been destroyed. It dreams of punishment, and trembles at the figures in its dreams; its enemies, who seek to murder it before it can ensure its safety by attacking them.

The Son of God is egoless. What can he know of madness and the death of God, when he abides in Him? What can he know of sorrow and of suffering, when he lives in eternal joy? What can he know of fear and punishment, of sin and guilt, of hatred and attack, when all there is surrounding him is everlasting peace, forever conflict-free and undisturbed, in deepest silence and tranquility?

To know reality is not to see the ego and its thoughts, its works, its acts, its laws and its beliefs, its dreams, its hopes, its plans for its salvation, and the cost belief in it entails. In suffering, the price for faith in it is so immense that crucifixion of the Son of God is offered daily at its darkened shrine, and blood must flow before the altar where its sickly followers prepare to die.

Yet will one lily of forgiveness change the darkness into light; the altar to illusions to the shrine of Life Itself. And peace will be restored forever to the holy minds which God created as His Son, His dwelling place, His joy, His love, completely His, completely one with Him.

## LESSON 331

### **There Is No Conflict, For My Will Is Yours.**

*How foolish, Father, to believe Your Son could cause himself to suffer! Could he make a plan for his damnation, and be left without a certain way to his release? You love me, Father. You could never leave me desolate, to die within a world of pain and cruelty. How could I think that Love has left Itself? There is no will except the Will of Love. Fear is a dream, and has no will that can conflict with Yours. Conflict is sleep, and peace awakening. Death is illusion; life, eternal truth. There is no opposition to Your Will. There is no conflict, for my will is Yours.*

Forgiveness shows us that God's Will is one, and that we share it. Let us look upon the holy sights forgiveness shows today, that we may find the peace of God. Amen.

## LESSON 332

### **Fear Binds The World. Forgiveness Sets It Free.**

The ego makes illusions. Truth undoes its evil dreams by shining them away. Truth never makes attack. It merely is. And by its presence is the mind recalled from fantasies, awaking to the real. Forgiveness bids this presence enter in, and take its rightful place within the mind. Without forgiveness is the mind in chains, believing in its own futility. Yet with forgiveness does the light shine through the dream of darkness, offering it hope, and giving it the means to realize the freedom that is its inheritance.

*We would not bind the world again today. Fear holds it prisoner. And yet Your Love has given us the means to set it free. Father, we would release it now. For as we offer freedom, it is given us. And we would not remain as prisoners, while You are holding freedom out to us.*

## LESSON 333

### **Forgiveness Ends The Dream Of Conflict Here.**

Conflict must be resolved. It cannot be evaded, set aside, denied, disguised, seen somewhere else, called by another name, or hidden by deceit of any kind, if it would be escaped. It must be seen exactly as it is, where it is thought to be, in the reality which has been given it, and with the purpose that the mind accorded it. For only then are its defenses lifted, and the truth can shine upon it as it disappears.

*Father, forgiveness is the light You chose to shine away all conflict and all doubt, and light the way for our return to You. No light but this can end our evil dream. No light but this can save the world. For this alone will never fail in anything, being Your gift to Your beloved Son.*

## LESSON 334

### **Today I Claim The Gifts Forgiveness Gives.**

I will not wait another day to find the treasures that my Father offers me. Illusions are all vain, and dreams are gone even while they are woven out of thoughts that rest on false perceptions. Let me not accept such meager gifts again today. God's Voice is offering the peace of God to all who hear and choose to follow Him. This is my choice today. And so I go to find the treasures God has given me.

*I seek but the eternal. For Your Son can be content with nothing less than this. What, then, can be his solace but what You are offering to his bewildered mind and frightened heart, to give him certainty and bring him peace? Today I would behold my brother sinless. This Your Will for me, for so will I behold my sinlessness.*

## LESSON 335

### **I Choose To See My Brother's Sinlessness.**

Forgiveness is a choice. I never see my brother as he is, for that is far beyond perception. What I see in him is merely what I wish to see, because it stands for what I want to be the truth. It is to this alone that I respond, however much I seem to be impelled by outside happenings. I choose to see what I would look upon, and this I see, and only this. My brother's sinlessness shows me that I would look upon my own. And I will see it, having chosen to behold my brother in its holy light.

*What could restore Your memory to me, except to see my brother's sinlessness? His holiness reminds me that he was created one with me, and like myself. In him I find my Self, and in Your Son I find the memory of You as well.*

## LESSON 336

### **Forgiveness Lets Me Know That Minds Are Joined.**

Forgiveness is the means appointed for perception's ending. Knowledge is restored after perception first is changed, and then gives way entirely to what remains forever past its highest reach. For sights and sounds, at best, can serve but to recall the memory that lies beyond them all. Forgiveness sweeps away distortions, and opens the hidden altar to the truth. Its lilies shine into the mind, and call it to return and look within, to find what it has vainly sought without. For here, and only here, is peace of mind restored, for this the dwelling place of God Himself.

*In quiet may forgiveness wipe away my dreams of separation and of sin. Then let me, Father, look within, and find Your promise of my sinlessness is kept; Your Word remains unchanged within my mind, Your Love is still abiding in my heart.*



## LESSON 337

### **My Sinlessness Protects Me From All Harm.**

My sinlessness ensures me perfect peace, eternal safety, everlasting love, freedom forever from all thought of loss; complete deliverance from suffering. And only happiness can be my state, for only happiness is given me. What must I do to know all this is mine? I must accept Atonement for myself, and nothing more. God has already done all things that need be done. And I must learn I need do nothing of myself, for I need but accept my Self, my sinlessness, created for me, now already mine, to feel God's Love protecting me from harm, to understand my Father loves His Son; to know I am the Son my Father loves.

*You Who created me in sinlessness are not mistaken about what I am. I was mistaken when I thought I sinned, but I accept Atonement for myself. Father, my dream is ended now. Amen.*

## LESSON 338

### **I Am Affected Only By My Thoughts.**

It needs but this to let salvation come to all the world. For in this single thought is everyone released at last from fear. Now has he learned that no one frightens him, and nothing can endanger him. He has no enemies, and he is safe from all external things. His thoughts can frighten him, but since these thoughts belong to him alone, he has the power to change them and exchange each fear thought for a happy thought of love. He crucified himself. Yet God has planned that His beloved Son will be redeemed.

*Your plan is sure, my Father, only Yours. All other plans will fail. And I will have thoughts that will frighten me, until I learn that You have given me the only Thought that leads me to salvation. Mine alone will fail, and lead me nowhere. But the Thought You gave me promises to lead me home, because it holds Your promise to Your Son.*

## LESSON 339

### I Will Receive Whatever I Request.

No one desires pain. But he can think that pain is pleasure. No one would avoid his happiness. But he can think that joy is painful, threatening and dangerous. Everyone will receive what he requests. But he can be confused indeed about the things he wants; the state he would attain. What can he then request that he would want when he receives it? He has asked for what will frighten him, and bring him suffering. Let us resolve today to ask for what we really want, and only this, that we may spend this day in fearlessness, without confusing pain with joy, or fear with love.

*Father, this is Your day. It is a day in which I would do nothing by myself, but hear Your Voice in everything I do; requesting only what You offer me, accepting only Thoughts You share with me.*

## LESSON 340

### I Can Be Free Of Suffering Today.

*Father, I thank You for today, and for the freedom I am certain it will bring. This day is holy, for today Your Son will be redeemed. His suffering is done. For he will hear Your Voice directing him to find Christ's vision through forgiveness, and be free forever from all suffering. Thanks for today, my Father. I was born into this world but to achieve this day, and what it holds in joy and freedom for Your holy Son and for the world he made, which is released along with him today.*

Be glad today! Be glad! There is no room for anything but joy and thanks today. Our Father has redeemed His Son this day. Not one of us but will be saved today. Not one who will remain in fear, and none the Father will not gather to Himself, awake in Heaven in the Heart of Love.

## WHAT IS A MIRACLE?

A miracle is a correction. It does not create, nor really change at all. It merely looks on devastation, and reminds the mind that what it sees is false. It undoes error, but does not attempt to go beyond perception, nor exceed the function of forgiveness. Thus it stays within time's limits. Yet it paves the way for the return of timelessness and love's awakening, for fear must slip away under the gentle remedy it brings.

A miracle contains the gift of grace, for it is given and received as one. And thus it illustrates the law of truth the world does not obey, because it fails entirely to understand its ways. A miracle inverts perception which was upside down before, and thus it ends the strange distortions that were manifest. Now is perception open to the truth. Now is forgiveness seen as justified.

Forgiveness is the home of miracles. The eyes of Christ deliver them to all they look upon in mercy and in love. Perception stands corrected in His sight, and what was meant to curse has come to bless. Each lily of forgiveness offers all the world the silent miracle of love. And each is laid before the Word of God, upon the universal altar to Creator and creation in the light of perfect purity and endless joy.

The miracle is taken first on faith, because to ask for it implies the mind has been made ready to conceive of what it cannot see and does not understand. Yet faith will bring its witnesses to show that what it rested on is really there. And thus the miracle will justify your faith in it, and show it rested on a world more real than what you saw before; a world redeemed from what you thought was there.

Miracles fall like drops of healing rain from Heaven on a dry and dusty world, where starved and thirsty creatures come to die. Now they have water. Now the world is green. And everywhere the signs of life spring up, to show that what is born can never die, for what has life has immortality.

## LESSON 341

### **I Can Attack But My Own Sinlessness, And It Is Only That Which Keeps Me Safe.**

*Father, Your Son is holy. I am he on whom You smile in love and tenderness so dear and deep and still the universe smiles back on You, and shares Your Holiness. How pure, how safe, how holy, then, are we, abiding in Your Smile, with all Your Love bestowed upon us, living one with You, in brotherhood and Fatherhood complete; in sinlessness so perfect that the Lord of Sinlessness conceives us as His Son, a universe of Thought completing Him.*

Let us not, then, attack our sinlessness, for it contains the Word of God to us. And in its kind reflection we are saved.

## LESSON 342

### **I Let Forgiveness Rest Upon All Things, For Thus Forgiveness Will Be Given Me.**

*I thank You, Father, for Your plan to save me from the hell I made. It is not real. And You have given me the means to prove its unreality to me. The key is in my hand, and I have reached the door beyond which lies the end of dreams. I stand before the gate of Heaven, wondering if I should enter in and be at home. Let me not wait again today. Let me forgive all things, and let creation be as You would have it be and as it is. Let me remember that I am Your Son, and opening the door at last, forget illusions in the blazing light of truth, as memory of You returns to me.*

Brother, forgive me now. I come to you to take you home with me. And as we go, the world goes with us on our way to God.

## LESSON 343

### **I Am Not Asked To Make A Sacrifice To Find The Mercy And The Peace Of God.**

*The end of suffering can not be loss. The gift of everything can be but gain. You only give. You never take away. And You created me to be like You, so sacrifice becomes impossible for me as well as You. I, too, must give. And so all things are given unto me forever and forever. As I was created I remain. Your Son can make no sacrifice, for he must be complete, having the function of completing You. I am complete because I am Your Son. I cannot lose, for I can only give, and everything is mine eternally.*

The mercy and the peace of God are free. Salvation has no cost. It is a gift that must be freely given and received. And it is this that we would learn today.

## LESSON 344

### **Today I Learn The Law Of Love; That What I Give My Brother Is My Gift To Me.**

*This is Your law, my Father, not my own. I have not understood what giving means, and thought to save what I desired for myself alone. And as I looked upon the treasure that I thought I had, I found an empty place where nothing ever was or is or will be. Who can share a dream? And what can an illusion offer me? Yet he whom I forgive will give me gifts beyond the worth of anything on earth. Let my forgiven brothers fill my store with Heaven's treasures, which alone are real. Thus is the law of love fulfilled. And thus Your Son arises and returns to You.*

How near we are to one another, as we go to God. How near is He to us. How close the ending of the dream of sin, and the redemption of the Son of God.

LESSON 345

**I Offer Only Miracles Today,  
For I Would Have Them Be Returned To Me.**

*Father, a miracle reflects Your gifts to me, Your Son. And every one I give returns to me, reminding me the law of love is universal. Even here, it takes a form which can be recognized and seen to work. The miracles I give are given back in just the form I need to help me with the problems I perceive. Father, in Heaven it is different, for there, there are no needs. But here on earth, the miracle is closer to Your gifts than any other gift that I can give. Then let me give this gift alone today, which, born of true forgiveness, lights the way that I must travel to remember You.*

Peace to all seeking hearts today. The light has come to offer miracles to bless the tired world. It will find rest today, for we will offer what we have received.

LESSON 346

**Today The Peace Of God Envelops Me,  
And I Forget All Things Except His Love.**

*Father, I wake today with miracles correcting my perception of all things. And so begins the day I share with You as I will share eternity, for time has stepped aside today. I do not seek the things of time, and so I will not look upon them. What I seek today transcends all laws of time and things perceived in time. I would forget all things except Your Love. I would abide in You, and know no laws except Your law of love. And I would find the peace which You created for Your Son, forgetting all the foolish toys I made as I behold Your glory and my own.*

And when the evening comes today, we will remember nothing but the peace of God. For we will learn today what peace is ours, when we forget all things except God's Love.

## LESSON 347

### **Anger Must Come From Judgment. Judgment Is The Weapon I Would Use Against Myself, To Keep The Miracle Away From Me.**

*Father, I want what goes against my will, and do not want what is my will to have. Straighten my mind, my Father. It is sick. But You have offered freedom, and I choose to claim Your gift today. And so I give all judgment to the One You gave to me to judge for me. He sees what I behold, and yet He knows the truth. He looks on pain, and yet He understands it is not real, and in His understanding it is healed. He gives the miracles my dreams would hide from my awareness. Let Him judge today. I do not know my will, but He is sure it is Your Own. And He will speak for me, and call Your miracles to come to me.*

Listen today. Be very still, and hear the gentle Voice for God assuring you that He has judged you as the Son He loves.

## LESSON 348

### **I Have No Cause For Anger Or For Fear, For You Surround Me. And In Every Need That I Perceive, Your Grace Suffices Me.**

*Father, let me remember You are here, and I am not alone. Surrounding me is everlasting Love. I have no cause for anything except the perfect peace and joy I share with You. What need have I for anger or for fear? Surrounding me is perfect safety. Can I be afraid, when Your eternal promise goes with me? Surrounding me is perfect sinlessness. What can I fear, when You created me in holiness as perfect as Your Own?*

God's grace suffices us in everything that He would have us do. And only that we choose to be our will as well as His.

## LESSON 349

**Today I Let Christ's Vision Look Upon  
All Things For Me And Judge Them Not,  
But Give Each One A Miracle Of Love Instead.**

*So would I liberate all things I see, and give to them the freedom that I seek. For thus do I obey the law of love, and give what I would find and make my own. It will be given me, because I have chosen it as the gift I want to give. Father, Your gifts are mine. Each one that I accept gives me a miracle to give. And giving as I would receive, I learn Your healing miracles belong to me.*

Our Father knows our needs. He gives us grace to meet them all. And so we trust in Him to send us miracles to bless the world, and heal our minds as we return to Him.

## LESSON 350

**Miracles Mirror God's Eternal Love.  
To Offer Them Is To Remember Him,  
And Through His Memory To Save The World.**

*What we forgive becomes a part of us, as we perceive ourselves. The Son of God incorporates all things within himself as You created him. Your memory depends on his forgiveness. What he is, is unaffected by his thoughts. But what he looks upon is their direct result. Therefore, my Father, I would turn to You. Only Your memory will set me free. And only my forgiveness teaches me to let Your memory return to me, and give it to the world in thankfulness.*

And as we gather miracles from Him, we will indeed be grateful. For as we remember Him, His Son will be restored to us in the reality of Love.



## WHAT AM I?

*I am God's Son, complete and healed and whole, shining in the reflection of His Love. In me is His creation sanctified and guaranteed eternal life. In me is love perfected, fear impossible, and joy established without opposite. I am the holy home of God Himself. I am the Heaven where His Love resides. I am His holy Sinlessness Itself, for in my purity abides His Own.*

Our use for words is almost over now. Yet in the final days of this one year we gave to God together, you and I, we found a single purpose that we shared. And thus you joined with me, so what I am are you as well. The truth of what we are is not for words to speak of nor describe. Yet we can realize our function here, and words can speak of this and teach it, too, if we exemplify the words in us.

We are the bringers of salvation. We accept our part as saviors of the world, which through our joint forgiveness is redeemed. And this, our gift, is therefore given us. We look on everyone as brother, and perceive all things as kindly and as good. We do not seek a function that is past the gate of Heaven. Knowledge will return when we have done our part. We are concerned only with giving welcome to the truth.

Ours are the eyes through which Christ's vision sees a world redeemed from every thought of sin. Ours are the ears that hear the Voice for God proclaim the world as sinless. Ours the minds that join together as we bless the world. And from the oneness that we have attained we call to all our brothers, asking them to share our peace and consummate our joy.

We are the holy messengers of God who speak for Him, and carrying His Word to everyone whom He has sent to us, we learn that it is written on our hearts. And thus our minds are changed about the aim for which we came, and which we seek to serve. We bring glad tidings to the Son of God, who thought he suffered. Now is he redeemed. And as he sees the gate of Heaven stand open before him, he will enter in and disappear into the Heart of God.

## LESSON 351

**My Sinless Brother Is My Guide To Peace.  
My Sinful Brother Is My Guide To Pain.  
And Which I Choose To See I Will Behold.**

*Who is my brother but Your holy Son? And if I see him sinful I proclaim myself a sinner, not a Son of God; alone and friendless in a fearful world. Yet this perception is a choice I make, and can relinquish. I can also see my brother sinless, as Your holy Son. And with this choice I see my sinlessness, my everlasting Comforter and Friend beside me, and my way secure and clear. Choose, then, for me, my Father, through Your Voice. For He alone gives judgment in Your Name.*

## LESSON 352

**Judgment And Love Are Opposites.  
From One Come All The Sorrows Of The World.  
But From The Other Comes The Peace Of God Himself.**

*Forgiveness looks on sinlessness alone, and judges not. Through this I come to You. Judgment will bind my eyes and make me blind. Yet love, reflected in forgiveness here, reminds me You have given me a way to find Your peace again. I am redeemed when I elect to follow in this way. You have not left me comfortless. I have within me both the memory of You, and One Who leads me to it. Father, I would hear Your Voice and find Your peace today. For I would love my own Identity, and find in It the memory of You.*

## LESSON 353

**My Eyes, My Tongue, My Hands, My Feet  
Today Have But One Purpose; To Be Given Christ  
To Use To Bless The World With Miracles.**

*Father, I give all that is mine today to Christ, to use in any way that best will serve the purpose that I share with Him. Nothing is mine alone, for He and I have joined in purpose. Thus has learning come almost to its appointed end. A while I work with Him to serve His purpose. Then I lose myself in my Identity, and recognize that Christ is but my Self.*

## LESSON 354

**We Stand Together, Christ And I,  
In Peace And Certainty Of Purpose.  
And In Him Is His Creator, As He Is In Me.**

*My oneness with the Christ establishes me as Your Son, beyond the reach of time, and wholly free of every law but Yours. I have no self except the Christ in me. I have no purpose but His Own. And He is like His Father. Thus must I be one with You as well as Him. For who is Christ except Your Son as You created Him? And what am I except the Christ in me?*

## LESSON 355

**There Is No End To All The Peace And Joy,  
And All The Miracles That I Will Give,  
When I Accept God's Word. Why Not Today?**

*Why should I wait, my Father, for the joy You promised me? For You will keep Your Word You gave Your Son in exile. I am sure my treasure waits for me, and I need but reach out my hand to find it. Even now my fingers touch it. It is very close. I need not wait an instant more to be at peace forever. It is You I choose, and my Identity along with You. Your Son would be Himself, and know You as his Father and Creator, and his Love.*

## LESSON 356

**Sickness Is But Another Name For Sin.  
Healing Is But Another Name For God.  
The Miracle Is Thus A Call To Him.**

*Father, You promised You would never fail to answer any call Your Son might make to You. It does not matter where he is, what seems to be his problem, nor what he believes he has become. He is Your Son, and You will answer him. The miracle reflects Your Love, and thus it answers him. Your Name replaces every thought of sin, and who is sinless cannot suffer pain. Your Name gives answer to Your Son, because to call Your Name is but to call his own.*

## LESSON 357

### **Truth Answers Every Call We Make To God, Responding First With Miracles, And Then Returning Unto Us To Be Itself.**

*Forgiveness, truth's reflection, tells me how to offer miracles, and thus escape the prison house in which I think I live. Your holy Son is pointed out to me, first in my brother; then in me. Your Voice instructs me patiently to hear Your Word, and give as I receive. And as I look upon Your Son today, I hear Your Voice instructing me to find the way to You, as You appointed that the way shall be:*

*“Behold his sinlessness, and be you healed.”*

## LESSON 358

### **No Call To God Can Be Unheard Nor Left Unanswered. And Of This I Can Be Sure; His Answer Is The One I Really Want.**

*You Who remember what I really am alone remember what I really want. You speak for God, and so You speak for me. And what You give me comes from God Himself. Your Voice, my Father, then is mine as well, and all I want is what You offer me, in just the form You choose that it be mine. Let me remember all I do not know, and let my voice be still, remembering. But let me not forget Your Love and care, keeping Your promise to Your Son in my awareness always. Let me not forget myself is nothing, but my Self is all.*

LESSON 359

**All Pain Is Healed; All Misery Replaced With Joy.  
All Prison Doors Are Opened. And All  
Sin Is Understood As Merely A Mistake.**

*Father, today we will forgive Your world, and let creation be Your Own. We have misunderstood all things. But we have not made sinners of the holy Sons of God. What You created sinless so abides forever and forever. Such are we. And we rejoice to learn that we have made mistakes which have no real effects on us. Sin is impossible, and on this fact forgiveness rests upon a certain base more solid than the shadow world we see. Help us forgive, for we would be redeemed. Help us forgive, for we would be at peace.*

LESSON 360

**Peace Be To Me, The Holy Son Of God.  
Peace To My Brother, Who Is One With Me.  
Let All The World Be Blessed With Peace Through Us.**

*Father, it is Your peace that I would give, receiving it of You. I am Your Son, forever just as You created me, for the Great Rays remain forever still and undisturbed within me. I would reach to them in silence and in certainty, for nowhere else can certainty be found. Peace be to me, and peace to all the world. In holiness were we created, and in holiness do we remain. Your Son is like to You in perfect sinlessness. And with this thought we gladly say "Amen."*

## FINAL LESSONS

### Introduction

Our final lessons will be left as free of words as possible. We use them but at the beginning of our practicing, and only to remind us that we seek to go beyond them. Let us turn to Him Who leads the way and makes our footsteps sure. To Him we leave these lessons, as to Him we give our lives henceforth. For we would not return again to the belief in sin that made the world seem ugly and unsafe, attacking and destroying, dangerous in all its ways, and treacherous beyond the hope of trust and the escape from pain.

His is the only way to find the peace that God has given us. It is His way that everyone must travel in the end, because it is this ending God Himself appointed. In the dream of time it seems to be far off. And yet, in truth, it is already here; already serving us as gracious guidance in the way to go. Let us together follow in the way that truth points out to us. And let us be the leaders of our many brothers who are seeking for the way, but find it not.

And to this purpose let us dedicate our minds, directing all our thoughts to serve the function of salvation. Unto us the aim is given to forgive the world. It is the goal that God has given us. It is His ending to the dream we seek, and not our own. For all that we forgive we will not fail to recognize as part of God Himself. And thus His memory is given back, completely and complete.

It is our function to remember Him on earth, as it is given us to be His Own completion in reality. So let us not forget our goal is shared, for it is that remembrance which contains the memory of God, and points the way to Him and to the Heaven of His peace. And shall we not forgive our brother, who can offer this to us? He is the way, the truth and life that shows the

way to us. In him resides salvation, offered us through our forgiveness, given unto him.

We will not end this year without the gift our Father promised to His holy Son. We are forgiven now. And we are saved from all the wrath we thought belonged to God, and found it was a dream. We are restored to sanity, in which we understand that anger is insane, attack is mad, and vengeance merely foolish fantasy. We have been saved from wrath because we learned we were mistaken. Nothing more than that. And is a father angry at his son because he failed to understand the truth?

We come in honesty to God and say we did not understand, and ask Him to help us to learn His lessons, through the Voice of His Own Teacher. Would He hurt His Son? Or would He rush to answer him, and say, "This is My Son, and all I have is his"? Be certain He will answer thus, for these are His Own Words to you. And more than that can no one ever have, for in these Words is all there is, and all that there will be throughout all time and in eternity.



LESSONS 361 TO 365

**This Holy Instant Would I Give To You.  
Be You In Charge. For I Would Follow You,  
Certain That Your Direction Gives Me Peace.**

And if I need a word to help me, He will give it to me. If I need a thought, that will He also give. And if I need but stillness and a tranquil, open mind, these are the gifts I will receive of Him. He is in charge by my request. And He will hear and answer me, because He speaks for God my Father and His holy Son.

## EPILOGUE

This course is a beginning, not an end. Your Friend goes with you. You are not alone. No one who calls on Him can call in vain. Whatever troubles you, be certain that He has the answer, and will gladly give it to you, if you simply turn to Him and ask it of Him. He will not withhold all answers that you need for anything that seems to trouble you. He knows the way to solve all problems, and resolve all doubts. His certainty is yours. You need but ask it of Him, and it will be given you.

You are as certain of arriving home as is the pathway of the sun laid down before it rises, after it has set, and in the half-lit hours in between. Indeed, your pathway is more certain still. For it can not be possible to change the course of those whom God has called to Him. Therefore obey your will, and follow Him Whom you accepted as your voice, to speak of what you really want and really need. His is the Voice for God and also yours. And thus He speaks of freedom and of truth.

No more specific lessons are assigned, for there is no more need of them. Henceforth, hear but the Voice for God and for your Self when you retire from the world, to seek reality instead. He will direct your efforts, telling you exactly what to do, how to direct your mind, and when to come to Him in silence, asking for His sure direction and His certain Word. His is the Word that God has given you. His is the Word you chose to be your own.

And now I place you in His hands, to be His faithful follower, with Him as Guide through every difficulty and all pain that you may think is real. Nor will He give you pleasures that will pass away, for He gives only the eternal and the good. Let Him prepare you further. He has earned your trust by speaking daily to you of your Father and your brother and your Self. He will continue. Now you walk with Him, as certain as is He

of where you go; as sure as He of how you should proceed; as confident as He is of the goal, and of your safe arrival in the end.

The end is certain, and the means as well. To this we say “Amen.” You will be told exactly what God wills for you each time there is a choice to make. And He will speak for God and for your Self, thus making sure that hell will claim you not, and that each choice you make brings Heaven nearer to your reach. And so we walk with Him from this time on, and turn to Him for guidance and for peace and sure direction. Joy attends our way. For we go homeward to an open door which God has held unclosed to welcome us.

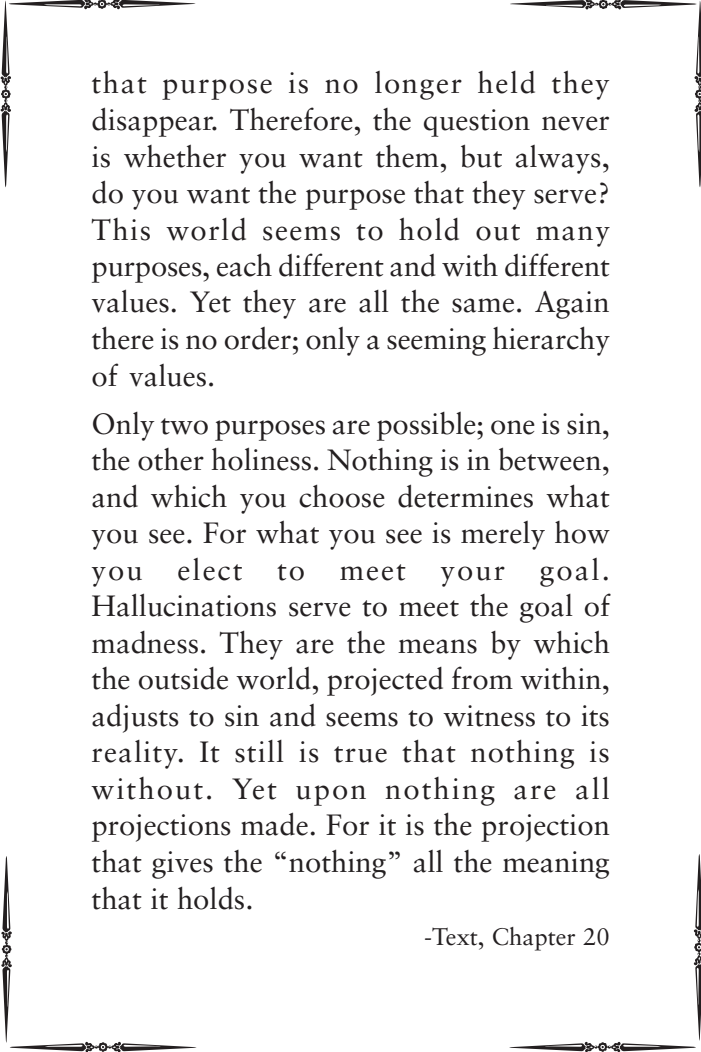
We trust our ways to Him and say “Amen.” In peace we will continue in His way, and trust all things to Him. In confidence we wait His answers, as we ask His Will in everything we do. He loves God’s Son as we would love him. And He teaches us how to behold him through His eyes, and love him as He does. You do not walk alone. God’s angels hover near and all about. His Love surrounds you, and of this be sure; that I will never leave you comfortless.



## The Vision of Holiness

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

Hallucinations disappear when they are recognized for what they are. This is the healing and the remedy. Believe them not and they are gone. And all you need to do is recognize that you did this. Once you accept this simple fact and take unto yourself the power you gave them, you are released from them. One thing is sure; hallucinations serve a purpose, and when



that purpose is no longer held they disappear. Therefore, the question never is whether you want them, but always, do you want the purpose that they serve? This world seems to hold out many purposes, each different and with different values. Yet they are all the same. Again there is no order; only a seeming hierarchy of values.

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

-Text, Chapter 20