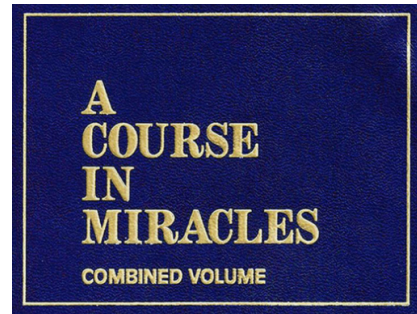


A Course in Miracles

(a summary by Pat Evert)

- Introduction

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. 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.



How it came - A Course in Miracles began with the sudden decision of two people to join in a common goal.

Their names were Helen Schucman and William Thetford, Professors of Medical Psychology at Columbia University's College of Physicians and Surgeons in New York City. They were anything but spiritual. Their relationship with each other was difficult and often strained, and they were concerned with personal and professional acceptance and status. Helen describes herself, *Psychologist, educator, conservative in theory and atheistic in belief, I was working in a prestigious and highly academic setting. And then something happened that triggered a chain of events I could never have predicted. The head of my department unexpectedly announced that he was tired of the angry and aggressive feelings our attitudes reflected, and concluded that "there must be another way."* As if on cue, I agreed to help him find it. Apparently this Course is the other way. The whole process took about seven years. The Text came first, then the Workbook for Students, and finally the Manual for Teachers. **Its only purpose is to provide a way in which some people will be able to find their own Internal Teacher.**

What it is - it consists of three books:

- The text: It emphasizes application rather than theory, and experience rather than theology.
- Workbook for students: the practical lessons which emphasize experience through application.
- Manual for teachers: the reader is left in the hands of his or her own Internal Teacher, Who will direct all subsequent learning as He sees fit.

What it says - This is how A Course in Miracles begins. It makes a fundamental distinction between the real and the unreal; between knowledge and perception. Knowledge is truth. It is unalterable, eternal and unambiguous. It applies to everything that God created, and only what He created is real. The world of perception, on the other hand, is the world of time, of change, of beginnings and endings. It is based on

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interpretation, not on facts. It is the world of birth and death, founded on the belief in scarcity, loss, separation and death. The world of perception is made by the belief in opposites and separate wills, in perpetual conflict with each other and with God. It permits into awareness only what conforms to the wishes of the perceiver. This leads to **a world of illusions, a world which needs constant defense precisely because it is not real. When you have been caught in the world of perception you are caught in a dream.** You cannot escape without help, because everything your senses show merely witnesses to the reality of the dream. God has provided the Answer, the only Way out, His Holy Spirit. He knows the truth, He also **recognizes our illusions, but without believing in them.** We look inside first, decide the kind of world we want to see and then project that world outside, making it the truth as we see it. We make it true by our interpretations of what it is we are seeing. We have distorted the world by our twisted defenses, and are therefore seeing what is not there. As we learn to recognize our perceptual errors, we also learn to look past them or “forgive.” Forgiveness is the Holy Spirit’s great learning aid in bringing this thought reversal about.

Sin is defined as “lack of love”. Since love is all there is, sin in the sight of the Holy Spirit is a mistake to be corrected, rather than an evil to be punished. **Our sense of inadequacy, weakness and incompleteness comes from the strong investment in the “scarcity principle” that governs the whole world of illusions.** From that point of view, we seek in others what we feel is wanting in ourselves. We “love” another in order to get something ourselves. That, in fact, is what passes for love in the dream world. There can be no greater mistake than that, for **love is incapable of asking for anything.** The “little I” seeks to enhance itself by external approval, external possessions and external “love.” The Self That God created needs nothing. The special relationships of the world are destructive, selfish and childishly egocentric. Yet, if given to the Holy Spirit, these relationships can become the holiest things on earth—the miracles that point the way to the return to Heaven. The Holy Spirit transforms them into perfect lessons in forgiveness and in awakening from the dream. Each one is an opportunity **to let perceptions be healed and errors corrected.** Perception sees through the body’s eyes and hears through the body’s ears. Whether it is used for the goals of the ego or the Holy Spirit depends entirely on what the mind wants. The opposite of seeing through the body’s eyes is **the vision of Christ**, which reflects strength rather than weakness, unity rather than separation, and love rather than fear. The opposite of hearing through the body’s ears is communication through **the Voice for God, the Holy Spirit, which abides in each of us.** Christ’s vision is the Holy Spirit’s gift, God’s alternative to the illusion of separation and to the belief in the reality of sin, guilt and death. Our brothers’ needs become our own, because they are taking the journey with us as we go to God. Without us they would lose their way. Without them we could never find our own. Through forgiveness the thinking of the world is reversed. The forgiven world becomes the gate of Heaven, because by its mercy we can at last forgive ourselves. Holding no one prisoner to guilt, we become

free. **Acknowledging Christ in all our brothers, we recognize His Presence in ourselves.**

• **Clarification of terms**

This course is concerned with Atonement, or **the correction of perception**. The means of the Atonement is forgiveness. And it is just this process of overlooking at which the course aims. A universal theology is impossible, but a universal experience is not only possible but necessary. It is this experience toward which the course is directed. It is merely the ego that questions because it is only the ego that doubts. Inventiveness or ingenuity are attributes of the ego. Yet there is no answer; only an experience, seek only this.

Mind-Spirit - an "individual mind" seems to be meaningful. It is therefore described in the course as if it has two parts; spirit and ego. The mind can be right or wrong, depending on the voice to which it listens. **Right-mindedness listens to the Holy Spirit, forgives the world, and through Christ's vision sees the real world in its place.** This is the final vision, the last perception, the condition in which God takes the final step Himself. Here time and illusions end together. Wrong-mindedness listens to the ego and makes illusions; perceiving sin and justifying anger, and seeing guilt, disease and death as real. Both this world and the real world are illusions because right-mindedness merely overlooks, or forgives, what never happened. Therefore it is not the One-mindedness of the Christ Mind, Whose Will is One with God's.

The ego-the miracle - **What is the ego? But a dream of what you really are.** A thought you are apart from your Creator and a wish to be what He created not. It is a thing of madness, not reality at all. A name for namelessness is all it is. A symbol of impossibility; a choice for options that do not exist. **The ego's opposite in every way, we call a miracle.** The brotherless illusion and the self that seemed alone in all the universe. This terrible mistake about yourself **the miracle corrects** as gently as a loving mother sings her child to rest.

Forgiveness-the face of Christ - It is impossible to think of anything He created that could need forgiveness. Unlike all other illusions it leads away from error and not towards it. Our perception may make God appear to be an enemy instead of what He really is. And so we need an illusion of help because we are helpless; a Thought of peace because they are in conflict. **The face of Christ** is the great symbol of forgiveness. **Whoever looks on this no longer sees the world.**

True perception-knowledge - The world you see is an illusion of a world. The one correction possible for false perception must be true perception. True perception is the means by which the world is saved from sin, for **sin does not exist. And it is this that true perception sees.** Only the body makes the world seem real, for being separate it could not remain where separation is impossible.

Jesus-Christ - There is no need for help to enter Heaven for you have never left. But there is need for help beyond yourself as you are circumscribed by **false beliefs of your Identity**, which God alone established in reality. Jesus remains a Savior because he saw the false without accepting it as true. And Christ needed his form that He might appear to men and save them from their own illusions. His little life on earth was not

enough to teach the mighty lesson that he learned for all of you. He will remain with you to lead you from the hell you made to God. And when you join your will with his, **your sight will be his vision, for the eyes of Christ are shared.** For Christ takes many forms with different names until their oneness can be recognized. Yet still it is his lesson most of all that he would have you learn, and it is this: There is no death because the Son of God is like his Father. Nothing you can do can change Eternal Love. Forget your dreams of sin and guilt, and come with me instead to share the resurrection of God's Son. And bring with you all those whom He has sent to you to care for as I care for you.

The Holy Spirit - The Holy Spirit, being a creation of the one Creator, creating with Him and in His likeness or spirit, is eternal and has never changed. **He is the great correction principle; the bringer of true perception, the inherent power of the vision of Christ.** He represents your Self and your Creator, Who are One. He speaks for God and also for you, being joined with Both. And therefore it is He Who proves Them One. He seems to be whatever meets the needs you think you have. But He is not deceived when you perceive your self entrapped in needs you do not have. **You are His manifestation in this world.** Doubt along the way will come and go and go to come again. Yet is the ending sure. No one can fail to do what God appointed him to do. Why would you wait for this and trade it for illusions, when His Love is but an instant farther on the road where all illusions end?

• **Supplement: Prayer**

The Love They share is what all prayer will be. True prayer must avoid the pitfall of asking to entreat. Ask, rather, to receive what is already given; to accept what is already there. The real sound is always a song of thanksgiving and of Love. Overlook your specific needs as you see them, and let them go into God's Hands, for they tell Him that you would have no gods before Him; no love but His. **Prayer is a stepping aside; a letting go, a quiet time of listening and loving.** Prayer is an offering; a giving up of yourself to be at one with Love. **There is nothing to ask because there is nothing left to want.**

Prayer has no beginning and no end. It is a part of life. But it does change in form, and grow with learning until it reaches its formless state, and fuses into total communication with God. In its asking form it need not, and often does not, make appeal to God, or even involve belief in Him. At these levels prayer is merely wanting, out of a sense of scarcity and lack. These forms of prayer, or asking-out-of-need, always involve feelings of weakness and inadequacy, and could never be made by a Son of God who knows Who he is. No one, then, who is sure of his Identity could pray in these forms. Yet it is also true that no one who is uncertain of his Identity can avoid praying in this way. **Reconcile with all enemies**, an enemy is the symbol of an imprisoned Christ. And who could He be except yourself? **The prayer for enemies thus becomes a prayer for your own freedom.** Now, without needs of any kind, and clad forever in the pure sinlessness that is the gift of God to you, His Son, prayer can again become what it was meant to be. For now it rises as a song of thanks to your

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Creator, sung without words, or thoughts, or vain desires, unneeded now of anything at all. God is the goal of every prayer, giving it timelessness instead of end.

The thought that another is your enemy will block your prayer. This enemy has come to bless you. Take his blessing, and feel how your heart is lifted and your fear released.

Do not hold on to it, nor onto him. **He is a Son of God**, along with you. He is no jailer, but **a messenger of Christ**. Be this to him, that you may see him thus. **Prayers for things are used for goals that substitute for God**, and therefore distort the purpose of prayer. No one who wants an enemy will fail to find one. But just as surely will he lose the only true goal that is given him. Think of the cost, and understand it well. All other goals are at the cost of God.

Once the need to hold the other as an enemy has been questioned, **it becomes possible to join in prayer**. The key to rising further still in prayer lies in this simple thought; this change of mind: We go together, you and I. Prayer for specifics always asks to have the past repeated in some way. **The aim of prayer is to release the present from its chains of past illusions**; to let it be a freely chosen remedy from every choice that stood for a mistake. What prayer can offer now so far exceeds all that you asked before that it is pitiful to be content with less.

Prayer is a way to true humility. **All little gods it gladly lays aside, not in resentment, but in honesty** and recognition that they do not serve. Illusions and humility have goals so far apart they cannot coexist. The truly humble have no goal but God because they need no idols, and defense no longer serves a purpose. Prayer has become what it was meant to be, for you have recognized the Christ in you.

- **Supplement: Forgiveness**

Forgiveness is prayer's ally; sister in the plan for your salvation. Do not see error. Do not make it real. Select the loving and forgive the sin by **choosing in its place the face of Christ**. For as you see the Son you see yourself, and as you see yourself is God to you. It is impossible to forgive another, for **it is only your sins you see in him**. You want to see them there, and not in you. Only in someone else can you forgive yourself, for you have called him guilty of your sins, and in him must your innocence now be found. This is the great deception of the world, and you the great deceiver of yourself. It always seems to be another who is evil, and in his sin you are the injured one. How could freedom be possible if this were so? But you can free him and yourself as well. **Christ's vision does not use your eyes**, His the eyes that look past error to the Christ in you. Who sees no evil in it sees like Him. Let it then be clear to you exactly what forgiveness means to you, and learn what it should be to set you free.

- **Workbook for students**

It is the purpose of this workbook to train your mind to think along the lines the text sets forth. 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. **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**. First, that the

exercises be practiced with great specificity, as will be indicated. Second, be sure that you do not decide for yourself that there are some people, situations or things to which the ideas are inapplicable. The overall aim of the exercises is to increase your ability to extend the ideas you will be practicing to include everything.

Lessons (one per day):

1. Nothing I see before me means anything.
2. I have given everything I see before me all the meaning that it has for me.
3. I do not understand anything I see before me.
4. These thoughts do not mean anything.
5. I am never upset for the reason I think.
6. I am upset because I see something that is not there.
7. **I see only the past.**
8. My mind is preoccupied with past thoughts.
9. I see nothing as it is now.
10. My thoughts do not mean anything.
11. My meaningless thoughts are showing me a meaningless world.
12. I am upset because I see a meaningless world.
13. A meaningless world engenders fear.
14. **God did not create a meaningless world.**
15. My thoughts are images that I have made.
16. I have no neutral thoughts.
17. I see no neutral things.
18. I am not alone in experiencing the effects of my seeing.
19. I am not alone in experiencing the effects of my thoughts.
20. I am determined to see.
21. **I am determined to see things differently.**
22. What I see is a form of vengeance.
23. I can escape from the world I see by giving up attack thoughts.
24. I do not perceive my own best interests.
25. I do not know what anything is for.
26. My attack thoughts are attacking my invulnerability.
27. Above all else I want to see.
28. **Above all else I want to see things differently.**
29. God is in everything I see.
30. God is in everything I see because God is in my mind.
31. I am not the victim of the world I see.
32. I have invented the world I see.
33. There is another way of looking at the world.
34. I could see peace instead of this.
35. **My mind is part of God's. I am very holy.**
36. My holiness envelops everything I see.
37. My holiness blesses the world.
38. There is nothing my holiness cannot do.
39. My holiness is my salvation.

40. I am blessed as a Son of God.
41. God goes with me wherever I go.
42. **God is my strength. Vision is His gift.**
43. God is my Source. I cannot see apart from Him.
44. God is the light in which I see.
45. God is the Mind with which I think.
46. God is the Love in which I forgive.
47. God is the strength in which I trust.
48. There is nothing to fear.
49. **God's Voice speaks to me all through the day.**
50. I am sustained by the Love of God.
51. Review lessons 1 - 5.
 - Nothing I see means anything: What I think I see now is taking the place of vision.
 - I have given what I see all the meaning it has for me: I have judged everything I look upon... My judgments have hurt me, and I do not want to see according to them.
 - I do not understand anything I see: How could I understand what I see when I have judged it amiss? Make room for what can be seen and understood and loved.
 - These thoughts do not mean anything: **What I call "my" thoughts are not my real thoughts, but those of ego.** My real thoughts are the thoughts I think with God.
 - I am never upset for the reason I think: I am constantly trying to justify my thoughts... I make all things my enemies... I have done this to defend a thought system that has hurt me, and that I no longer want. I am willing to let it go.
52. Review lessons 6 - 10.
 - I am upset because I see what is not there: reality is never frightening. The illusions are upsetting because I have given them reality, and thus regard reality as an illusion. I am always upset by nothing.
 - I see only the past: I hold the past against everyone and everything, making them my enemies.
 - My mind is preoccupied with past thoughts: **Give up the past**, realizing that in so doing I am giving up nothing.
 - I see nothing as it is now: it can truly be said that I see nothing. What I have chosen to see has cost me vision. **Now I would choose again, that I may see.**
 - My thoughts do not mean anything: Would I not rather join the thinking of the universe than to obscure all that is really mine with my pitiful and meaningless "private" thoughts?
53. Review lessons 11 - 15
 - My meaningless thoughts are showing me a meaningless world; I can see the real world, if I look to my real thoughts as my guide.

- I am upset because I see a meaningless world; Only chaos rules a world that represents chaotic thinking. I cannot live in peace in such a world. I do not value what is totally insane and has no meaning.
 - **A meaningless world engenders fear; so I choose to withdraw from the illusion, and place my trust in reality.** Thus, I will escape all the effects of the world of fear, because I am acknowledging that it does not exist.
 - God did not create a meaningless world; Why should I continue to suffer from the effects of my own insane thoughts, when the perfection of creation is my home? Let me remember the power of my decision, and recognize where I really abide.
 - My thoughts are images that I have made; The fact that I see a world in which there is suffering and loss and death shows me that I am seeing only the representation of my insane thoughts. Yet God's way is sure. **My will is His and will prevail.**
54. Review lessons 16 - 20
- I have no neutral thoughts; Neutral thoughts are impossible because all thoughts have power. They will either make a false world or lead me to the real one.
 - I see no neutral things; Let me look on the world I see as the representation of my own state of mind.
 - I am not alone in experiencing the effects of my seeing; As my thoughts of separation call to the separation thoughts of others, so my real thoughts awaken the real thoughts in them. **And the world my real thoughts show me will dawn on their sight as well as mine.**
 - I am not alone in experiencing the effects of my thoughts; a son of God cannot be alone in anything. It is therefore in my power to change every mind along with mine, for mine is the power of God.
 - I am determined to see; I would behold the proof that **what has been done through me has enabled love to replace fear**, laughter to replace tears, and abundance to replace loss.
55. Review lessons 21 - 25
- **I am determined to see things differently;** to see the witnesses to the truth in me, rather than those which show me an illusion of myself.
 - What I see is a form of vengeance; My loving thoughts will save me from this perception of the world, and give me the peace God intended me to have.
 - I can escape from this world by giving up attack thoughts; As forgiveness allows love to return to my awareness, I will see a world of peace and safety and joy.
 - I do not perceive my own best interests; I am willing to follow the Guide God has given me to find out what my own best interests are.
 - I do not know what anything is for; Let me open my mind to the world's real purpose by withdrawing the one I have given it, and learning the truth about it.
56. Review lessons 26 - 30

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- My attack thoughts are attacking my invulnerability; How can I know who I am when I see myself as under constant attack? Pain, illness, loss, age and death seem to threaten me.
 - Above all else I want to see; If I would remember who I am, it is essential that I let this image of myself go.
 - Above all else I want to see differently; The world I see holds my fearful self-image in place, and guarantees its continuance.
 - God is in everything I see; we who are part of Him will yet look past all appearances, and recognize the truth beyond them all.
 - God is in everything I see because God is in my mind; **behind all my insane thoughts of separation and attack, is the knowledge that all is one forever.** I have not lost the knowledge of Who I am because I have forgotten it.
57. Review lessons 31 - 35
- I am not the victim of the world I see; Nothing holds me in this world. Only my wish to stay keeps me a prisoner.
 - I have invented the world I see; I made up the prison in which I see myself. All I need do is recognize this and I am free.
 - There is another way of looking at the world; **I will look upon the world as it is, and see it as a place where the Son of God finds his freedom.**
 - I could see peace instead of this; I will understand that peace, not war, abides in it.
 - My mind is part of God's. I am very holy. I begin to understand the holiness of all living things, including myself, and their oneness with me.
58. Review lessons 36 - 40
- My holiness envelops everything I see; I can accept the innocence that is the truth about me. Thus I can see the real world.
 - My holiness blesses the world; The perception of my holiness does not bless me alone, so does the whole world also share my joy.
 - **There is nothing my holiness cannot do; My holiness undoes all illusions by asserting the truth about me.**
 - My holiness is my salvation; Once I have accepted my holiness, nothing can make me afraid. This is the gift of God to me and the world.
 - I am blessed as a Son of God; All good things are mine, because God intended them for me. I cannot suffer any loss or deprivation or pain because of Who I am.
59. Review lessons 41 - 45
- **God goes with me wherever I go. How can I be disturbed by anything when He rests in me in absolute peace?**
 - God is my strength. Vision is His gift. Let me be willing to exchange my pitiful illusion for the vision that is given by God.
 - God is my Source. I cannot see a part from Him. Beyond His Will lie only illusions.
 - God is the light in which I see. If I am to see, it must be through Him.

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- God is the Mind in which I think. I have no thoughts I do not share with God and His thoughts are mine.
60. Review lessons 46 - 50
- God is the love in which I forgive; the means by which I will recognize my innocence.
 - God is the strength in which I trust; I forgive because I feel the stirring of His strength in me.
 - There is nothing to fear; I will recognize in everyone my dearest Friend.
 - God's Voice speaks to me all through the day; There is not a moment in which His Voice fails to direct my thoughts, guide my actions and lead my feet.
 - **I am sustained by the love of God; with the vision He has given me, I remember that I am His Son.**
61. I am the light of the world.
62. Forgiveness is my function as the light of the world.
63. The light of the world brings peace to every mind through my forgiveness.
64. Let me not forget my function.
65. My only function is the one God gave me.
66. My happiness and my function are one.
67. Love created me like itself.
68. Love holds no grievances.
69. My grievances hide the light of the world in me.
70. My salvation comes from me.
71. Only God's plan for salvation will work.
72. Holding grievances is an attack on God's plan for salvation.
73. I will there be light.
74. There is no will but God's.
75. The light has come.
76. I am under no laws but God's.
77. I am entitled to miracles.
78. Let miracles replace all grievances.
79. Let me recognize the problem so it can be solved.
80. Let me recognize my problems have been solved.
81. Review lessons 61 - 62
- I am the light of the world. Let me not obscure the light of the world in me.
 - Forgiveness is my function as the light of the world. Let this help me learn what forgiveness means.
82. Review lessons 63 - 64
- The light of the world brings peace to every mind through my forgiveness. My forgiveness is the means by which the world is healed, together with myself.
 - Let me not forget my function.
83. Review lessons 65 - 66
- My only function is the one God gave me. I have no function but the one God gave me.
 - My happiness and my function are one. Fulfilling my function is my happiness.
84. Review lessons 67 - 68

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- Love created me like itself. I will not raise my own self-concept to replace my Self.
 - Love holds no grievances. I am determined not to attack my Self today, so that I can remember Who I am.
85. Review lessons 69 - 70
- My grievances hide the light of the world in me. I have no need for this. I want to see.
 - My salvation comes from me.
86. Review lessons 71 - 72
- Only God's plan for salvation will work. And I rejoice because His plan can never fail.
 - Holding grievances is an attack on God's plan for salvation. I will no longer defeat my own best interests in this insane way.
87. Review lessons 73 - 74
- I will there be light. It is not my will to fearfully grope about in darkness.
 - There is no will but God's. Therefore I am safe.
88. Review lessons 75 - 76
- The light has come. I choose salvation rather than attack,
 - I am under no laws but God's. And His are the laws of freedom.
89. Review lessons 77 - 78
- I am entitled to miracles. **God's laws release me from all grievances, and replace them with miracles.**
 - Let miracles replace all grievances. I am willing to have all my illusions be replaced with truth, hell replaced with heaven.
90. Review lessons 79 - 80
- Let me recognize the problem so it can be solved. I invite the solution to come to me through my forgiveness of the grievance, and my welcome of the miracle that takes its place.
 - Let me recognize my problems have been solved. I will understand it is impossible that I could have a problem which has not been solved already.
91. Miracles are seen in light.
92. Miracles are seen in light, and light and strength are one.
93. Light and joy and peace abide in me.
94. I am as God created me.
95. I am one Self, united with my Creator.
96. Salvation comes from my one Self.
97. I am spirit.
98. I will accept my part in God's plan for salvation.
99. Salvation is my only function here.
100. My part is essential to God's plan for salvation.
101. God's Will for me is perfect happiness.
102. I share God's Will for happiness for me.
103. God, being Love, is also happiness.
104. I seek but what belongs to me in truth.
105. God's peace and joy are mine.

106. Let me be still and listen to the truth.
107. Truth will correct all errors in my mind.
108. To give and to receive are one in truth.
109. I rest in God.
110. I am as God created me.
111. Review lessons 91 - 92
 - Miracles are seen in light. Let the truth light up my mind.
 - Miracles are seen in light, and light and strength are one. He replaces my weakness with His strength.
112. Review lessons 93 - 94
 - Light and joy and peace abide in me. I am their home because I am a part of Him.
 - I am as God created me. I will remain such forever.
113. Review lessons 95 - 96
 - I am one Self, united with my Creator. I am completely whole.
 - Salvation comes from my one Self. I see God's perfect plan fulfilled.
114. Review lessons 97 - 98
 - I am spirit. No body can contain/limit me.
 - I will accept my part in God's plan for salvation. What can my function be but to accept the Word of God?
115. Review lessons 99 - 100
 - Salvation is my only function here. My function here is to forgive the world for all the errors I have made.
 - My part is essential to God's plan for salvation.
116. Review lessons 101 - 102
 - God's Will for me is perfect happiness.
 - I share God's Will for happiness for me. What He has given me is all I want.
117. Review lessons 103 - 104
 - God, being Love, is also happiness. Let me remember love is happiness, and nothing else brings joy.
 - I seek but what belongs to me in truth. Love is my heritage, and with it joy.
118. Review lessons 105 - 106
 - God's peace and joy are mine. Today I will accept God's peace and joy, in glad exchange for all my substitutes.
 - Let me be still and listen to the truth. Let ego's voice be still.
119. Review lessons 107 - 108
 - Truth will correct all errors in my mind. I am mistaken when I think I can be hurt in any way.
 - To give and to receive are one in truth. I will forgive all things today, that I may learn how to accept the truth in me.
120. Review lessons 109 - 110
 - I rest in God. I let Him work in and through me.
 - I am as God created me. I let my Father tell me Who I really am.
121. Forgiveness is the key to happiness.
122. Forgiveness offers everything I want.

123. I thank my Father for His gifts to me.
124. Let me remember I am one with God.
125. In quiet I receive God's Word today.
126. All that I give is given to myself.
127. There is no love but God's.
128. The world I see holds nothing that I want.
129. Beyond this world there is a world I want.
130. It is impossible to see two worlds.
131. No one can fail who seeks to reach the truth.
132. I loose the world from all I thought it was.
133. I will not value what is valueless.
134. Let me perceive forgiveness as it is.
135. If I defend myself I am attacked.
136. Sickness is a defense against the truth.
137. When I am healed I am not healed alone.
138. Heaven is the decision I must make.
139. I will accept Atonement for myself.
140. Only salvation can be said to cure.
141. Review lessons 121 - 122, My mind holds only what I think with God.
 - Forgiveness is the key to happiness.
 - Forgiveness offers everything I want.
142. Review lessons 123 - 124, My mind holds only what I think with God.
 - I thank my Father for His gifts to me.
 - Let me remember I am one with God.
143. Review lessons 125 - 126, My mind holds only what I think with God.
 - In quiet I receive God's Word today.
 - All that I give is given to myself.
144. Review lessons 127 - 128, My mind holds only what I think with God.
 - There is no love but God's.
 - The world I see holds nothing that I want.
145. Review lessons 129 - 130, My mind holds only what I think with God.
 - Beyond this world there is a world I want.
 - It is impossible to see two worlds.
146. Review lessons 131 - 132, My mind holds only what I think with God.
 - No one can fail who seeks to reach the truth.
 - I loose the world from all I thought it was.
147. Review lessons 133 - 134, My mind holds only what I think with God.
 - I will not value what is valueless.
 - Let me perceive forgiveness as it is.
148. Review lessons 135 - 136, My mind holds only what I think with God.
 - If I defend myself I am attacked.
 - Sickness is a defense against the truth.
149. Review lessons 137 - 138, My mind holds only what I think with God.
 - When I am healed I am not healed alone.
 - Heaven is the decision I must make.

150. Review lessons 139 - 140, My mind holds only what I think with God.
- I will accept Atonement for myself.
 - Only salvation can be said to cure.
151. All things are echoes of the Voice for God.
152. The power of decision is my own.
153. In my defenselessness my safety lies.
154. I am among the ministers of God.
155. I will step back and let Him lead the way.
156. I walk with God in perfect holiness.
157. Into His Presence would I enter now.
158. Today I learn to give as I receive.
159. I give the miracles I have received.
160. I am at home. Fear is the stranger here.
161. Give me your blessing, holy Son of God.
162. I am as God created me.
163. There is no death. The Son of God is free.
164. Now are we one with Him Who is our Source.
165. Let not my mind deny the Thought of God.
166. I am entrusted with the gifts of God.
167. There is one life, and that I share with God.
168. Your grace is given me. I claim it now.
169. By grace I live. By grace I am released.
170. There is no cruelty in God and none in me.
171. Review lessons 151 - 152, God is but Love, and therefore so am I.
- All things are echoes of the Voice for God. God is but Love, and therefore so am I.
 - The power of decision is my own. God is but Love, and therefore so am I.
172. Review lessons 153 - 154, God is but Love, and therefore so am I.
- In my defenselessness my safety lies. God is but Love, and therefore so am I.
 - I am among the ministers of God. God is but Love, and therefore so am I.
173. Review lessons 155 - 156, God is but Love, and therefore so am I.
- I will step back and let Him lead the way. God is but Love, and therefore so am I.
 - I walk with God in perfect holiness. God is but Love, and therefore so am I.
174. Review lessons 157 - 158, God is but Love, and therefore so am I.
- Into His Presence would I enter now. God is but Love, and therefore so am I.
 - Today I learn to give as I receive. God is but Love, and therefore so am I.
175. Review lessons 159 - 160, God is but Love, and therefore so am I.
- I give the miracles I have received. God is but Love, and therefore so am I.
 - I am at home. Fear is the stranger here. God is but Love, and therefore so am I.
176. Review lessons 161 - 162, God is but Love, and therefore so am I.
- Give me your blessing, holy Son of God. God is but Love, and therefore so am I.
 - I am as God created me. God is but Love, and therefore so am I.

177. Review lessons 163 - 164, God is but Love, and therefore so am I.
- There is no death. The Son of God is free. God is but Love, and therefore so am I.
 - Now are we one with Him Who is our Source. God is but Love, and therefore so am I.
178. Review lessons 165 - 166, God is but Love, and therefore so am I.
- Let not my mind deny the Thought of God. God is but Love, and therefore so am I.
 - I am entrusted with the gifts of God. God is but Love, and therefore so am I.
179. Review lessons 167 - 168, God is but Love, and therefore so am I.
- There is one life, and that I share with God. God is but Love, and therefore so am I.
 - Your grace is given me. I claim it now. God is but Love, and therefore so am I.
180. Review lessons 169 - 170, God is but Love, and therefore so am I.
- By grace I live. By grace I am released. God is but Love, and therefore so am I.
 - There is no cruelty in God and none in me. God is but Love, and therefore so am I.
181. I trust my brothers, who are one with me.
182. I will be still an instant and go home.
183. I call upon God's Name and on my own.
184. The Name of God is my inheritance.
185. I want the peace of God.
186. Salvation of the world depends on me.
187. I bless the world because I bless myself.
188. The peace of God is shining in me now.
189. I feel the Love of God within me now.
190. I choose the joy of God instead of pain.
191. I am the holy Son of God Himself.
192. I have a function God would have me fill.
193. All things are lessons God would have me learn.
194. I place the future in the Hands of God.
195. Love is the way I walk in gratitude.
196. It can be but myself I crucify.
197. It can be but my gratitude I earn.
198. Only my condemnation injures me.
199. I am not a body. I am free.
200. There is no peace except the peace of God.
201. Review lesson 181, I am not a body. I am free. For I am still as God created me.
- I trust my brothers, who are one with me. I am not a body. I am free. For I am still as God created me.
202. Review lesson 182, I am not a body. I am free. For I am still as God created me.
- I will be still an instant and go home. I am not a body. I am free. For I am still as God created me.

203. Review lesson 183, I am not a body. I am free. For I am still as God created me.

- I call upon God's Name and on my own. I am not a body. I am free. For I am still as God created me.

204. Review lesson 184, I am not a body. I am free. For I am still as God created me.

- The Name of God is my inheritance. I am not a body. I am free. For I am still as God created me.

205. Review lesson 185, I am not a body. I am free. For I am still as God created me.

- I want the peace of God. I am not a body. I am free. For I am still as God created me.

206. Review lesson 186, I am not a body. I am free. For I am still as God created me.

- Salvation of the world depends on me. I am not a body. I am free. For I am still as God created me.

207. Review lesson 187, I am not a body. I am free. For I am still as God created me.

- I bless the world because I bless myself. I am not a body. I am free. For I am still as God created me.

208. Review lesson 188, I am not a body. I am free. For I am still as God created me.

- The peace of God is shining in me now. I am not a body. I am free. For I am still as God created me.

209. Review lesson 189, I am not a body. I am free. For I am still as God created me.

- I feel the Love of God within me now. I am not a body. I am free. For I am still as God created me.

210. Review lesson 190, I am not a body. I am free. For I am still as God created me.

- I choose the joy of God instead of pain. I am not a body. I am free. For I am still as God created me.

211. Review lesson 191, I am not a body. I am free. For I am still as God created me.

- I am the holy Son of God Himself. I am not a body. I am free. For I am still as God created me.

212. Review lesson 192, I am not a body. I am free. For I am still as God created me.

- I have a function God would have me fill. I am not a body. I am free. For I am still as God created me.

213. Review lesson 193, I am not a body. I am free. For I am still as God created me.

- All things are lessons God would have me learn. I am not a body. I am free. For I am still as God created me.

214. Review lesson 194, I am not a body. I am free. For I am still as God created me.
- I place the future in the Hands of God. I am not a body. I am free. For I am still as God created me.
215. Review lesson 195, I am not a body. I am free. For I am still as God created me.
- Love is the way I walk in gratitude. I am not a body. I am free. For I am still as God created me.
216. Review lesson 196, I am not a body. I am free. For I am still as God created me.
- It can be but myself I crucify. I am not a body. I am free. For I am still as God created me.
217. Review lesson 197, I am not a body. I am free. For I am still as God created me.
- It can be but my gratitude I earn. I am not a body. I am free. For I am still as God created me.
218. Review lesson 198, I am not a body. I am free. For I am still as God created me.
- Only my condemnation injures me. I am not a body. I am free. For I am still as God created me.
219. Review lesson 199, I am not a body. I am free. For I am still as God created me.
- I am not a body. I am free. For I am still as God created me.
220. Review lesson 200, I am not a body. I am free. For I am still as God created me.
- There is no peace except the peace of God. I am not a body. I am free. For I am still as God created me.
221. Peace to my mind. Let all my thoughts be still.
222. God is with me. I live and move in Him.
223. God is my life. I have no life but His.
224. God is my Father, and He loves His Son.
225. God is my Father, and His Son loves Him.
226. My home awaits me. I will hasten there.
227. This is my holy instant of release.
228. God has condemned me not. No more do I.
229. Love, which created me, is what I am.
230. Now will I seek and find the peace of God.
231. Father, I will but to remember You.
232. Be in my mind, my Father, through the day.
233. I give my life to God to guide today.
234. Father, today I am Your Son again.
235. God in His mercy wills that I be saved.
236. I rule my mind, which I alone must rule.
237. Now would I be as God created me.
238. On my decision all salvation rests.

239. The glory of my Father is my own.
240. Fear is not justified in any form.
241. This holy instant is salvation come.
242. This day is God's. It is my gift to Him.
243. Today I will judge nothing that occurs.
244. I am in danger nowhere in the world.
245. Your peace is with me, Father. I am safe.
246. To love my Father is to love His Son.
247. Without forgiveness I will still be blind.
248. Whatever suffers is not part of me.
249. Forgiveness ends all suffering and loss.
250. Let me not see myself as limited.
251. I am in need of nothing but the truth.
252. The Son of God is my Identity.
253. My Self is ruler of the universe.
254. Let every voice but God's be still in me.
255. This day I choose to spend in perfect peace.
256. God is the only goal I have today.
257. Let me remember what my purpose is.
258. Let me remember that my goal is God.
259. Let me remember that there is no sin.
260. Let me remember God created me.
261. God is my refuge and security.
262. Let me perceive no differences today.
263. My holy vision sees all things as pure.
264. I am surrounded by the Love of God.
265. Creation's gentleness is all I see.
266. My holy Self abides in you, God's Son.
267. My heart is beating in the peace of God.
268. Let all things be exactly as they are.
269. My sight goes forth to look upon Christ's face.
270. I will not use the body's eyes today.
271. Christ's is the vision I will use today.
272. How can illusions satisfy God's Son?
273. The stillness of the peace of God is mine.
274. Today belongs to love. Let me not fear.
275. God's healing Voice protects all things today.
276. The Word of God is given me to speak.
277. Let me not bind Your Son with laws I made.
278. If I am bound, my Father is not free.
279. Creation's freedom promises my own.
280. What limits can I lay upon God's Son?
281. I can be hurt by nothing but my thoughts.
282. I will not be afraid of love today.
283. My true Identity abides in You.

284. I can elect to change all thoughts that hurt.
285. My holiness shines bright and clear today.
286. The hush of Heaven holds my heart today.
287. You are my goal, my Father. Only You.
288. Let me forget my brother's past today.
289. The past is over. It can touch me not.
290. My present happiness is all I see.
291. This is a day of stillness and of peace.
292. A happy outcome to all things is sure.
293. All fear is past and only love is here.
294. My body is a wholly neutral thing.
295. The Holy Spirit looks through me today.
296. The Holy Spirit speaks through me today.
297. Forgiveness is the only gift I give.
298. I love You, Father, and I love Your Son.
299. Eternal holiness abides in me.
300. Only an instant does this world endure.
301. And God Himself shall wipe away all tears.
302. Where darkness was I look upon the light.
303. The holy Christ is born in me today.
304. Let not my world obscure the sight of Christ.
305. There is a peace that Christ bestows on us.
306. The gift of Christ is all I seek today.
307. Conflicting wishes cannot be my will.
308. This instant is the only time there is.
309. I will not fear to look within today.
310. In fearlessness and love I spend today.
311. I judge all things as I would have them be.
312. I see all things as I would have them be.
313. Now let a new perception come to me.
314. I seek a future different from the past.
315. All gifts my brothers give belong to me.
316. All gifts I give my brothers are my own.
317. I follow in the way appointed me.
318. In me salvation's means and end are one.
319. I came for the salvation of the world.
320. My Father gives all power unto me.
321. Father, my freedom is in You alone.
322. I can give up but what was never real.
323. I gladly make the "sacrifice" of fear.
324. I merely follow, for I would not lead.
325. All things I think I see reflect ideas.
326. I am forever an Effect of God.
327. I need but call and You will answer me.
328. I choose the second place to gain the first.

329. I have already chosen what You will.
330. I will not hurt myself again today.
331. There is no conflict, for my will is Yours.
332. Fear binds the world. Forgiveness sets it free.
333. Forgiveness ends the dream of conflict here.
334. Today I claim the gifts forgiveness gives.
335. I choose to see my brother's sinlessness.
336. Forgiveness lets me know that minds are joined.
337. My sinlessness protects me from all harm.
338. I am affected only by my thoughts.
339. I will receive whatever I request.
340. I can be free of suffering today.
341. I can attack but my own sinlessness, And it is only that which keeps me safe.
342. I let forgiveness rest upon all things, For thus forgiveness will be given me.
343. I am not asked to make a sacrifice To find the mercy and the peace of God.
344. Today I learn the law of love; that what I give my brother is my gift to me.
345. I offer only miracles today, For I would have them be returned to me.
346. Today the peace of God envelops me, And I forget all things except His Love.
347. Anger must come from judgment. Judgment is The weapon I would use against myself, To keep the miracle away from me.
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.
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.
350. Miracles mirror God's eternal Love. To offer them is to remember Him, And through His memory to save the world.
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.
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.
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.
354. We stand together, Christ and I, in peace And certainty of purpose. And in Him Is His Creator, as He is in me.
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?
356. Sickness is but another name for sin. Healing is but another name for God. The miracle is thus a call to Him.
357. Truth answers every call we make to God, Responding first with miracles, and then Returning unto us to be itself.
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.
359. God's answer is some form of peace. All pain Is healed; all misery replaced with joy. All prison doors are opened. And all sin Is understood as merely a mistake.

by Dr. Helen Schucman

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.

361 – 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.