

**Unpublished Writings of Helen Schucman  
Volume 14**

**Workbook  
Notebook - 3a,b; 4a,b**



Workbook 3a

77 - I am entitled 'miracles.'

I am entitled 'miracles' b/c. I what  
< 7 // < -> rec. <sup>Miracles</sup> + b/c I what God > // And  
< -> affl miracles b/c. < 7 one < God // Again,  
how simple & so on! I merely a statement  
of true identity / 0 -> -> celebrate  
today!

I claim 'miracles' does a lie n  
illus about yourself // I does a dep. on  
T. magical power & 'described' yourself,  
nor on - rituals & devised // I inherent  
n - truth - I what < 7 // I implicit n what  
God & Father is // <sup>is</sup> assured n  
Creation, & guaranteed by - laws of God //

Today < -> claim the  
miracles - are of right, since - belong'  
< // I been given - correction for all  
mistakes // I been promised full  
blessedness & world - made // I been  
aroused - Kingdom of God )  
within & I miracles lost // I ask  
no more than what belongs // <sup>us</sup> I  
truth // Today, however, < -> also  
make sure - < -> content

ourselves ← less //

Begin longer p.p.s by telling yourself quite candid — entitled miracles // Closing eyes, remind yourself — asking only for what rightfully yours // Remind yourself also — miracles are new laws — grow — That asking for rights are merely upholding strength — rights of everyone // Miracles do not obey laws of world // They merely follow laws of God //

After → brief introd. phase, wait quietly for assurance — request granted // asked for — salvat. p. world, & for soul // requested — <sup>RECEIVE</sup> means by I → accomplished // I fail' be assured in this // but asking

— Will of God be done // <sup>doing</sup> do asking → do a really ask for anything // I state a fact — I be denied // - N.S. I but assure — request granted // - fact accepted must be so // → no room

for doubt + uncertainty today // I am asking a  
 real question at last // - answer of a  
 simple statement P a <sup>simple</sup> fact // I -> rec. -  
 assurance that I seek //

Our sister p. p. <sup>s</sup> -> be frequent, &  
 - also be devoted ' a reminder P a  
 simple fact // Tell yourself often today:

"I am entitled 'miracles' "

Ask for them whenever a sit. arises & I  
 they are called for // I -> recognize -  
 S.T.S; I -> relying on yourself to  
 find them, & I -> is fully entitled  
 rec. them whenever I ask // Remember,  
 too, not to be satisfied - less -  
 perfect answer // Be quick ' tell  
 yourself, should I be tempted:

"I -> a trade miracles for graces.

I want only what begets 'me' //

God has established miracles - my right."



darkness deep, - could see //  
 Today - <sup>attempt</sup> try ' see  
 God's Soul -> - let ourselves be blind  
 line; -> - look upon our grievances //  
 So - seeing p. world around, as -  
 look out toward truth, away from //  
 P// -> select one person & used as  
 target for grievances, & lay - grievances  
 aside, & look at him // Someone, perhaps,  
 & for or even hate; someone & their  
 love <sup>who best</sup> ~~has~~ <sup>is</sup> ~~eyes~~ <sup>eyes</sup> you; someone & call  
 a friend, but how & see " as difficult  
 at times, or hard ' please; demanding,  
 imitating or ~~untrue~~ untrue ' ~~not~~  
 ideal he should accept as his.  
~~his role behavior should I been~~  
 according ' - role & set for //  
 & know - one ' choose; his  
 name has crossed & mind already // He  
 -> to one ' p. whom & as God's Soul be  
 shown ' us // through seeing him behind  
 - grievances " - held against //  
 -> how - what lay hidden  
 while & saw & not " ) -> everyone,  
 & can be seen // He <sup>who</sup> ~~is~~ <sup>is</sup> every I more  
 - friend " when I tried ' take - help

tole" N.S. has arranged "v// left him be  
Savior unto you today // Such is his role in  
God's Father's plan //

Our longer practice periods today  
place ~~him in his role~~ // - attempt "hold  
v in our mind, just as - now "consider  
v// - review faults, - diff. - had  
v v, "the pain & caused us, his  
neglect, & all" - little v - larger hurts &  
gave // - regard v body - its flaws &  
better points as well, - v - think "p v  
mistakes & even p v "Sins"

Then let us ask p Him who  
knows " - Son" p God in his reality &  
truth" - way look at him a  
different way, + see our Savior shining  
in light" p true forgiveness, open unto  
us // - ask <sup>Him</sup> - Holy Name p God  
& of His Son, as help as Him self:

" let me behold my Savior in - one  
you appointed as - One for me  
To ask "lead me" - holy light  
in the stands, - I may join v //  
- body's eyes are closed, & as -  
think" p him who created you, but -



"mind be shown" - light & beyond  
 grievances // what I asked for I be denied //  
 A Savior has been waiting long for this //  
 He would be free, & make u freedom yours //  
 - N.S. leave u // seeing me separate u  
 God's Son // And what I see - Him  
 - free - both //

Be very quiet now & look upon  
 - shining Savior // No dark grievances  
 obscure - sight of him // I allowed - N.S.  
 'Express - u' - role God gave Him,  
 - must be saved // God thanks  
 for - quiet times today, & I laid  
 - wings aside - & looked upon -  
 miracle of love - N.S. showed I  
 instead // - world & Heaven join & thanking  
 I, for e: Thought of God but must  
 rejoice" as - are saved, & all - world //  
 - remember - throughout - day,  
 + take role assigned - us as part  
 of God's - salvation <sup>play, & not</sup> ~~part~~ our own //  
 - Temptation falls away when I allow  
 I - must "save us, or refuse" - he'd  
 his light behind our grievances //  
 everyone I meet today, & <sup>those</sup> - ones" - think

of, or remember - past, allow role P =  
 Sanir - "be gone," - may share it  
 - him // For - both" + all - Sept this  
 ones as well, - pray:  
 "let miracles replace all grievances."

*[The remainder of the page contains very faint, illegible handwriting.]*

79. "let me recogn. - problem so it I be solved."

A probl. I be solved if I do & know what I // Even if I actually solved already, I = stick i. - problem bec. I do & recogn. — I has been solved (I =) - sit. P-world // - probl. P sep, I / really <sup>really</sup> ~~only~~ <sup>already</sup> ~~been~~ solved //

But - solut. & recogn. bec. - problem > I recogn. // P/P "organe seems" i. I own special problems // left. 7. all - some // ~~I~~ must be recogn. as i. if - one solut. I

- solve - all - > I be a friend // like I see

— his probl. has been solved if I think - problem > something else > I love

if I give - answer, & I see its relevance //

P/ — ) - position > I find yourself now //

I - answer; & I still want about what

- problem is // A long series P problems seem

constant I, & as one ) settled - next

— ~~intertax~~ ~~Q~~ // - I seem 'be no end' - //

< 739 no time & I feel completely free P problems, & at peace //

temptat' - regard problems as

many - ) - temptat' - keep - problem P sep.

unchanged // - world seems 'present' - &

want no. of problems, ~~to~~ requiring a diff. answer  
 → percept. place to a position, - problem-solving skills must be inadequate, & failure must be inevitable / No-one could solve all problems - world appears 'hold' - seem to be on so many levels, in such varying forms & ~~to~~ such varied content that confront ~~to~~ → impers. sit. // Disway & depression I want, as ~~to~~ regard them // Some spring up unexpectedly, just as ~~to~~ think ~~to~~ resolved - previous ones // Others remain unshed under a cloud of denial, & this 'harm' ~~to~~ 'time' 'time', ~~to~~ 'only' be hidden again but still unshed //

All → complexity > but a desperate attempt not 'recede' - problem, & / <sup>not to</sup> let it be resolved // If ~~to~~ could recede. ~~to~~ at ~~to~~ only probl. > sep., no matter what form it takes, ~~to~~ could accept - answer - be ~~to~~ would ~~to~~ "lose" right p'ts. relevance // Perceiving - underlying constancy in all problems — confront ~~to~~, ~~to~~ would understand — ~~to~~ - means 'solve' all // And ~~to~~ would use the means bec ~~to~~ recede - problem

our long p.f.'s → ask what  
 problem, & what → answer to it (I →  
 & assume that I already know // I → try  
 ' for our minds of all - many diff. kinds  
 & probl.'s — — — // → try ' realize  
 — — — only ' probl. I ' failed ' recognized //  
 → ask what & wait for - answer //  
 → be told // then → ask for -  
 solution ' if // And → be told //

Our exercise for today → be success.  
 - extent ' I → do & insist on defining -  
 problem // Perhaps → a success & letting  
 all our preconceived notions go, but —  
 & not use // All — & me - & ' entertain  
 some doubt about ~~or~~ - reality of our  
 notion of what our problems are // →  
 trying ' recognize — & been given -  
 answer by recogn. - problem, so —  
 problem & - answer & be brought together,  
 & I be at peace //

shorter p.f.'s for today & a  
 be set by time, but by need // → see  
 many probl.'s today, & ' asking for →  
 answer // Our efforts → be directed

toward recog —> only 1 probl. + only 2  
 answer // > recogit. are all problems  
 resolved // > recogit. > peace

Be not cleared by. form of problems  
 today // whenever —> diric. seems rise,  
 tell yourself quickly:

"let me recog. —> problem so it can be  
 solved."

—> try 'suspend all judgment about  
 what - probl. ) // If poss, close eyes for  
 a <sup>moment</sup> ~~second~~ or so + ask what it will —>  
 be heard + —> be answered //

So. "let me recognize my probl.<sup>s</sup> <sup>have been</sup> ~~of~~ <sup>Salvat.</sup>  
 If I'm willing to recognize  $\leftarrow$   
 problem,  $\leftarrow \rightarrow$  recognize  $\leftarrow$   $\leftarrow$  no  
 problems //  $\leftarrow =$  central problem has  
 been answered,  $\leftarrow$  no other //  $\therefore$   
 $\leftarrow$  must be at peace // Salvat. thus  
 dep. on recogn.  $\rightarrow =$  probl.,  $\leftarrow$  understand.  
 $\leftarrow$  has been solved // One  
 problem = one solution // Salvat. )  
 accomplished // Freedom  $\rightarrow$  conflict  
 has been given // Accept  $\leftarrow$   
 fact,  $\leftarrow$  I'm ready to take  $\leftarrow$  merit full  
 place in God's plan for Salvat. //  
 $\leftarrow$  only probl. has been solved!  
 Repeat  $\rightarrow$  over & over 'yourself  
 today,  $\leftarrow$  grat. & commit. //  $\leftarrow$   
 recognize  $\leftarrow$  only problem, opening -  
 way for - U.S. 'give  $\leftarrow$  God's  
 answer //  $\leftarrow$  be laid decept. aside,  
 $\leftarrow$  see in light P truth //  $\leftarrow$  accepted  
 Salvat. for yourself by bringing -  
 probl. - answer // And  $\leftarrow$  I recognize -  
 answer bec. - probl. has been identif. //  
 $\leftarrow$  I'm entitled 'peace today //

A problem I have been resolved of trouble  
 Only be cert. — do a ~~part~~  
 — all r probl.'s 7 - same // ~~It's~~ <sup>there</sup> many  
 forms ~~are~~ → a decision which  
 remembers → // One probl. = 1 solution //  
 Accept - peace → simple statement  
 brings //

our longer p.p.'s today, → →  
 Claim - peace — must be ours  
 when - problem + answer I have  
 brought together // - probl. must be  
 gone, bec. God's answer I fail //  
 Having recogn. = recogn. - r //  
 - solut. inherent - problem // r 7  
 answered, r I accepted. answer //  
 r 7 saved // Now let - peace —  
 acceptance brings be given //  
 Close eyes r rec. reward //  
 B/ Recogn. — r probl.'s I been solved //  
 Recogn. — r out of conflict,  
 free + at peace // Above all, remember  
 — r = problem r — - probl. has  
 = solution / 0 → — - simple. P  
 Soluat. list a bec. P → — it)



guaranteed "work"

Assure yourself after today  
- prob's - I have solved // Repeat -  
idea - deep conviction as frequently  
as poss // And be partic. careful  
Remember: apply ~~today~~ - idea for  
today - specific prob. - may  
arise // Say quickly:

"let me receive ~~it~~ -> problem  
has been solved

Let us be determ. e' collect grievances  
today // let us be determ. ' be free  
of prob's - do e exist // - means  
> simple honesty // Do e dec. yourself  
about what - problem, & must  
receive. it has been solved //

✓ I ready now for to review //  
 ✓ → beg. ~~the~~ where our last review left  
 off, + → cover 2 ideas @ day // - earlier  
 part P-day → be devoted = P →  
 ideas, + - latter part P-day - ✓ //  
~~✓~~ → it one longer P.P. + frequent  
 shorter ones, n | ✓ → practice @ <sup>of them</sup> //  
 - longer practice periods → follow →  
 general form: Take about 15 min, ✓  
 for 2 P., + beg by  
 thinking about - idea, + - comments |  
 7 included n - assignments // Devote  
 about 2 or 3 minutes reading them  
 over slowly, see how it works,  
 + then close eyes + listen // Repeat  
 - first phase if I find mind  
 wandering, but try speed - major  
 part P-p.p. listening quietly but  
 attentively // <sup>P</sup> // a message waiting  
 for me // Be careful. — → receive  
 it // Remember — I belong to a  
 — I want it // Do not allow I  
 intent + want a face P. distracting  
 thoughts // Realize that, whatever  
 form take, — it no meaning +

no power // Replace — — — — — into determine  
 Succeed // Do a forget — — — — — will has  
 power over all fantasies & dreams //  
 Trust it 'see — through, & carry — beyond  
 — all //

Regard — practice periods as  
 dedications — way, — truth & — life //  
 Refuse 'be sidetracked & detours,  
 illus. & thoughts & death // — —  
 dedicated 'salvator // Be determined  
 @ day a 'love — function fulfilled //

A// Reaffirm — determination n. shorter  
 p.p.<sup>s</sup> as well, using — original form  
 for general applic. & a more specific  
 form when needed // & ~~to~~ & specific  
 forms — be included & — comments //  
 — however, are merely suggestions // 0  
 — — partic. words — use — — — — — matter //

21. Our ideas for today "remain" are:

61. "I am - light P. world"

How holy am I, who I been given - function of lighting up - world!! let me be still before my holiness // in its calm light let all my conflicts disappear // in its peace

let me remember who I am // <sup>for applying - who I am</sup> ~~let me~~ <sup>be used</sup> ~~OR:~~ <sup>OR:</sup> ~~OR:~~   
 Sugg. Specific forms, <sup>OR:</sup> ~~OR:~~   
 when specific diff's seem 'arise, ~~OR:~~   
 ~~OR:~~

- following

"let me <sup>allow my percept. P → D</sup> observe - light P. world & me"

"let - light P. world shine = This appearance."

" → shadow → vanish before - light."

62. "Forgiveness of my function - light P. world."

Just - O = accept. my function - I → see - light & me // And → light → my function stand clear & perfectly unambig. before my sight // My accept. does a dep. or recog. what my function is, for I do a yet understand.

forgiveness // yet I - trust - s - heart  
I - see it as it is //

Specific forms for using - idea

might be;

"let -> help me learn what forgiveness means"

"let me not sep. my heart -> my will"

"I would not use ~~it~~ by misperc. -> for 7 other purpose."

82, ✓ → review - ideas - today:

63. - light P. world brings peace' every  
mind = my forgiveness."

My forgiveness ) - means ~~1~~ -  
light P. world finds expression ← me //  
My forgiveness ) - means by 1 - I bec.  
aware P. light P. world → me // My  
forgiveness ) - means by 1 - world ) healed  
together ← myself // - let me, →, forgive  
- world, → may be healed along  
← me //

Suggestions for specific forms  
applying → idea are:

"let peace extend to ~~me~~ my mind  
& yours, (name)."

"I share - light P. world ← ,  
(name)."

mind = my forgiveness, I can see →  
- let it be."

64. "let me not forget my function."

I would ← forget my function  
bec. I would remember my self // I  
I fulfill my function if I forget it // And

unless I fulfill my function, I do not  
expect - for that God intends for me.

Suitable specific forms P -

ideas include:

"let me use -> 'hide my function  
> me."

"I would use P as -> object 'fulfill my function."

" -> may <sup>be a</sup> threaten my ego, but  
I change my function -> way."

83. Today let us review  $\rightarrow$  ideas:

65. "My only function  $\rightarrow$  one God gave me."  
 I  $\neq$  no function but  $\neq$  God gives me.  
 This concept releases me  $\rightarrow$  all conflict, bec. it means I cannot  $\rightarrow$  conflicting goals //  $\neq$  purpose only.  
 I am always out what I do, say & think // All doubt must disappear as I acknowledge  $\rightarrow$  my only funct.  $\rightarrow$   $\neq$  God gave me.

More specific applications  $\rightarrow$  idea might  $\rightarrow$  take  $\rightarrow$  forms:

"My percept  $\rightarrow$  does a change my function"

" $\rightarrow$  does a give me a function"

other  $\rightarrow$   $\neq$  God gave me"

"let me use  $\rightarrow$  'function a

function God did a give me."

66. "My happiness & my function are one"

All things that come  $\rightarrow$  God are one // They come from Ourselves, & must be received as one // Fulfilling my function  $\rightarrow$



my happinesses b/c. both come from same Source//  
 And I must leave 'regard what makes me  
 happy if I would find happiness//

Some ~~separated~~ useful ideas for  
 specific applications of  $P \rightarrow$  idea are:

"  $\rightarrow$  I separate my happinesses from my  
 functions."

" - once  $P$  my happinesses & my functions  
 remain wholly unaffected by  $\rightarrow$ ."

" Nothing, incl. this, can justify  
 illus. of happinesses apart from my functions."

→ 7. ideas for today's review:  
24. ~~67~~

67. "Love created me like Itself."

I am a - witness P my Creator //  
I do suffer, I ~~do~~ I die, & I can  
exper. no loss / I am a body, / I  
would recognize my reality today / I  
will worship no idols, nor raise my  
own self-concepts / replace my self //  
I am a - witness P my Creator // Love  
created me like Itself //

~~Useful~~ / might find →  
specific forms helpful & <sup>applying</sup> using - ideas:  
"let me see → illus. P myself  
" → "

"As I look on this, let me remember  
my Creator."

"My Creator did not create →  
as I see it."

68. "Love holds no grievances."

to Grievances & completely absent /  
love / Grievances attack love, & keep its  
light obscure // If I hold grievances I  
am attacking love, & ∴ attacking

my Self // My Self Thus Rec. a line 'me'  
I am determined to 'attack my Self  
today, so that I can remember who  
I am //

→ more specific focus for  
applying → idea would be helpful;

" → no justification for obeying  
my Self. "

" I do not use this 'attack love. "

" let → a tempt me ' attack  
myself. "

85. Today's Review → con- → ideas:

69. "My grief." hide - heart P. world & me."

My gr. show me what I see →, & hide & me what I would see // Recognize  
 →, what do I want my grief for? They keep me & obscure & hide - heart // Grief & heart & go together, & heart & vision must be joined for me 'see // 'see, I must be grief's aside // I want 'see, & → = be means by I → succeed //  
 Specif. applic. <sup>of - idea</sup> must be made & forms like →:

"let me not use → as a block 'spirit."

"- heart P. world I share all → away."

"I have no need for → // I want 'see."

70. "My salvat. & I me."

Today I → recognize where my Salvat. is // O & me bec. its source) → // It has a left its source, & so it I have left my mind // I → a look for it outside myself // ~~Today~~ <sup>Today</sup> I found outside & → brought // But I written me it → reach beyond, & everything I see

will reflect - light - shines on me & in  
itself //

- focus of - idea - suitable for more  
specific application:

"let -> tempt me 'look away ->  
me for my salvation."

"I -> let -> interfere - my  
Answer P - Source of my salvation."

" -> has no power 'remove salmt.  
> me."

86. ← ideas 7 for review today:

71. "Only God's plan for Salvat. → work."

○ senseless for me ' search  
widely about for Salvat. || I see it  
n many people + n many things, but  
when I reached for it, it ~~is~~ → ||  
I ~~is~~ mistaken about where it ~~is~~;  
I ~~is~~ mistaken about what it is. I  
will undertake no more idle seeking ||

Only God's plan for Salvat. → work || I  
→ rejoice bec His plan can never fail ||

→ 7 some sugg. forms for

applying → idea specifically:

"God's plan for Salvat. → save  
me n this."

"This is no exception n God's  
plan for my Salvat."

"let me perceive → only n legit  
P God's plan for Salvat."

72. "Holding qm's" → 7 attack on God's plan  
for Salvat."

Holding qm's" → 7 attempt ' prove

— God's plan for salvat. → a work // but only  
 His plan & work // By holding gr.<sup>s</sup> I am  
 i. Excluding my only hope of salvat. →  
 my awareness // I would no longer depart  
 my own best interests → in some way //  
 I would accept God's plan for salvation,  
 & be happy //

Specific applic<sup>s</sup> might be a →  
 James:

" I <sup>am</sup> choosing between misperception &  
salvat. as I look on this. "

" If I see grounds for gr.<sup>s</sup> →  
 I → not see - grounds for <sup>my</sup> salvation. "

" → calls for salvat., a attack. "

87. Our <sup>res.</sup> today → corr = ideas:

73. "I will <sup>to</sup> be light:"

I → use - power of my will today // O = my will / <sup>grape</sup> & darkness, afraid fearful P shadows & afraid P things unseen & unreal // light shall be my guide today // I → follow it where it leads me, & I → look on only what it shows me // → day I → experience = peace & true perception // <sup>of → idea</sup> James would be helpful for specific applications: P this

" → I hide - light I will to see."  
" You stand - me in light, (name)."  
" - light → → look different."

74. "I will be God's."

I am safe today bec → I will stand by God's // I can be afraid only when I believe → → so will // as well // And I <sup>to</sup> ~~can~~ attack only when I am afraid, & only when I try attack - can I believe → my eternal safety → threatened // Today I → resign → all → has → occurred // I am safe



bec → no will but God's //

→ 7 some useful ideas: P → idea for specific applications:-

"let me perc. → accord. ← Will P God."

"e God's Will & 7 His Son, (name), & name as well."

"→ post P God's Will for me, however I may see it."

88. Today → review → ideas

75. "light has come."

choosing Sabot rather than attack I  
 merely choose to recognize what I already have //  
 Sabot a decision already made // Attack  
 + grievance → a choice // That I  
 why I always choose betw. truth &  
 illusion; betw. what I see & what I  
 see // - light has come // I can but  
 choose - light, for it has no alternative //  
 It has replaced darkness, & dark is  
 gone //

→ would prove useful for  
 idea for specific applications p → idea:  
 "I show me darkness, for light has r."  
 "light is all - I would  
 see (name)."

"I would see → only what I see."

76. "I am under no law but God's"

"Here is perfect statement of  
 my freedom - I am under no law but  
 God's // - I am constantly tempted  
 make up other laws & give them power"

over me // I suffer only because I believe in them //  
 - I have no effect on me at all - I am  
 perfectly free of effects of all laws save  
 God's // And His are laws of freedom.  
 - For specific things for applying -  
 idea, - would be useful.  
 "My percept. P - shows me that I  
 believe in laws I do not exist"  
 "I see only laws of God & work  
 with them - not my own  
 (I am allow God's laws) were  
 my own"

I have no effect on me at all - I am  
 perfectly free of effects of all laws save  
 God's // And His are laws of freedom.  
 - For specific things for applying -  
 idea, - would be useful.  
 "My percept. P - shows me that I  
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 "My percept. P - shows me that I  
 believe in laws I do not exist"  
 "I see only laws of God & work  
 with them - not my own  
 (I am allow God's laws) were  
 my own"

✓✓

89. - are our review ideas for Today;

77. "I am entitled 'miracles'"

I am entitled 'miracles' b/c. I am under no laws but God's // His laws release me from all grievances, & replace - miracles // And I would accept - miracles & place p- grievances, I & but titles. - hid - miracles beyond them // Now I would accept only what laws p God entitle me 'have,

- I may use it on behalf p - function He has given me //

might use - suggestions for specific applic. p - idea;

"Behind -> a miracle, I am entitled."

"let me - hold a grid against (name), offer - miracle -"

"start - at all - betrays - instead"

"see story - offer me a miracle"

"let miracles replace all grievances"

By -> idea - do I write my will - H.S.'s, & perceive - as one //

By -> idea do I accept my release & hell // By -> idea do I express my willingness I have all my illness be replaced - truth, according God's plan for my salvation // I would make no exceptions - <sup>I want</sup> no substitutes // I want all of Heaven & only Heaven, as God wills ~~for me~~ "I have" ~~truth~~

Useful specific forms for

offering -> idea would be:

"I would hold -> grievance apart & my salvation."

"let our grievance be replaced by miracle, (name)."

"Beyond -> - miracle by I all my grieves are replaced."

draw all -> -> -> -> ->

all the things that I have done

and all the things that I have thought

and all the things that I have felt

90. For → Review → use → ideas:

79. "let me recogn. - probl. so it I be  
Solved."

let me realize today — -  
problem ) always some form of guidance  
I would cherish // let me also  
underst. — - solution ) always a  
miracle < I let - guid. be  
replaced // Today I would remember  
of - scriptic. of Solmnt by remembering  
- lesson — → 1 one probl. & one  
solution // - probl. ) a guidance; -  
solnt. ) a miracle // And I write -  
solnt. 'come' me & my forgiveness of  
- guidance, & my welcome of -  
miracle 'take its place.

Specif. applic. of today's idea  
might be a focus:

" > presents a problem <sup>me</sup> ~~me~~ I  
would I resolved."

" - miracle behind > guid. →  
resolve it for me."

" - answer' → problem ) - miracle  
I it conceals."

So. "let me recognize my probl.<sup>s</sup> i've solved"

I seem i probl. only bec I  
am missing time // I believe —  
problem comes first, + — time must  
elapse before - probl. I be worked out //  
I do e see - probl. + answer as  
simultaneous n occurrence // —>  
bec. I do e get realize — God  
has placed - answer top. —  
probl., so — cannot be separated  
by time // - H.S. —> teach me —, if  
I — let time // And I — understand  
a miss. — I could i a problem. I  
has e been solved already.

— forms p. idea would be  
useful for specific applic.<sup>s</sup> :

"I need e wait for — 'be  
resolved."

" - answer —> problem — already  
given me, if I — accept it."

"Time I separate —> problem  
— its solution."

91. "Miracles & see in light."

O impo. 'remember —

miracles & vision nec. go together // →  
 needs repeating, & frequent repeating //  
 O a central idea & new thought  
 system & - perception & it produces //  
 - miracle > always → // Its presence  
 > e caused by < vision; its absence  
 > e - result of < failure 'see // O  
 only < awareness of - miracle — )  
 affected // < → see it in light; <  
 → e see it in - dark //

'e, +, light > crucial //

while < remain in darkness - miracle  
 remains unseen // Thus < & corrected  
 — O e → // → follows > - premises  
 > 1 - darkness comes // Demand of  
 light leads 'failure' perceive it //  
 Failure 'perceive light' > 'perceive  
 darkness // - light > unless 'e then,  
 even though O there // < I use it  
 bec. its presence > unknown 'e // And  
 - seeming reality of - darkness make  
 - idea of light meaningless // // be told



- what I do & see I → sounds like  
 insanity // O very diffic. bec. convinced  
 — O insanity e 'see what is  
 there, + 'see what I → instead //  
 I do & doubt — - body's eyes can  
 see // I do & doubt - images - show  
 I & reality // I faith his n -  
 doubts, — - heart //

How can I be cured? For I  
 O imposs. // But I & alone n → // I  
 efforts, however little they may be,  
 I strong support // Did I but realize  
 how great this → strength, I  
 doubts would vanish // Today, I →  
 devote ourselves - attempt, let  
 I feel → strength // when I felt -  
 strength n I, I makes all miracles  
 I easy reach, I → not doubt // -  
 miracles I sense of weakness hides →  
 leap n awareness as I feel - strength  
 n //

3 times today, set aside  
 about 10 min. for a quiet time n  
 I → try 'leave I weakness behind //  
 → I accomplished very simply, as I

instruct yourself — I am a body // Faith goes ' what I want, I will instruct mind accordingly // I will remain a teacher, & I will have all the strength it needs ' do whatever it desires // I escape - body, if I choose // I experience - strength in I //

Begin - longer p.p.s — This statement of true cause & effect relationships:

"Miracles & seen in light."

— body's eyes do experience - light,

But I am a body // what am I? "

— ? — statement ends ) needed for our exercises today // what I think I am ) a belief ' be undone // But what I really am must be revealed ' you // — belief I am a body: calls for correction, being a mistake // — truth of what I am calls on - strength in I ' bring ' awareness what - mistake concealed //

If I am a body, what am I?

I need ' be aware of what - H.S. was ' replace - image of a body in mind //

I need ' feel something ' part of faith in, as I hit it ) - body // I

need a real exper. P something else,  
 something more solid & more sure; more  
 worthy P & faith, & really there // If I  
 am a body, what are you? Ask →  
 honesty, & → devote several minutes  
 'allowing' & mistaken thoughts about  
 C attrib. 'be corrected, & # 9 opposites  
 take → place // Say, for ex:

~~"I am a body."~~

"I am a weak, but strong."

"I am a helpless & all powerful."

"I am a limited, & unlimited."

"I am a doubtful, but certain."

"I am an illusion, but a reality."

"I do see a darkness, but a light."

↳ "Second phase P. exper.

period; try 'experience' → truths about  
 yourself // Concentrate particularly on  
 - exper. P strength // Remember — all  
 sense P weakness, I assoc. ← belief  
 C → a body, a belief I → mistaken  
 → deserves no faith // Try 'remove' C  
 faith → it, if only for a moment //  
 C → bec. accustomed 'keeping faith' ←  
 - more worthy, & C as C go along //

Relax for rest p. p.p., confident  
 — efforts, however major, may be,  
 as fully supported by strength of  
 God + all His thoughts // O > Their  
 strength → come // O → strong  
 — support — → feel - strength →  
 // They are united — → practice  
 periods, — share a purpose like 7  
 own // Theirs — legit. — can  
 miracles, because Their strength > yours //  
 Their strength — eyes, — may see  
 — Five or 6 times an hour, at  
 reasonable reg. intervals, remind yourself  
 — miracles & see a legit // Also,  
 be sure meet temptation — today's  
 idea // → some would be helpful for  
 — special purposes:  
 "Miracles & see a legit.  
 — let major clearing up be p →"  
 — 21  
 —

92. "Miracles & seen & heard, & heard & strength are one."

- idea for today ) & extension  
 P. prob. one // & do a think of heard & terms of strength, & decrease & terms of weakness // ——— ) bec. ( idea of what seeing means ) tied up - body - & its eyes & brain // <sup>PP</sup> ) why & believe — & I change what I see by <sup>keeping</sup> holding ~~a~~ little bits of glass or other clear material before eyes, held in a frame or placed <sup>against</sup> ~~over~~ eyeball // ~~is~~ or among - many magical beliefs — & ) - conviction & ? a body, & - body's eyes can see & also believe - body's brain I think // If & but understood - <sup>the</sup> nature of thought, & could but laugh at > release this idea // - O. C. if & thought & held - non-matching — ~~is~~ like - saw, & exist at all its words; or — & had - worse ~~rather~~ - <sup>imprisoned</sup> in & hand, securely bound - until & let it go // Yet > no more foolish. — think - body's eyes can see; - brain I think // ...

It is God's strength ( ) - light  
 n l c see, as it is His Mind ( )  
 think // His strength denies ( weakness )  
 O - weakness — sees = - body's eyes, #  
 peering about in darkness behold - witness  
 P, itself; - small, - weak, - sickly + -  
 dying, those in need, - helpless & afraid,  
 - sad, ( <sup>poor</sup> starving & - joyless // → 7  
 See - eyes — I see + I bless //

Strength overlooks — things by  
 seeing past appearances // It keeps its  
 steady gaze ~~on~~ upon - light — his  
 beyond // It unites c light, p 1 0  
 a part // It sees itself // It brings  
 - light n l c Self appear // in darkness  
 c perc. a self — ) e 7 //

Strength ) - truth about ( ;  
 weakness ) - ideal falsely worshipped  
 + adored — strength may be  
 dispelled, & darkness rule where God  
 appointed — ) / should be light //  
 Strength v > truth, & shines ← light  
 its Source has given it; weakness  
 reflects - darkness of its maker // 0

Sick & looks on sickness, 1) like itself //  
 Truth & a Savior, & can only will for  
 happiness & peace for everyone // It gives  
 its strength to anyone who asks, & limitless  
 supply // It sees — lack in anyone  
 would be a lack in all, & so it gives its  
 light that all may see, & benefit as  
 one // Its strength is shared, — it may  
 bring a miracle in & they will  
 unite in purpose & forgiveness & a love //

Weakness, 1) looks in darkness, &  
 sees a purpose in forgiveness & a love //  
 It sees all others differ from itself, &  
 nothing in world & it would share //  
 It judges & condemns, & does a love //  
 in darkness it remains hidden itself, &  
 dreams — a strong & conquering, a  
 victor over limitations & grows in  
 darkness enormous size // It fears & it  
 attacks & hates itself, & darkness covers  
 everything it sees, leaving it dreams as  
 fearful as itself // No miracles are here,  
 & only hate // It sees itself & what  
 it sees, while light & strength pierces  
 themselves as one //

- light & strength ) e - light ( see // It does a change & / better & go out // It does not change ) night to day & back ' darkness till - morning comes again // - light & strength is constant, sure as love, forever glad ' give itself away bec. it & give but to its Self // No one can see in vain ' share its light, & none who enters its abode can leave without a miracle before his eyes, & strength & joy abiding in ) heart //

- strength & ) = of pr - light & guide & seeing, so & do a dwell on idle shadows | - body's eyes provide " for self-deception // Strength & light unite in & , & where they meet & Self " stands ready ' embrace & as Its Own " Such ) - meeting place - try today " ' find a rest in, for - peace & God " is where & Self, His Love, & waiting now " ' meet Itself again, & be an One // let us give 20 minutes, twice today " ' join This meeting // let yourself be brought into you, Self // Its strength



→ be - light n - gift of sight & power //  
 leave, →, - dark a little while today, &  
 ✓ → practice seeing n - light, closing -  
 body's eyes, & asking truth "show us  
 how find - meeting - place" of self &  
 self, where light n straight are one //

After - morning meeting, ✓ →  
 use - day "n preparation for - time  
 at night" when ✓ → meet again n  
 hope & trust // let us repeat as  
 often as ✓ can - idea for today, &  
 recognize "✓ → being introd.  
 sight & led away & darkness -  
 light where only miracles & be per. //

93. "light & joy & peace abide in me."

< think < 7 - house of evil, darkness  
& sin // < think if anyone could see - truth about  
I - I would be repelled, recoiling > < as if I  
a poisonous snake < think if what >  
true about < I repaled' < I would be  
struck < horror so intense - I would  
rush ' death < I over heard, living on after  
seeing > being witness //

- are beliefs so firmly fixed -  
I had indeed - help < see - are based  
on nothing // - I made mistakes )  
doubt // - I sought solace in strange  
ways; I've been deceived, deceiving & afraid  
of foolish fantasies & savage dreams; &  
have bowed down ' idols made of dust;  
all > ) true by what < now believe //

Today < question >, e > - forget  
I view of what < think, I > a very diff  
reference point, > & such idle thoughts &  
meaningless // These thoughts & according  
' God's will: <sup>He does e share</sup> I would believe < // >  
cannot prove - & wrong & But <  
do e perceive - > > so // why would <

- be created 'be around' — all - girl ✓  
 - did a new done; — all "sins" are  
 nothing; — are as pure & holy as  
 created; & — light & joy & peace  
 abide n? — wipe p yourself & understand  
 - Will of God // — — — — —> death, o o  
 life // — — — — — destroyed, c o 7 saved //  
 - self made se - Son of God // i:  
 - self does not exist at all // And everything  
 it seems 'do & think means nothing // o  
 matter had no good // o neutral, & nothing  
 more — that // I does a battle —  
 Son of God // I does not hurt him, nor  
 attack his peace // I has a changed  
 creation, not reduced eternal consciousness  
 sin & love hate // what power I — self  
 - made possess, when it would contact it -  
 Will of God?

- self consciousness guaranteed by God //  
 Once or — must be repeated until  
 it is accepted // o true // self consciousness  
 guaranteed by God // Nothing can touch it,  
 nor can change what God created as  
 eternal // - self made, evil & full p

Sin, > meaningless < sinfulness > guaranteed  
by God, & kept peace & joy abide & //

Salvat. Repuris - accept. P <sup>put</sup> ~~only~~  
= thought; < are as God created <, & what  
< made of yourself // whether evil < may  
think < did, < are as God created < // whether  
mistakes < made, -- truth about < > unchangeable  
Creative > eternal & unalterable // < sinfulness  
> guaranteed by God // < > & = forms be  
exactly as < > created // kept & peace &  
joy abide & < bec. God put & //

our longer excu periods today, I  
would be most profit if done for - first 5  
min. P every waking hour, < -- begin by  
stating - truth about our creation:

"kept peace & joy abide & me.

My sinfulness > guaranteed by God."

- put away < foolish self-images, & spend  
- rest P. pp. trying 'exper. what God has  
given <, & place < ' < decided for yourself  
P // < > what God created or what < made / One  
Self > true; - other > & // Try 'exper.  
unity P < One Self // Try 'apprec. its  
holiness + - love & / < & created // Try  
& 'interfer - - Self which God created as

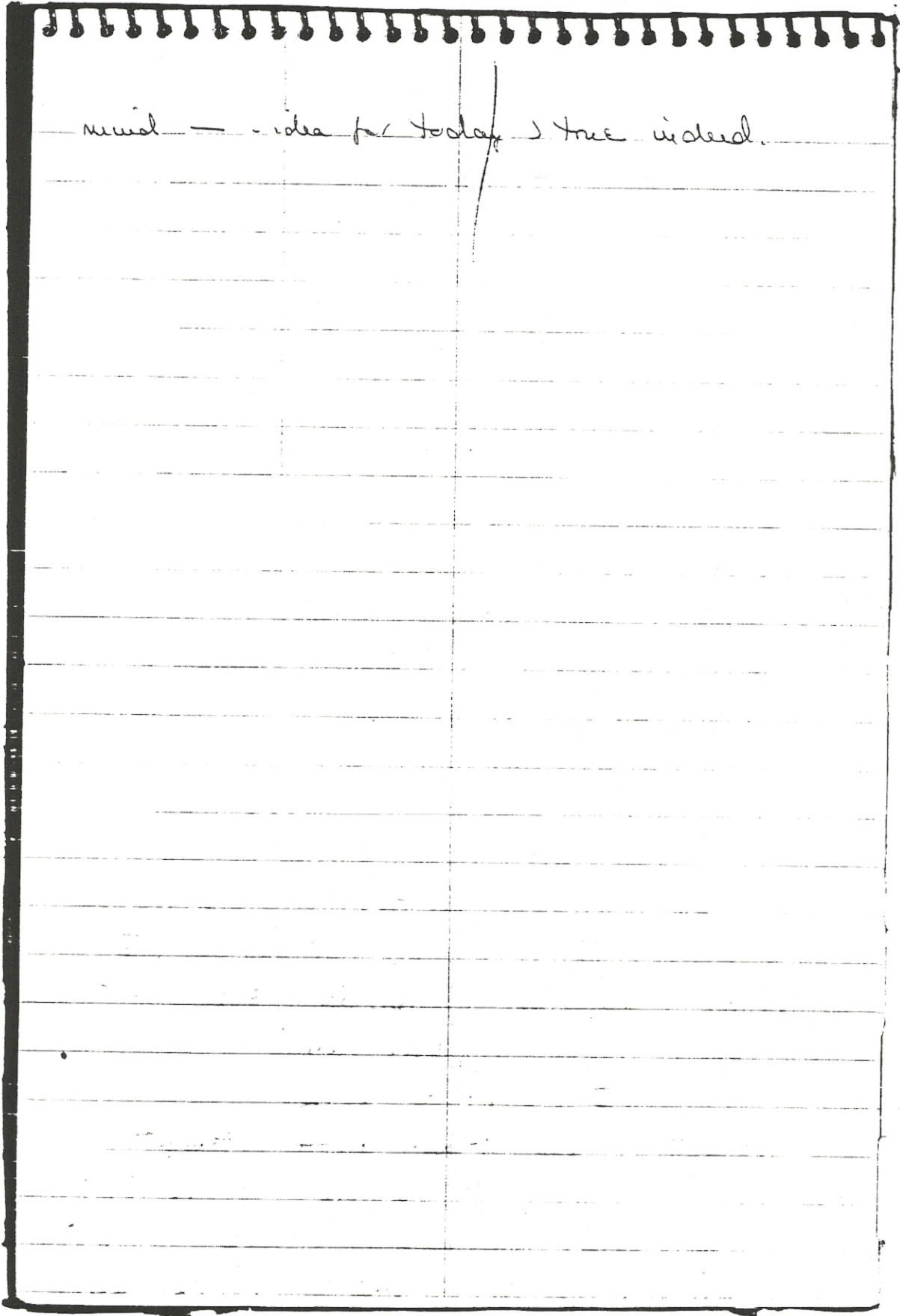
you by hiding Its majesty behind - try  
 hide a evil & selfishness & make ' replace  
 It // let It come into Its own // Here  
 & see; This is you // And light & peace &  
 joy abide & be. -> so //

way - be willing or even able  
 we - just 5 minutes p each hour for  
 - exer. // Try, however, to do so when  
 can // ~~If~~ At least remember ' Repeat  
 today's idea each hour, & -> form:

"light & peace & joy abide in me,  
 My sicknesses & quarantined by God."

then try ' devote at least a minute or so  
 closing & eyes & praying - This is a  
 statement of truth about // If a sit.  
 arises - seems ' be disturbing, quickly dispel  
 illusion p fear by repeating <sup>idea</sup> again //  
 Should - be tempted ' bec angry & someone,  
 talk & silently

"light & peace & joy abide in me,  
 My sicknesses & quarantined by God."  
 - I do much for - world's saluat  
 today // - I do much today ' bring  
 closer - part of saluat. God has assigned  
 // And I do much ' bring - conviction



94. "I am as God created me."

Today - continue - = idea - brings  
complete salvat; - = statement - makes  
all form of temptation powerless; - = thought  
- renders - ego silent & entirely undone //  
7 as God created - // - sounds P - world as  
still, - sights P - world disappears, & all  
- thoughts - -> world seen, held are  
wiped away forever by - = idea // Here  
salvat. accomplished // Here - sanity restored //

True light - strength, & strength -  
Smileless // If remain as God  
created - must be strong, & light  
must be // He who entered -  
Smileless must be - greater P strength  
heart as well // - as God created  
- // Darkness - obscure - glory P.  
See P God // - stand in light, strong  
- smileless - - as created, &  
- - = remain throughout eternity //

Today - - again create -  
1st 5 minutes - P waving hand -  
attempt - feel - truth - // Begin -  
true P searching - - wash;

"I am as God created me

I am His Love eternally."

Now try reach - Love of God  $\rightarrow$   $\leftarrow$   $\rightarrow$  -

Say <sup>words</sup> ~~to~~ <sup>your</sup> mind, as I made  $\rightarrow$

images replace reality  $\parallel$   $\rightarrow$ . Self

~~has~~ <sup>has</sup> never left Its home in God, work

- world uncertainty  $\parallel$   $\rightarrow$ . Self I know no

fear, nor could I conceive of loss or suffering  
or death  $\parallel$

Nothing is required to reach  $\rightarrow$

goal except lay all idols & self-

images aside, go past - long list of

attributes, both "good" & "bad" & ascribed

yourself, & wait in silent expectancy

for truth  $\parallel$  God has Himself

promised it  $\rightarrow$  be revealed to all who

ask for it  $\parallel$  You are asking now  $\parallel$

$\leftarrow$  - fail because He cannot fail  $\parallel$

If I do not meet - requirement

of practicing ~~for~~ for - 1st 5 min. Every

hour, at least remind yourself

by saying:

"I am as God created me.

I am His Love eternally."



Tell  
~~Repeat~~ yourself frequently today — C7  
 as God created you!! And be sure to  
 respond 'anyone who seems' imitate  
 C → words:

"C7 as God created C.

C7 His Son eternally."

Make every effort to do -

hourly exer.<sup>s</sup> today // Each one C

do → be a giant stride toward

C release, & a milestone in learning

- thought system 1 → course sets forth.

95. "I am One Self, ~~created~~ / my Creator."

Today's idea is accurately described as God created you // You are one within yourself, & One with Him // Yours & unity of all creation // Your perfect unity makes change & imposs. // I do & accept & fail 'Realize it must be so, only bec. I believe - I changed yourself already // See yourself as a ridic. parody on God's creation, weak, vicious, ugly, & sinful; miserable & best write pain //

Such & I version of yourself, a self divided in many warring parts, sep. by God & tenuously held together by its erratic & capricious maker, which I pray // It does a how I pray, for a deaf // It does & see - Queen's, for a blind // I do & understand - I - Son of God, for a senseless & I understand anything //

→ attempt today 'be aware only of what I hear & see & make perfect sense // → again

✓ 61. "I am - light P-world."

✓ 62. "Forgiveness & my function as - light P-world."

✓ 63. "- light P-world brings peace' every mind - my forgiveness."

✓ 64. "let me not forget my function."

✓ 65. My only function ) - = God gave me."

66. My happiness & my function are one."

67. Love created me but I keep.

68. Love holds no grievances.

=

✓ 69. My grievances hold - light P-world & me.

✓ 70. My salvat. ✓ ) me.

✓ 71. Only God's plan for salvat. → work.

✓ 72. Holding grievances ) → attack on God's plan for salvat.

✓ 73. I will ) be light.

✓ 74. ) no will but God's

✓ 75. - light has come.

✓ 76. I am under no laws but God's

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77. I am entitled 'miracles'  
78. let miracles replace all grievances

79. let me recognize - probt. so it can be solved.

80. let me recognize - my probt. <sup>s</sup> it been solved.

Our ideas for today's review are:  
 ✓ → review ← ideas today;  
 Today let us review ← ideas;  
 ← 7 - ideas for today's review;  
 Today's review <sup>copy</sup> ← ideas;  
 ← ideas 7 for review today;  
 Our review today <sup>copy</sup> includes ← ideas;  
 Today ✓ → review ← ideas;  
 ← are our review ideas for today;  
 For → review ✓ → use ← ideas;

direct our exer.<sup>s</sup> towards reaching /  
 One day, which I visited - Its  
 Creator // In patience & a hope -  
 try again today //

- use of - first 5 min. of every  
 hour for practicing - idea for - day  
 has spec. advant<sup>s</sup> for - stage P  
 learning & care at present // O  
 diffie - > point & learning a 'alms  
 - mind 'wander if it undertakes more  
 extended attempts // < surely reach of  
 - by now // < seen - extent P < lack  
 of mental discipline, + of < need for  
 mind training // O see. - < be  
 aware P ->, for < indeed a hindrance  
 'r advance //

Frequent shorter p.p.<sup>s</sup> & other  
 advant<sup>s</sup> < -> time // & addit. 'recep.  
 < difficulties < sust. attention, <  
 must also be noticed - unless  
 < -> reminder P - purpose frequently,  
 < tend 'forget about it for long  
 periods P time // < after fail  
 remember - shorter & more frequent  
 applic<sup>s</sup> P. idea for - day, & < a

yet joined - habit P using it as a  
 automatic response 'temptation' //

Structure, →, ) nec. for C →  
 time, planned 'include frequent  
 reminders of C goal, & regular attempts  
 'reach it' // Regularity, a times a time  
 ) e - ideal requirement for - most  
 beneficial form of practice, a salut. //  
 O advantageous, however, for those  
 whose motivation ) inconsistent, & who  
 remain heavily dependent against  
 learning //

← → ∴ keep - five minutes  
 an hour pr. per. for a while, &  
 use C 'omit as few as possible' //

Using - first five minutes P-hour →  
 be partic. helpful, since it imposes  
 finer structure // Do not, however,  
 use C lapses ) → schedule as a  
 excuse e 'return' it again as  
 soon C can // It may well be a  
 temptat. regard - day as lost bec.  
 ← already failed 'do what )  
 Required // → should, however, be merely  
 requ. as what it is; a refusal 'let



↳ mistakes be corrected, + 7 we willingness  
 try again // - H.S. ) a delayed & his  
 teaching by ↳ mistakes // He can be  
 held back only by ↳ unwillingness 'let  
 - go //

let us i. be determined, partici.  
 for - next week or so, 'be willing'  
 forgive ourselves for our lapses &  
 diligence, & our failures' follow -  
 instructions for practicing - days  
 idea // ↳ tolerance for weakness ↳  
~~help~~ enable us 'overlook it' & a 'give'  
 it - power 'delay our learning // If  
 ✓ give it power 'do ↳, ↳ are  
 regarding it as strengths, & thus  
 confusing strengths & weakness //

when ↳ fail 'comply ↳ -  
 req<sup>12</sup> p > course, ↳ merely made a  
 mistake // ↳ calls for correction, & for  
 nothing else // 'allow - mistake'  
 continue ) 'make add. mistakes  
 based on - first, & reinforcing it //  
 o > process I must be laid aside,  
 for o c another way & I ↳ would

defend. illus? no - truth //

let all → errors go by receipt? for  
what they are // → attempts 'keep -  
unaware' → One Self united - One  
Creator, at one → every aspect of  
creation, & limitless power & peace //  
→ - truth, & nothing else → true //  
Today → affirm → Truth appears, &  
try reach - place of → → no  
doubt — only → → true //

Begin - begin p.p. → →  
assurance, grow 's mind → all -  
certainty — → give;

"I am One Self, united - my Creator  
At → every aspect of creation,  
And limitless power & peace."

→ close eyes, & tell yourself again,  
slowly & thoughtfully, attempting to "  
allow - meaning p- words 'sink' in  
mind, replacing false ideas:

"I am One Self."

Repeat → sev. times, & → attempt  
feel - meaning 1 - words convey // →  
→ One Self, united & secure in heart  
& joy & peace // → God's Love, "One Self,"

← One Creator + one goal; 'bring awareness P  
 → One's to "all minds, — the creator  
 may extend - Allness + Unity P God //  
 ← One Self, complete + healed  
 + whole, "power" lift - veil P darkness  
 " - world, + let - light n come  
 through " teach - world - truth about  
 it self // ← One Self, n perfect  
 harmony" ← all → ) x + all — → →  
 be // You are One Self, - holy Love  
 P God, "united ← ← brothers n → Self,  
 united ← ← Father n His Will // Feel →  
 One Self n ←, + let It "leave" away  
 all ← illusions ← ← doubts // → your  
 Self, - Son P God Himself, "sinner as  
 Its Creator, ← His strength" within ←, +  
 His Love forever yours // ← One Self,  
 + o quiz ← " feel → Self within ←,  
 + to cast "all ← illus." out P - One  
 Mind" ) → Self, - holy truth n //  
 " Do a forget today // ← need ←  
 help; ← little part n bringing happiness"  
 'all - world // And Heaven looks ' ← " n  
 confidence — ← → try today // Share,

→, its surety, for a year // Be vigilant //  
Do not forget today //

Throughout - day do not forget a  
goal // Repeat today's idea as frequently  
as possible, & understand it true - do so,  
someone hears - voice of hope -  
Strong P - truth within his mind; a  
gentle <sup>nothing</sup> Strong P - wings P peace // a  
own acknowledgment - 7 One Self, united  
- Father, & a call "all-world, be  
at one - // 'everyone - meet today  
be sure' - give to promise P today's  
idea, & tell him - i

"I am One Self - me,  
United - our Creator - Self.  
I honor & love P what I am,  
And what He is, who loves us both as one."

96. "Salvat. v. > my, <sup>One</sup> Self."

Although < 7 One Self, < exper.  
yourself as 2/ff as both good & evil,  
loving & hating, mind & body // ->  
Sense P being split & opposites must  
induce feelings of acute & constant  
conflict, & bad 'practic attempts'  
reconcile - contradictory aspects P -  
Self-perception // < sought many such  
solutions, & none P. has ~~too~~ worked //  
- opposites < see < < J never be compat. //  
Only one exists //

- fact - truth & illusion I be  
reconciled, no matter how < try, what  
means < use, & what < see - problem,  
must be accepted if < would be solved //  
Until < accepted <, < -> attempt ->  
endless list of goals < I reach; a  
senseless series P expenditures P time  
& effort, hopefulness & doubt, & =  
as futile as . = before, & failing as  
- next one surely will //

Problems I in no meaning I be  
reconciled < - framework - 7 set // Two

selves & conflict could & be resolved, &  
 good & evil is no meeting place // -  
 Self & made I never be your Self, nor  
 I & Self be split in two & still be  
 what It is & must forever be // A mind  
 & body I both exist // Make no attempt  
 'reconcile - two, for I denies - other I  
 be real // If I are physical - (mind)  
 gone > I self-concept, for it has  
 no place & I could be really part  
 of I // If I & Spirit, - body  
 must be meaningless & reality // Spirit  
 makes use of mind as means 'find'  
 Its Self-expression // Ind. mind -  
 serves - Spirit > peace & filled &  
 joy // Its power comes > Spirit, &  
 it is "fulfilling happily its function  
 here" // Yet mind can also see itself  
 divorced > Spirit, & perceive itself  
 within "a body it compares - its self //  
 Without its function there, it has no  
 peace" & happiness > when its thoughts  
 put mind apart > Spirit &  
 there // It has denied its Source of

strength, & sees "itself as helpless, limited  
 & weak" // Dissociated > its function now,  
 it thinks of alone & separate, "attacked  
 by armies waged against itself," & hiding  
 n - body's frail support // Now must it  
 reconcile unlike & like, for > ) what  
 it thinks — o for //

Waste no more time on this //  
 who can resolve" - senseless conflicts  
 \ a dream presents? what could  
 resolution mean n truth? what  
 purpose could it serve? what is it  
 for? <sup>does not</sup> ~~Salvat~~ make illus<sup>e</sup> real, &  
 solve a probl. — does not exist <sup>hope</sup> //

hope, perhaps, it can // yet would < /  
 God's plan for - release of His dear  
 Son" bring pain 'him, & fail 'set  
 him free?

Self retains Its Thoughts,  
 & They remain within mind & n - Mind  
 of God // - H.S. holds Salvat. n "  
 mind, & offers it - way 'peace // Salvat.  
 ) a thought < share - God, rec. His  
 voice, accepting it for <, & answered n  
 name — it & done // Thus )

Salvat. kept among thoughts " & Self  
 holds dear, & cherishes for you'll  
 < -> attempt today ' find >  
 thought, whose presence & mind  
 guaranteed" by Him who speaks ' & >  
 < Own Self // Our bowty & mind  
 practicing" - be a search for Him  
 within & mind // Salvat. v. d. -> One  
 Self = Him who is - bridge betw  
 mind & It // Wait patiently, & let  
 Him speak ' & ' about & Self, & what  
 & mind can do, refer to It &  
 love to, serve Its Will //

Ⓟ < Begin by saying >:  
 "Salvat. v. > my One Self.  
 Its thoughts are mine to use."

- I seek Its thoughts, & claim, as  
 your own // -> & own real thoughts &  
 denied, & let & mind go wandering in a  
 world "of, drag, in final illness to & place  
 Here are & thoughts, - only ones & //  
 Salvat. > among them; - find it > // If  
 & succeed, - thoughts - v ' & " -> teach &  
 & I said, & - & mind" has found -  
 function - it cannot & lose // &



Self - welcome it, or give it peace //  
 Restored & strength, it -> again flow  
 out" -> Spirit - Spirit is all things  
 created by - Spirit as Itself // &  
 mind -> bless all things // Confusion done,  
 & restored, for & I found - your Self //

& Self knows -> I fail  
 today // Perhaps & mind remains  
 uncertain yet a little while // Be  
 & disarmed by this // - joy & Self  
 experience It" -> save for you, & it  
 -> yet be yours in full awareness //

Every time & spend 5 min. P-  
 how saying - "Hein" who joins & mind  
 & Self, & offer "Hein" another treasure  
 be kept for you //

Each time today & tell & practice  
 mind "salvat. v" -> One Self &

lay of "other" treasures & growing stock

And allow it -> give <sup>anyone</sup> anyone who cares

for it, & -> accept - gift // Think -> low

much & give & "to give -> day, -

it be given you!

2001-1-27 - "I am Spirit."

Today's idea identifies ✓  
 One Self // It accepts no split  
 identity, nor this 'weave opposing  
 factors & unity // It simply states  
 - truth // Practice → truth, today  
 as often as I can, for it will  
 bring I mind & conflict - quiet  
 fields & peace // No chill of fear  
 can enter, for I mind has been  
 absolved of madness, letting go the  
 illusion of a split-identity //

✓ state again - truth about  
 your Self, " - holy Son of God, who  
 rests in you" whose mind has been  
 restored 'sanctity' // ✓ - Spirit  
 lovingly endowed ✓ all ✓ Father's  
 love & peace & joy // ✓ - Spirit  
 which completes His Self, & shows  
 His Function as Creator // He  
 is always, as I am //

Today I try 'bring reality  
 still clear I mind // Each time I  
 practice, awareness P - truth & brought

a little near at least; sometimes a  
 thousand years or more are saved // -  
 minutes - < give & multiplied over &  
 over, for - miracle makes use of Time,  
 & > e ruled by it // Salvat. > a miracle =  
 - first & last; - first - > - last, for  
 & > one // <sup>the</sup> Spirit whose mind  
 abides - miracle & all time stands  
 still; - miracle & a minute spent  
 & using - ideas becomes a time "I has  
 no hint & I has no end // Give, - , -  
 minutes willingly, & count" on Him  
 who promised "lay Time users" beside  
 them // He > offer all His strength  
 any little effort & make // Give Him  
 minutes <sup>that</sup> he needs today help  
 understand in Him ~~the~~ Spirit  
 abides in Him, & which "calls" - His voice  
 "every living thing"; offers His secret  
 "Everyone who asks"; replaces errors -  
 - simple truth //  
 - H.S. - be glad in "love"  
 mind P.D. how & hands, & carry  
 around - aching world where pain

+ missing of par' rate // He is a "overlook  
 = open mind" — I accept - healing gift  
 - bring, & He is lay - everywhere he  
 knows "they - be welcome & And -  
 increase" a healing power @ time &  
 someone accepts" - as his thoughts, &  
 uses - heal //

This is a gift be multiplied  
 a thousand-fold, & tens of thousands  
 more // And when a returned 'you, it  
 will "surpass a myriad - little gift -  
 gave" as much as does - radiance of  
 sun out shine - they gleam a  
 brightly "waves an instant moment, & -  
 goes out // Light - steady brilliance  
 P - heart remain, & lead out of  
 darkness, we - "be able 'forget -  
 way again //

Begin - happy exercises -  
 - words - H.S. would speak 'G, & let'  
 - Echo round - world - Hui; 26;

"Spirit and I, A holy love of God,  
 Free P all limits, healed & whole,  
 Free 'forgive, & free 'save - world."

Expressed - H.S. will "accept  
 which - received & then, increase its  
 power & give it back to you //

Offer a prac. period today  
 gladly! Now // And He - speak' you.  
 Reminding - Spirit, One -  
 Now to God, One - all -  
 brother - & your Self // Listen for  
 His assurance every time "speak  
 = speak - words He offers - Today,  
 & let Him tell & reveal - are  
 true // Use - against temptation, &  
 escape - some consequences if  
 yield - belief - something  
 else //

- H.S. gives - peace today //  
 Receive His words, & offer - Now //

98. "I accept my part  
- God's plan for salvation."

Today - ) a day of spec.  
dedication // ✓ take a stand on but ?  
side today // ✓ side ✓ truth, & let  
illus. go // ✓ → e vacillate betw. - 2,  
e take a firm position ✓ - One ✓  
dedicate ourselves to truth today, &  
salvation as God planned it be //  
✓ → e argue of something else; ✓  
→ e see for it where e // n glimmers  
✓ accept it as it is, & take part  
assigned us by God //

How happy & certain! All  
our doubts " ✓ lay aside today, &  
take our stand " ✓ certainty of  
purpose ~~✓~~ ✓ Thanks " — doubt )  
gone & surety has ✓ // ✓ a mighty  
purpose fulfilled, & it been given  
everything we need " ✓ ✓ reach goal //  
Not " mistake " stands in our way //  
For ✓ been absolved " of errors // All  
our sins " & washed away " by reaching  
- a but mistakes //

...quitans & no fear, for are  
 safe & escape & safety // = do = "appeal  
 magic, nor invent escapes" & fancied  
 threats without reality // They rest in  
 quiet certainty, that they do what  
 O give: 'do' // They do = doubt - &  
 own ability, bec. know - & <sup>purpose</sup> purpose - be  
~~met~~ "completely, in perf. time & place //  
 They took - stand ~~the~~ <sup>which</sup> - > take  
 today, ~~to this~~ <sup>that</sup> - > witness it - >  
 share & certainty, & thus "witness it by  
 accepting it ourselves /  
 They - be - us; all who took  
 stand" - > take today - > gladly offer  
 us all that they learned, & every gain  
 they made // Those still want, too,  
 -> join - us, & borrowing our certainty,  
 -> make "it stronger skill #; while -  
 -> repeat unbroken" -> hear - call - heard,  
 -> answer it "when they come 'make  
 -> choice again" //  
 -> do - choose but for  
 ourselves today // Is it - worth 5  
 min. ~~TA~~ ~~PP~~ - time "I leave" be  
 able 'accept' - happiness / God has

"quite - ?" // "O - words 5 min. slowly"  
 "Recognize - special function here?"  
 "Is a five minutes P-hour but "a  
 small request - terms of a reward" so  
 great it has no measure? - "made"  
 a thousand losing bargain, at - least //

// Here > 7 offer - ~~guaranteed~~  
 "guaranteeing you" your full release &  
 pain P every mind, " & joy - world does  
 contain // - " exchange a little P  
 - time for peace - " of mind & certainty  
 P purpose, - " - promise P complete  
 success // And since " time has no  
 meaning, - & being asked " for nothing  
 a return for everything // // Here > a  
 bargain - & loss // And what a gain  
 > limitless indeed!

Each hour today give Him  
 the tiny gift " P but 5 minutes // He  
 - " give - words " - use in practicing  
 today's idea " - deep conviction & -  
 certainty" & lack // His words - join  
 ✓ yours, & make " a repeat. P today's  
 idea " a total dedication, made a



(P. 116) Fisher

14	0	14
8	10	18
22	10	32

①

N = total sample size = 32

$\left\{ \begin{array}{l} n = 14 \\ k = 10 \end{array} \right\}$  Smallest materials  
interchangeable

X = interest of n & k (0)

exact p follows (.000678), when  
you take X;

faith "as perfect / <sup>as sure as</sup> His in you // <sup>TP</sup> His  
 Confid.  $\rightarrow$  bring - light " enjoy word &  
 say // And  $\rightarrow$  ~~go~~ " beyond  $\rightarrow$  counsel  
 what - really mean // Today & practice  
 - New, as I say:  
 "I  $\rightarrow$  accept my part in God's plan  
 for salvation."

n D. S. new —  $\rightarrow$  spread - Him, He  
 $\rightarrow$  accept  $\rightarrow$  words, & give - back " &  
 all bring - faith & confidence " so  
 strong & steady they  $\rightarrow$  light - world " &  
 hope & gladness // Do not lose one  
 chance " be - glad receive P His  
 gifts, " —  $\rightarrow$  may give - world  
 today //

Give Him - words, & He  $\rightarrow$  do  
 - rest // He  $\rightarrow$  enable - understand "  
 & special function // He  $\rightarrow$  open up "  
 - way ' happens, & peace & trust "  
 I  $\rightarrow$  ~~his~~ His gifts, His answers & words //  
 He  $\rightarrow$  respond  $\rightarrow$  all His faith &  
 joy " & certainty — what I say &  
 true // And  $\rightarrow$  I consider  $\rightarrow$  P  
 Him " who knows  $\rightarrow$  special function  
 -  $\rightarrow$  " here on earth " as well as Heaven //

He → "a" @ practice period → show →  
 "Hui" exchanging very instant. P. # -  
 time" offer Hui for time lesson →  
 peace //

Throughout - how let " time  
 be spent " a happy prepar. for - next "  
 5 minutes → spend again → Hui // "  
 Repeat today's idea while " wait " for -  
 glad time " come " → again // Repeat it  
 often, + do a forget " @ Time & do  
 so, → have let " mind " be reached for  
 - happy time " come //

And when - how's gone, & He  
 → " once more " spend a little time →  
 " be thankful, & lay down all  
 earthly tasks; " all little thoughts &  
 limited ideas, " & spend a happy time  
 again → Hui // Tell Hui once more  
 - accept - part — He would I  
 take, & help " fill // And He →  
 make & sure " want → choice, which  
 He has made → " & " → Hui //

99. Salvat. > my <sup>only</sup> function here."

Salvat. & forgiveness 7 - Same //  
They both imply — something has  
gone wrong; something < need be  
saved from or forgiven for; something  
amiss that needs corrective change;  
something apart or different 2 - Will P  
God //

(These do both terms imply something  
imposs., but yet ~~set~~ <sup>which</sup> has occurred,  
resulting in a state of conflict betw.  
what is & what could never be //  
T/Truth & illusion both are equal now,  
for both have happened // - impossible  
because - thing < need forgiveness for;  
salvat. from //

~~Salvat.~~  
~~Forgiveness~~ - borderland betw.  
truth & illusion // It reflects - truth  
bec. 0 - means by 1 & can "  
escape" illus // Yet 0 a truth, bec.  
it undoes what & never done // How  
could 7 be a meeting place at  
all " where earth & Heaven 1 be

reconciled " within a mind - where both of  
 them exist? - mind & ~~the~~ sees, illus<sup>s</sup>  
 things - real // "They have existence &  
 that they are thoughts" // And yet  
 they are not real. bec. - mind —  
 things → thoughts ) Sep. → God //

What joins - separated mind  
 & thoughts? "Mind & Thought which  
 are forever One?" What plan  
 could ~~be~~ hold - truth violate,  
 yet recogn. - need illus<sup>s</sup> bring, " &  
 other means by which they are  
 undone" without attack & — no  
 touch of pain? What but a Thought  
 of God could be this plan, "by which  
 the near/done > overlooked, & suis  
 forgotten & is never real?"

- H.S. ~~holds~~ <sup>holds</sup> → plan of God "  
 exactly as it & received of Him within  
 - Mind of God, & is <sup>is</sup> "O apart  
 > time & — its source" > timeless //  
 Yet it operates in time" bec. of your  
 belief — time > real // Unshaken does  
 - N.S. look " on what I see; on  
 sui & pain & death; on grief &

separation + or less // Yet does He know one  
thing must / still be true; God still is  
love, + > > a His Will //

This is - Thought Which brings  
illusions - truth, & sees them as  
appearances " behind which is - changeless  
& - sure // This is - Thought Which  
saves & which forgives, bec. It lays  
no fault on what is - created by  
- only Source It knows // This is -  
Thought whose function is to save,  
\* by giving - Its function as -  
ours //

Salvation is your function, -  
One " whose - plan is given // Now are  
- entrusted - > plan, along -  
His // He has one answer 'appearances,  
regardless of - form, - size, - depth,  
or - attribute they seem' //

"Salvation is my only function here."  
I am - God still is love, + > > a His Will."

on who - yet work miracles,  
be sure" & practice well - idea for  
today // Try ' perceive - strength -  
what I say, " for - are words -

freedom his // Your Father loves you // All  
 - world & pain " ) = His Will // Forgive  
 yourself - thought " He wanted > for //  
 + let - thought " < Which He has  
 replaced all " mistakes " ~~into~~<sup>enter</sup> - darkened  
 places & " mind " which thought -  
 thoughts — now were His Will //  
 > part belongs God, as does  
 - rest // It does & think its solitary  
 thoughts & make - real by believing them  
 > Now // let & - heart, & < -> look upon"  
 no obstacle " what He wills for you //  
 Open & secrets " His kindly light, & see  
 how bright this light still shines & //  
 P/ Practice His Thought today, & let His  
 light " See out & lighten up all  
 darkened spots, " & shine & them & for -  
 rest // O God's Will & mind be One &  
 His // O God's Will that He has but  
 One Son // O God's Will — His One  
 Son is you //

Think of these things & practicing  
 today, & start & longer practice periods  
 by < -> instruction & way & fruits:

"Salvat -> my only function here

Salvat or forgiveness 7 - Same 4

+ turn Him who shows < function - you, + let Him teach - what < need 'have' 'lay all fear aside, & know your Self' as Love which has no opposite - // Forgive all thoughts - would oppose - truth of your completeness, unity & peace // You & love - quite < Father gave // < do we want 'be another self' // < no function -> i.e. of God // Forgive yourself - = < think < made // Forgiveness & salvat. are - same // Forgive what < made, & 7 saved //

"a special message for today" has - power 'remove all forms' of doubt + fear from < mind // If < 7 tempted 'believe - true, "remember - appearances can be with stand - truth - mighty words contain truth // How to < - I

"Salvat. my only function here -

God's still > - love, + > > a His Will & P // only function tells < < 7 One // Remind yourself - > - between - times" < give 5 minutes, "be shared < Him" who shares



God's plan - you // Remind yourself:

"Salvat. > my only friend here."

Thus do I lay forgiveness on my mind, &

let all fear be gently laid aside, —

Love may find its rightful place &

& show — — — Love of God

100. "My part is essent. ' God's plan for salvat. "

Just as God's Son completes his Father, so r part n it completes r Father's plan // Salvat. must arise - mad believ' n sep. thoughts + sep. bodies, which lead sep. lives r go n sep. ways // One funct. shared by sep. minds unites them n one purpose, for d = > equally essent. ' - all //

God's Will for (-) perfect happiness // why should r choose ' go against His Will? // - part <sup>that</sup> He has saved for r "face" n working out His plan n spirit r - r might be restored ' what He wills // r part r essent. ' His plan as r happiness // r say must be complete ' make His plan be understood by those ' whom He sends r // They - see -> function n r shining face; r hear God calling - n r happy laugh // r r wided essent. ' God's plan //

Without joy His joy is incomplete //  
 Without smile - world to be saved //  
 While we are sad - spirit of God himself  
 appointed - means 'save - world  
 to cheer & entertain // And no-one laughs  
 because all laughter is but echo yours //  
 - & indeed essential 'God's plan //  
 Just as light increases every light  
 - shines in Heaven, so joy on earth  
 calls 'all minds' let sorrow go,  
 & take a place beside God's plan //  
 God's messengers & joyous, & joy  
 heals sorrow & despair // They are - proof  
 That God wills perfect happiness for all  
 who will accept their Father's gifts as theirs //  
 - let ourselves be sad today //  
 For if we do, - fail 'take - part  
 - essential 'God's plan, as well  
 as 'our vision // Sadness is - sign  
 - would play another part instead  
 of what has been assigned - by God //  
 Thus do - fail 'show - world how great  
 - happiness He wills for you // And so  
 - do - recognize - yours.

Today - attempt: underst,  
 joy - our function here // If we are sad  
 - part 2 unfulfilled, + all-world  
 ) Thus deprived of joy, along - you //  
 God asks - be happy, so - world  
 Can see how much He loves His Son, + with  
 no sorrow rises to abate his perfect joy;  
 no fear betrays him: disturb his peace //  
 - 7 His message today // - bring

His happiness - all - look upon;  
 His peace + everyone who <sup>looks on</sup> passes by  
 - and sees His message - happy face //

- prepare ourselves for - today  
 - our 5 min practice periods  
 by feeling happiness arise in us  
 according our Father's will + ours //

Begin - exercises - thought

today's idea contains // These feelings  
 - part - be happy // Only -  
 I could put anyone who wants to take  
 + his place among - messengers of God //  
 - Think what - means // - indeed been wrong  
 - - belief - sacrifice - asked //  
 - but receive according God's plan,  
 + never lose or sacrifice of die //

Now let us find / — for which power  
us + all — world <sup>God's</sup> Will for us //

o — function — — find it here  
+ that — find it now // For — — came //

let — = be — day — — succeed!

look deep within — — imperceptible by all  
— little thoughts + foolish goals — pass  
as — ascend — — Christ — //

He will be there // And — — reach His work  
what could — rather look upon us instead  
of Him who waits — that — may look on Him?  
what little thought has power — hold you back?  
what foolish goal can keep — from success  
when He who <sup>calls</sup> ~~wants for~~ — God Himself?

He will be there // — — essential to  
His plan // — — His messenger today //

And you must find what He would — — give //

Do — forget — idea for today  
between — longer practice period //

It is — Self who calls — — today,

+ o — His answer — every time

— tell yourself — — essential to

God's plan for — — salvat. P. world.

101. 'God's Will for me & perf. happiness'

Today -> cont. - theme

Perfection // -> a key idea

'quest.' what salvat. means //

< still believe it as a for suffering //

as penance for < "sin." -> a so //

yet < must think it so while < believe

— sin > real, & — God's Love I will

If sin > real -> punishment > just,

+ I be escaped // Salvat. thus

I be purchased but -> suffering //

- If sin > real -> happiness must be illusion, for they both be true //

- sinful want only death & pain,

+ & -> they ask for, for they know

it waits for them -> it -> seek them out

+ find them somewhere, sometime, & some form

— sin - account they owe 'God //

- would escape Him -> fear // And yet

He -> pursue, & - can a escape //

If sin > real Salvat. must be pain //

Pain > cost of sin, & suffering

can never be escaped if sin > real //

Salvat. must be feared; for it -> kill,

but slowly, taking everything away

before it grants - welcome boon of death  
 to victims who on little mercy - boxes  
 before salvation > appeared // Its wrath  
 > boundless, merciless, - but wholly just //  
 who would seek out such savage punishment  
 who would flee salvation, & attempt  
 > every way & can 'drown - voice  
 which offers to 'live? Why would I try  
 'listen, & accept Its offering?  
 If sin > real Its offering is death,  
 & melted out, & coal form. To match  
 - mirrors wishes & I sin > born //

If sin > real salmt's has become  
 < bitter seeing, - curse of God  
 upon < who I conceived His soul  
 < need - <sup>prac. per</sup> exercise for today //  
 - exer's teach sin > real,  
 & all - < believe must v > sin  
 > never happen, for it has no cause //

Accept statement < > open mind  
 I cherish no lingering belief  
 - < made a devil & God's soul //  
 > no sin // < practice > idea therapist  
 as often as < can today, because  
 0 - basis for <sup>today's</sup> ~~truth~~ // God's will

God's Will

/ for < > only perfect happiness

bec. > no sin, + suffering

> counselors // Joy > just, + pain is but

- sign < misunderstood yourself //

Fear < Will of God // But then 'IT

> no consequence — IT > set < free

> all - consequence as sin has <sup>worship</sup> brought

> fearish <sup>in</sup> questions // Say: —

"God's Will for me > perf. happiness."

> no sin; it has no consequence."

So should < start < pract. periods,

+ < attempt again find joy

< thoughts > in fact: it < need //

Give < 5 min < gladly 'resort

- heavy load < laid upon yourself

< - sincere belief — sin is real //

TP // Today escape > madness // < set

> dangerous road, + now today idea

"bring wings 'speed' < out, < hope 'go

still faster' - waiting good < peace //

" > no sin, < Remain here > today"

+ tell yourself 'as if' true < can

"God's Will for me > perf. happiness."

> - truth bec. > no sin.



- 102. "I shall God's Will for happiness for me"

← do I want 'suffer' // ← may think  
it has ← something, & may still believe  
a little that it has ← what I want //  
yet → belief & surely shaken now,  
at least enough to let ← ? it,  
& 'suspect' it really makes no sense //

? <sup>TP</sup> It has gone as yet, but back-roots  
— one record it tentatively "dark"  
& hidden secret places of mind //

Today I try to lose its weakness <sup>hold</sup>  
still further // And 'realize' — "power"  
& purposeless, without a cause, & ←  
no power 'accomplish' anything //

'P It cannot purchase anything ← all //  
It offers nothing, & does not exist //  
And everything I think it offers ←  
& lacking an existence, <sup>like</sup> itself //

← been slave 'nothing' // Be ← free  
today, 'join - happy Will of God //  
For several days ← → cont. '

devote our lower part. per. <sup>s</sup>

'exerc.' planned 'help' & receive

- happiness God's Will has planned & //

Here ) < love & here < safety is //

Here ) < peace, & here → ) no fear //

Here ) salmat // Here ) rest at last //

Begin - longer p.c. pers today

✓ → accept. P God's Will for you:

"I share God's Will for happ. for me

& I accept it as my quest - now."

To seek → quest. deep & crucial,

for a →, awaiting but < choice //

& I fail' find it when < have

it is < choice, & — I share God's Will //

Be happy, for < only function here

> happiness // < no need' be

love loving' God's Love than HE whose Love

created this as loving as Himself //

Pause frequently Today & tell yourself

→ I now accepted happiness

as < = function // And to love — <

7 joining < God's Will & doing = //

103. "God, being love, is also happiness."

Happiness is not a thing. It is love.  
 If I be apart from it, how can  
 it be experienced where love is not?  
 Love has no limits, being everywhere.  
 And therefore joy is everywhere as well.  
 Yet our mind denies — so,  
 believing — we gaps in love where we  
 can enter, bringing pain with it. A joy.  
 → strange belief would limit happiness  
 by redefining love as limited,  
 + introducing opposites in  
 what has no limit & no opposite.  
 Fear is associated now with love,  
 + its results become — heritage  
 of mind & think what it needs to read.  
 → images, & no reality  
 & truth, but witness — fear of God,  
 forgetting being love. He must be joy.  
 → basic error — try again  
 'Shift' truths today, & teach ourselves:  
 "God, being love, is also happiness."  
 'fear Him' & 'be afraid of joy.'

Begin to lower eyes for  
 today - association, which  
 corrects - false belief - God & fear //  
 It also simple happiness  
 belongs - bec. of what He is //

Allow - correction to be placed  
 within mind & waking here today //  
 - welcome all - happiness & love,  
 as truth replaces fear, & joy becomes  
 what I expect - take place & peace //  
 God being love - be quiet - // But  
 Bolster expectation frequently  
 throughout - day, & quiet all - fears  
 - assurance, kind & wholly true:

"God, being love, is also happiness.  
 And it is happ. I seek today,  
 I seek - truth."

104. "I see but what belongs me  
a truth."

Today's idea cont. — Thought  
— joy & peace are a bit idle dreams  
- 7 - right, see of what I am //  
- v' - ) God, who I fail  
'give - what He wills // Yet must be  
a place made ready 'rec. His gifts //  
- 7 - welcomed gladly by a mind  
which has placed - gifts, it made  
where His belong, as substitu<sup>s</sup> for them //

Today I would remove all meanings  
& self-made gifts which I placed upon  
- holy altar where God's gifts belong //  
- 7 - gifts I are our own a truth //  
- 7 - gifts I've inherited  
before time was, & I still be ours  
when time has passed & eternity //  
P/ - 7 - gifts I've within us now,  
for they are timeless // And I need a wait  
'I there // They belong 'us Today //  
.. - - ' now, & know  
a choosing - a place & what I made

↳ but unite our will ↳ what God wills,  
 + receive - same as being One //

Begin

Our longer pr. per. today,  
 - clearly 5-min. quiet truths  
 for a salvat. should beg. ↳ :

"I seek ~~for~~ <sup>but</sup> what belongs 'us' a truth,  
 + joy + peace ↳ my inheritance."

↳ lay aside - conflicts of world,  
 which offer other gifts + other goals  
 made of illus. witnessed by them,  
 + sought for only in world of dreams //

All ↳ lay aside, & seek instead  
 that I truly own, as I ask  
 'receive what God has given us' //

It ↳ clear a holy place within our minds  
 before His altar, where His gifts of peace  
 + joy are welcome. I'll come  
 'find what has been given us by Him' //

↳ I could today, aware  
 that what belongs 'us' a truth is what  
 He gives // <sup>and</sup> I would wish for nothing else,  
 for nothing else belongs 'us' a truth //

So do a clear way for them today  
 by simply recognizing — His Will  
 is done, already, & — joy & peace  
 belong us as His eternal gifts //  
 ✓ → a let ourselves lose sight of them  
 between — Times & I ✓ seek for them  
 where He has laid them // → reminder →  
 a bring 'mind as of the act — case:

"I seek but what bel. 'me a truth.  
 God's gifts of joy & peace & all I want."

105. "God's peace & joy are mine!"

God's peace & joy are yours //  
Today I will "accept", knowing bel. 'us //  
And I try 'underst. - gifts  
increase as I receive - // They are a  
kind of gift - world can give, in which  
- giver loses as he gives - gift;  
- takes - relief by his loss //

↳ The gifts, but bargains  
made - a gift // "A truly given gift  
entails no loss" // O. implies - one  
can give" bec. another loses // - implies  
a limit + I in sufficiency //

No gift I give thus // Such "gifts" are but  
a bid for a more valuable return,  
a loan - interest to be paid in full,  
a temporary lending, meant to be  
a pledge of debt to be repaid & more  
received by the who <sup>took</sup> takes the gift //

↳ strange distortion of what giving means  
persuades all levels of world - see //  
It strips all meaning - gifts - give,  
& leaves nothing - ones - take //



~~established for~~  
 A major learning goal / course has set  
 a reverse view of giving, so  
 we can receive // For giving has become  
 a source of fear, & so we would avoid  
 - only means by which we receive //  
 Accept God's peace & joy, & we have  
 a diff. way of looking - a gift //  
 His gifts - never leave when we  
 give away // They but increase the gift //  
 As Heaven's peace & joy intensity  
 when we accept - as God's gifts //  
 so does - joy of your Creator grow  
 when we ~~allow~~ <sup>accept</sup> His joy & peace ~~as yours~~ //  
 True giving = creation // It extends  
 - limitless - unlimited,  
 eternity: timelessness, & love  
 into itself // IT adds 'all' - is  
 complete already, ~~as scripture terms~~  
~~of adding more, what would that imply~~  
~~for us that it~~  
 a time before // IT adds by letting what  
 cannot contain itself fulfil its aim  
 of giving away thing it has away,  
 securing it forever for itself //  
 Today accept God's peace & joy as yours //

let Him complete Himself as He desires  
 completion // I understand that what  
 completes Him must complete His Son as well //  
 He cannot give = loss, nor can His Son //  
 Receive His gift of joy & peace today,  
 & He - thank I for your gift ' Him //

Today our practice periods - start  
 a little differently // Begin today  
 by thinking of those brothers who I have  
 denied / by - peace & joy - we "I right  
 under - equal laws of God //  
 Here I denied - myself // And here  
 I must return, claim - as I owe //  
 Thank I "I myself" a little while,  
 & tell I = as he occurs ' I,

"My brother, <sup>joy & peace</sup> peace & joy I offer I,  
 That I may I God's p. & j. as mine."

Thus I prepare myself 'receive'  
 God's gifts 'I, & let I mind be free  
 of all - would permit success today //  
 Now are I ready 'accept - gifts  
 of peace & joy which God has given I //

Now I ready 'exercise

- joy & peace - denied yourself //

Now I can say "God's peace & joy are mine,"  
for I give what I would receive //

I must succeed today, if I prepare  
I mind as I suggest, for I let  
all bars 'peace & joy be lifted up,  
& what is yours can come - at last!  
So tell yourself, "God's peace & joy are mine,"  
& close I eyes a while, & let His Voice  
assure I - words I speak are true.

~~IX~~ Spend - five minutes thus - "Now  
I give" I can today // But do - think  
- less - worthless when I give Him more //

~~IX~~ At least remember hourly - say  
- words that call on Him 'give I what  
He wills I give & wills I receive //

~~IX~~ Determine a 'intake today  
- what He wills // And if a letter seems  
- tempt I deny God's gifts I love,  
see it as but another chance to let  
yourself rec. gifts of God as yours  
& bless - water thankfully, & say,  
- "My Father, p. & s. I offer  
that I may I G's p. & s. as mine."

106. "let me be still & listen - truth"

If I → lay aside - ego's voice,  
 lower - loudly it may seem call;  
 If I → accept its petty gifts, ✕  
 I give nothing - I really want;  
 If I → listen - open mind,  
 I have told what cannot be;  
 → I → hear - necessity voice & truth,  
 quiet & power, strong & stillness, &  
 completely cert. Its messages //  
 I listen, & hear & Father speak //  
 = His appointed voice, which silences  
 - Thunder P - meaningless, & ~~show~~ <sup>step</sup> <sup>spaces</sup> ~~lets~~  
 - way 'prose' those who cannot see //  
 Be still today, & listen - truth //  
 Be & descend by voice P - dead  
 which tell I they I found - source P life,  
 & offer it I for I belief //  
 Attend - &, but listen <sup>to</sup> - truth //  
 Be & afraid today 'circumvent  
 - voices of world // walk <sup>lightly</sup> ~~partly~~ part  
 & meaningless persuasion / Hear - not //  
 Be still today & listen - truth //  
 Go past all, <sup>things</sup> which do & speak P New

who holds happiness within His hand,  
 held out ' you a welcome & a love //  
 Hear Him today, & do a wait  
 reach him long // Hear our voice today //  
 Today - promise of God's Word kept //  
 Hear & be silent // He would speak ' //  
 He comes & miracles a thousand times  
 as happy & as wonderful as these  
 & ever dreamt of wished for & dreamed //  
 His miracles are true // - & a fade  
 when dreaming ends / - led. dream instead,  
 ? & last forever, for they v > God // ?  
 (" His dear Son, whose other name is you )  
 Prepare & self for miracles today //  
 Today allow & Father's ancient pledge  
 ' you & all & waters ' be kept //  
 Hear Him today, & listen ' - Word  
 which lifts - veil that lies upon - earth,  
 & wakes all, those who sleep & I see //  
 He calls them & you // He needs & voice  
 ' speak ' them, for who could reach God's Son  
 except his Father, calling & your Self ?  
 Hear Him today, & see his voice  
 ' speak ' all - multitude who wait

'hear - Word that He → speak today //  
 Be ready for Salvat // O hope,  
 + will today be given unto you //  
 And I will bear (junction) - One  
 who close it - Father's Name for you //  
 listen today, & → hear a voice  
 that → resound throughout - world - you //  
 - Bring all miracles has need  
 - I rec. first, & ~~that~~ <sup>thus</sup> become  
 - former give & what I received //  
 Thus does saved start, & thus it ends;  
 when everything > yours, & everything  
 > give away, it > remain - I  
 fear // And - lesson has been learned //  
 Today - practice giving, not - way  
 I understand it now, but as it is //  
 - longer exer. should beg.  
 → request for I subscribe meet;  
 "I be still & listen for <sup>to</sup> truth."  
 "What does it mean 'give & receive'?"  
 Ask & expect - I answer // I request  
 I = whose answer has been waiting long

' be rec. by // It → be given  
 - ministry for which I came, & which  
 → free-world & thinking giving is  
 a way 'lose // And so - world becomes  
 ready 'underst. & ' receive //

Be still & listen' - truth today //  
 For @ 5 minutes spent in listening  
 a thousand minds & opened ' - truth,  
 & they → hear - holy word & hear //  
 And when - hour is past, & I again  
 release a thousand more who have 'ask  
 — truth be given - along - // Today -  
 holy Word & God > kept  
 & receiving it ' give away,  
 so & I teach - world what giving means  
 by listening & hearing it P Hm //  
 Do a jagged today ' reinforce  
 & choice ' hear & ' rec. - Word  
 by a reminder, give ' yourself  
 as often as is possible today;

"let me be still & listen' - truth //  
 I am - messenger P God today,  
 my voice & His, 'give what I rec."

107. "Truth - correct all errors & my mind"

What can correct illus<sup>n</sup> - truth?  
And what are errors but illus<sup>n</sup> - which  
remain unrecogn. for what - OR?  
When truth has entered errors disappear //  
- merely vanish, leaving a trace  
by which I be remembered // They - gone  
because without belief - no life,  
& so they disappear to nothingness,  
retaining whence they came // I don't think  
they come & go, for only truth remains //

Can I imagine what a state I mind  
without illus<sup>n</sup> is? How it would feel?

Try remember when I was a child, -  
perhaps a minute, maybe even less, -  
when nothing came interrupt - peace;  
when I was certain I was loved & safe //

Try picture what it would be like  
if that moment be extended to  
- end of time & to eternity // ~~IT~~  
let - sense of quiet - felt  
be multiplied a hundred times, & -  
be multiplied another hundred more //

And now I have a heart, not now - just



- faintest intuition p-state
- ↳ mind → rest, when - truth has come //
- ↳ without illus. <sup>s</sup> → <sup>could</sup> ~~be~~ be no fear,
- no doubt & no attack // when truth has come
- all pain is over, for → no room
- for transitory thoughts & dead ideas
- ↳ high in mind // Truth accepts
- ↳ mind completely, liberating you
- ↳ all beliefs - ephemeral //
- no place for - Truth has come,
- & they are nowhere // they cannot be found,
- for truth is everywhere forever now //
- ↳ when truth has come, it does not
- stay a while, & disappear, or change 'something
- else' // "It does a slight & alter
- its form," nor come & go & go & come again //
- ↳ It stays exactly as it always was,
- 'be depended on in every need,
- & trusted in a perfect trust in all
- seeming difficulties & - doubts
- ↳ which - appearances - world presents
- surprised // → merely how things
- ↳ when truth comes - eros in mind //
- ↳ when truth has come it harbors in its wings
- gifts of perfect constancy, & love

which does a falter n - face of pain,  
 but looks beyond it, steadily & sure //  
 Here - gift of healing // For - truth  
 needs no defense, & in no attack  
 is possible // Illus<sup>s</sup> can be brought  
 ' truth ' be corrected // But - truth  
 stands for beyond illus<sup>s</sup>, & can not  
 be brought ' there ' turn ' there ' truth //  
 Truth does a v. r. go <sup>some</sup> & shift <sup>not</sup> & change,  
 a - appearance now & then in that,  
 evading capture & escaping grasp //  
 It does a hide // It stands in open light,  
 n obvious accessibility //  
 It is impossible - anyone  
 could see it truly, & could a succeed //  
 Today belongs ' truth // Give truth to due,  
 & it - give ' yours // & is a meant  
 ' supply & ' die // & Father will  
 & draws be gone // let truth consist: all  
 & do ask for what & do a have //  
 & merely ask for what belongs ' us,  
 that & may receive it as our own //  
 Today & practice our - happy note  
 of certainty which has been born of truth //

- shay + <sup>steady</sup> ~~une~~ footsteps of  
 illusion ) e our approach today //  
 ✓ 7 as cert. a success as  
 are sure - live + hope + breathe + think //  
 - do a doubt - wave - truth today,  
 + count on it - enter into all  
 - excuses - do today //

Begin by asking Him who goes  
 upon → undertaking - He be  
 a awareness as go - Him //  
 - 7 e made of flesh + blood + bone,  
 but were created by - self same thought  
 which gave - gift a life - Him as well //  
 He is - Brother, + so like -  
 Your Father knows - 7 both - same //  
 // 0 - Self case - go - 7,  
 + how could He be absent unless - are ?

( Truth - correct all errors in mind  
 + which tell - could be a part - Him //  
 - speak Him today, + make - pledge  
 ' let His function be fulfilled - you //  
 ' share His function ) ' share His joy //  
 His confidence ) - as - say :

" Truth will correct all errors in my mind,  
 And I - put - Him who - my self."

+ let New lead & gently = truth  
 which → envelop & give peace  
 so deep & tranquil → return

- familiar world reluctantly //

And yet → be glad to look again  
 upon → world's face → bring

- promise of change ~~which truth~~

→ go on & will carry in world //

- They increase every part & give  
 of 5 small minutes, → error which  
 surround world → be corrected as

→ let be corrected & missed //

Do not forget function of today //

Each time & tell yourself = confidence:

"Truth is correct all errors in my mind"

→ speak for all - world, & Him who would  
 release world as He would - set you free //

**Workbook 4a**

102 "To find + rec. are one & the same"

vision depends upon today's idea //

vision depends upon today's idea //

- light & it, for it reconciles

all seeming opposites // And what I light

except - resolution, born & peace,

& all & conflicts & mistakes thoughts

and n. = concept & delusion, true //

Even - - - disappear, because - - -

- Thought behind it - - - appear instead,

- take its place // And now - - - peace

forever, X for - dream - - - now - - -

True light & makes true vision possible

> - light - body eyes behold //

O a state of mind - I has become

so unified - - - darkness I - be - - -

perceived at all // And thus what I - same

I seen as one, while what I - same

remains unperceived, for I - there //

AD >> - light // Below the opposites,

& vision being kept, has power to heal //

> - light & body - - - peace & mind

'other minds, I share it & to of lead

- they are - - - themselves //

> - light & heal, bec. it heals

Single perception, based upon = frame  
 of reference ) \ = meaning comes //

Here > both giving & rec. seen  
 as diff. aspects P = thought whose truth  
 does a def. on which I see as first,  
 not \ appears ' be a second place //

Here a student. — both occur  
 together, — thought remain complete //

And > modest. I - base  
 on \ all opposites are reconciled,  
 bec. - are perc. > - same frame  
 Prep. \ unified this thought //

One thought, completely unified, > case  
 'unify all thought' // > > - same  
 as saying = correct > suffice  
 for all correct, or — 'forgive'

= better wholly I enough 'bring  
 about 'all minds' // For > are but  
 some special cases P = law which holds  
 for every kind P learning, if it be  
 directed by - One who knows - Truth //

'base - giving & rec.' QR  
 - some has special usefulness, because  
 it can be tried so easily, & seen  
 as true // And when > spec. case has proved

it always works - a few circumstances  
 when it is fresh, - thought behind it can  
 be generalized to other areas -  
 of doubt & double vision // And -> 9  
 it -> extended, & finally arrive  
 at - one thought which unifies - all //

Today & practice - spec case  
 opening a rec? // & use  
 -> simple lesson - obvious  
 bec. it has results & I miss //

Technique 'receive' Today  
 - attempt 'open peace' - everyone  
 & note - how quickly peace returns 'tis //  
 light & tranquility, X + n - peace  
 & vision given us, rec can see //

So & begin - p. p. s  
 - instructions for today, I say:  
 "I rec. what I am going now"  
 - close eyes for few minutes  
 of what would hold onto everyone

it - you're in receipt, for inst, say:  
 "everyone I open quietness"  
 "everyone I open peace of mind"  
 "everyone I open gentleness"



Say 2 = clarity, + - pause a while,  
 expecting - receive - gift (of love),  
 + it -> come! (n - amount  
 " / gear it // -> have  
 exact return, for -> what (asked) //  
 It might be helpful, too, think of one  
 'whom' give (gifts) // He represents  
 - others, + - have (open) all //

Our very simple lesson for today  
 -> teach (much) // Effect & cause -> be  
 for better understood & -> time on,  
 + -> make much faster papers now //  
 These papers for today -  
 as quick advances n learning, made  
 still faster & more sure @ time (say);

quite a few "tricks" -  
 help plan - and - helped to get out  
 result - good & -  
 yesterday - quite a few -  
 get the best of it - and -  
 of - a -

"109. "I rest in God."

- ask for rest today, & quietness unshaken by - world's appearances //
- ask for peace & stillness, in midst of all - turmoil born of clashing dreams //
- ask for safety & for happiness, altho we seem to look on dangers & "or sorrow" // And we - thought that will occur our asking - what - request //

"I rest in God." This thought - brings -

- rest & quiet, - peace & stillness, &
- safety & - happiness - seek //

"I rest in God." -> thought has power to wake

- sleeping truth, whose vision sees beyond appearances - same truth

in everyone & everything there is //

Here - end of suffering for all

- world, & every one who ever came

forget with come things - for a while //

Here -> thought in Son of God

took place, - thought in self //

"I rest in God." -> "Completely undisturbed"

-> thought -> carry -> stars & stripes,

past misery & pain, ~~past~~ <sup>loss</sup> ~~death~~ & death,  
 & outward - certainty of God //

→ no suffering it I heal //

→ no problem which it I solve //

And no appearance c → turn ' truth

before - eyes c c who rest n God //

→ day of peace // c rest n God,

& while - world > torn by winds I hate,

c rest remains completely undisturbed //

Yours - rest of truth // Appearances

I intrude on you // c call to all

'you c n c rest, & they → hear,

& come ' c bec c rest n God //

They → hear another voice but yours

bec c your c voice ' God, & now

c rest n Him, & let Him speak c //

n Him c no care & no concerns,

no burdens, no anxiety, no pain,

no fear of future, & no past regrets //

c timelessness c rest, while time goes by

without its touch upon c, for c rest

can never change n way at all //

c rest today. And as c close c eyes,

sink n stillness // let → periods

P rest & respite ~~rest~~ ~~rest~~ ~~rest~~ ~~rest~~ ~~rest~~  
 — all its frantic fantasies <sup>we</sup> but  
 - dream & fear — has passed away //  
 let it be still & thankfully accept  
 its healing // No more fearful dream → come  
 now — ~~rest~~ ~~rest~~ // Take time today  
 ' slip away → dream & peace //  
 Each hour — ~~rest~~ ~~rest~~ today,  
 a tired mind & suddenly made of lead,  
 a bird & broken wings begins 'sing;  
 a stream long dry begins 'flow again //  
 - world & born again each time ~~rest~~,  
 & hardly remember ~~rest~~ — ~~rest~~ come  
 ' bring - peace & God & - world  
 — it might take its rest along — //  
 — 2 5 min. — ~~rest~~ today  
 - world & march waking // And - time  
 when rest → be - only thing → is  
 come closer - all war & tired minds,  
 too weary now - go & walk alone //  
 And they - hear - bird - begins 'sing,  
 & see - a stream - begins 'flow again,  
 with hope reborn & energy restored  
 ' walk & lightened steps along - road  
 that suddenly seems easy as they go //

Rest within - peace of God today;  
 + call upon <sup>your</sup> ~~our~~ <sup>brothers</sup> ~~from~~ <sup>our</sup> rest,  
 'draw' -> rest along -> //

- be faithful - trust today,  
 forgetting no one, bringing everyone  
 N - boundless circle of peace,  
 - holy sanctuary where rest //

Open - temple doors - let them come  
 from far across world, + near as well;  
 distant brothers + closest friends;  
 bid them all enter, here + rest -> //

Rest today - within - peace of God,  
 quiet + unapologetic // Each brother comes  
 'take his rest + offer it 'you' //

Rest toq. here, for thus our rest  
 is made complete, + what we give today

is rec. already // Time is

- guardian of what we give today //

guardian of those who + those part by,

every thought of God, + Mind

which is Thoughts in love, + where rest //

And a reminder of resting place

Time to tell ourselves "I rest in God"

110. "I am as God created me."

↳ repeat today's idea & time

'time // For → = thought would be enough

'save ← & - world, if I believed

— O true // Its truth would <sup>mean</sup> the — ←

↳ made no changes in yourself & had

reality, not changed - universe

so — what God created & replaced

↳ past & evil, misery & death //

P ~~If~~ If I remain as God created,

fear has no meaning, evil is real,

& misery & death do exist //

Today's idea ) : all I need

'let <sup>complete</sup> ~~some~~ correction heal my mind,

& give me perfect vision, I → heal

all - mistakes & any mind has made

↳ time or place // It is enough

'heal - past & make - future free //

P It is enough' let - present be —

accepted as it is // It is enough

'let time be - means for all - world

'born escape → time & any change

which time appears 'being' or passing by //

P/ If I remain as God created -  
 appearances I replace - truth,  
 health I turn 'sickness, nor I death  
 be substitute for life, or for for love //  
 All - has not occurred, if I remain  
 as God created // I need no thought  
 but just - one, 'let redempt. come  
 'legit - world - free it - past //

R/ -> = thought > all - past undone;

- present saved 'quietly, extend  
 n a timeless future // If I am  
 as God created, then - has been  
 no separation of mind > His,  
 no <sup>split</sup> betw. mind & other minds,  
 & only unity within, I own //  
 - healing power of today's idea

> limitless - a - bridge place of  
 all miracles, - great rest of  
 - truth - answers - world //

Practice today's idea - gratitude //

> 1 - Truth - comes 'set - free //

> 2 - Truth - God has promised //

> 3 - Word - all sorrow seeds //

for < 5 min. pract. per day

begin < -> quiet > text:

"I am as God created me. His Love  
can ~~more~~ <sup>nothing</sup> ~~supp~~. And I am his Love."

Then, < -> statement freely n mind,

try 'discuss' n mind -> Self

who > - holy Love of God Himself //

Seek Him within & Who > Christ n,

- Love of God & Brother - world,

- Saviour who has been forever saved,

< pour 'love' who ever Touches Him,

shower lightly, asking for - Word

— tells him he > water - who He is //

< as God created & // Today

Love & Self // let grace in eyes

< made 'be' - Love of God in stead

of what he is be worshipped & today //

Deep n mind - holy Christ n &

> waiting < acknowledgement as you //

And & are best, & do not know yourself

while He > unacknowledged & unknown //

Seek Him today, & find Him // He - be

< Saviour of all idols & made //

for when < find Him < - understand

how worthless & idols, & how false



- images which I behold is //

Today I make a great advance ' truth  
by letting idols go, & opening  
our hands & hearts & minds ' God today //

✓ -> remember His thoughts - day  
✓ thankful hearts & loving thoughts for all  
~~me~~

who meet I see today, for it is this  
that I remember His // And I -> say,  
that I may be reminded of His Son,  
our holy Self, Christ & I P. es,  
"I am as God created me" // ~~but in order~~

declare > truth as often as I can //

This > Word of God that sets I free //  
This > key - opens up - gate  
of Heaven, & which lets I enter in  
- peace of God & His eternity -

# Review

Our third review beg. today //  
 ↳ "review two of the last 20  
 ideas a day, until I reviewed - a //  
 ↳ observe a special format for 5  
 pract. periods, I → ungrad' follow  
 as closely as I can // I understand, of  
 course, it may be unpar. for I  
 understand what I suggested here as  
 optimal each day & every hour a-day //  
 Learning → I be hampered when  
 I miss a practice period bec. it is  
 impossible I appointed time //  
 Nor is it nec. I make "excessive  
 efforts" be sure that I "catch up  
 a times a number // Rituals are  
 over and I would ~~not~~ depart our  
 learning goal // But learning → be  
 hampered when I skip a practice period  
 bec. I am "unwilling" to devote time  
 to it → I am asked to give // Do I  
 deceive myself in this // Unwillingness  
 can be "most carefully concealed behind  
 a cloak" of situations I control //  
 learn' distinguish sit' which are

poorly suited 'r practicing "from-there" /  
 establish uphold - camouflage for /  
 unwilingness //

These pr. per.<sup>s</sup> / last  
 bec. I did & want 'do them for  
 whatever reason should be done as soon  
 as I changed mind about I good //  
 I cooperating cooperate  
 r practicing separat. only if  
 it interferes & goals I held more dear //  
 believe I withdraw - value given them,  
 allow I practice periods 'be  
 replacements for I vitamins' them //  
 They gave I nothing // But I pract. periods  
 offer I everything // Accept I offering, I  
 be at peace //

format I should use for 5  
 reviews is this: devote <sup>5</sup> minutes twice  
 a day, or longer, if I would prefer, to  
 contemplating ideas assigned // Read  
 over = ideas & comments which are  
 written first for 2 days exercises //  
 Then begin 'think' about them quietly,  
 letting I mind relate - I needs, I  
 seeming problems & all your concerns //

Place ideas in mind, & let  
 it use them as it chooses // Give it faith  
 — it → use them wisely, being helped  
 in its decisions by the One who gave  
 the thoughts 'you // What can I trust  
 but what's in mind? Have faith, &  
 "reviews" - means - H.S. was will "not  
 fail // - wisdom & mind → come" /  
 assistance // Give it direction at start,  
 & → have back a quiet faith, & let it  
 use - ideas & give it as they were  
 given you //

→ have given - a perfect trust;  
 n) <sup>perfect</sup> confidence — would use well;  
 n) perfect faith — would understand  
 → messages, & use them for yourself //  
 Offer - 'mind n — same trust  
 & confidence & faith // It → a fail //  
 O - H.S. as chosen means for  
 salvation // And a His trust it means  
 yours as well //

→ emphasize - benefits!  
 if I devote - just five minutes p.  
 day 'review', & also spend - last  
 5 minutes p. waking day "to it" // It →

I be done, at least try to decide there so  
~~the~~ "creditable" one morning + -  
 other is - how fast before go to sleep //  
 - exercises to be done throughout -  
 day are equally important, + perhaps of  
 even greater value // ~~if~~ been indicated  
 do exercises, or then go on other  
 things, without applying what learned  
 there // As a result, your learning  
 has had little reinforcement, +  
 not given it opportunity to prove its  
 worth to you //

There is another chance use it well  
 reviews + stress - need to let  
 learning not lie idly by between  
 longer practice periods // Attempt  
 give daily 2 ideas a brief  
 but serious review 2 hour // Use  
~~one~~ <sup>or here</sup> ~~each hour~~ + the other one -  
 once or half an hour later // ~~do not~~  
 give ~~the~~ <sup>just</sup> a moment to //  
 Repeat it, + allow your <sup>self</sup> mind rest  
 a little time in silence or peace //  
 Then turn other things, but try keep  
 - thought - , + let it course

' help - keep - peace throughout - 24 day //  
 If - as share, think of it again //  
 X = practice periods or planned ' help  
 - form - habit of applying what  
 - learn 2 day ' everything - do //  
 D/ Do not repeat it & - lay it down //  
 Its usefulness > limitless ' you //  
 And o meant ' save - & all ways,  
 all times & places, & whenever - <sup>take</sup>  
 need help p - kind // Try, then, ' ~~bring~~  
 it - - - business p - day,  
 & make it holy, worthy p God's love,  
 acceptable ' God & ' your self //  
 @ days review assignment - conclude  
 with a restatement p thought ' use  
 @ hour, & - one ' use <sup>be</sup> applied  
 or @ half hour, as well // Fact - e //  
 -> second chance < @ p - ideas  
 I bring such ~~great~~ <sup>best</sup> advances - & come  
 -> reviews - learning - gain's so <sup>great</sup> ~~great~~  
 - & begin again - on solid ground //  
 D// Do not forget how little I learned //  
 + Do not forget how much I have & now //  
 Do not forget your Father's need of you,  
 as a review - thoughts He gave ' //

101. For morning & evening (2 Med):

91. "Miracles are seen in light."

I see a darkness // let - light  
of ~~holiness~~ <sup>holiness</sup> & truth light up my mind,  
& let me see - ~~holiness~~ <sup>innocence</sup> within."

92. "Miracles are seen in light, & light & strength are one."

I see a strength, - gift of God's love //  
My weakness & dark His gift dispels,  
by giving me His strength 'take its place' //

On the hour: "Miracles are seen in light."

On the half hour: "Miracles are seen in light, &  
light & strength are one //

112. For morning & evening prayer:

93. "light & joy & peace abide in me."

I am - home & light & joy & peace //  
 I welcome them <sup>with</sup> - <sup>love</sup> I share  
 - God, bec. I am a part of this //

94. "I am as God created me."

I remain forever as I was  
 created by the Creator, His House //  
 And I am one - with, & He - me.

On the hour: "light & joy & peace abide in me."

On the half hour: "I am as God created me."



113. For morning & evening review:

95. "I am One Self, united - my Creator."

Security & perfect peace are mine  
bec. I am One Self, completely whole,  
at one & all creation & God.

96. "Salvat. v - my One Self."

From my One Self, whose knowledge <sup>remains</sup> still  
within my mind, I see God's perf. plan  
For my salvat. perfect by fulfilled //

One - hr.: "I am One Self, united - my Creator."

One - 1/2 hr.: "Salvat. v - my One Self."

114. - For Mon. & Exam. Review:

97. "I am Spirit."

I am - Son of God // No body can  
Contain my Spirit, nor in pass on me  
A limitation God created not. //

98. "I accept my part in God's plan  
for Salvat."

What I my part be. but 'accept  
- Word of God, who has created me,  
For what I am, & - for me be?

One - l.r.: "I am Spirit."

One - 1/2 l.r.: "I accept my part in God's  
plan for Salvat."

115. For more & more. Review:

99. "Sabbat. My only trust. her."

My trust. her. I forgive - world  
From all - ends I made // For this  
Am I pleased to - all - world.

100. "My part is essential. God's plan for  
Sabbat."

I am essential. - plan of God  
For - sabbat. P. world // For He  
Gave me His plan, - I must <sup>world</sup> see

On the 1st: "Sabbat. My only trust. her."

On - 1/2 hr: "My part is essential & God's plan for  
Sabbat."

116. For now & ever. Period:

101. "God's Will for me & perf. happiness."

God's Will & perf. happ. for me //  
 And I & can suffr but I believe  
 → I so will report to His.

102. "I share God's Will for happ. for me."

I share my Father's Will for me, His Son //  
 what He has given me & all I want.  
 what He has given me & all is,

On - 1 hr.: "God's Will for me & perf. happiness."

On - 1/2 hr.: "I share God's Will for happ. for me."

117. For more & "seeing" review;

103. "God, being love, is also happiness"

Let me remember love is happiness  
 + nothing else brings joy // And so I choose  
 "Esteem no Subst." for love.

104. "I seek but what bel. 'me & truth,"

love & my heritage, & c. t. joy.  
 → 7 - gifts my Father gave me //  
 I would accept all — is mine & truth

One - hr. : "God, being love, is also happiness"

One - 1/2 hr. : "I seek but what bel. 'me & truth."

118. For more & review:

105. "God's peace & joy are mine."

Today I accept God's peace & joy  
 In glad exchange for all - selfish  
 beliefs I have made for happ. & rest.

106. "let me be still & listen - truth."

let my own feeble voice be still, & let  
 me hear - mighty voice of truth, to  
 assure me — I am God's perf. Son

Du - hr. "God's peace & joy are mine."

→ Qu - 1/2 hr. "let me be still & listen - truth."

119. For many & now. Revised:

107. "Truth > correct all errors in my mind."

I am mistaken when I think I can  
be hurt in any way // I am God's Son,  
whose Self exists safely in Mind of God.

108. "Give + 'rec. 7' = a truth."

I > forgive all things today, that I  
may love how 'accept truth in me  
and come 'recognize my Scribiness.

One hr.: "Truth > correct all errors in my mind."

One 1/2 hr.: "Give + 'rec. 7' = a truth."

When I am not in my natural person  
I am not in my natural person - I am now in

the presence of the Holy Spirit - I am now in the  
presence of the Holy Spirit - I am now in the

120. Fatherhood & Rev. Period:

109. "I rest in God."

I rest in God today, & let His work  
in me & around me while I rest in Him  
in quiet & perfect certainty.

110. "I am as God created me."

I am God's Son / Today I lay aside  
all self-illusions & myself, & let  
my Father tell me what I really am.

One hr.: "I rest in God."

One 1/2 hr.: "I am as God created me."



121. "Forgiveness" - key - "Gottfrieds"

Here - answer ' search for peace //  
 Here - key ' meaning a world  
 which seems ' make no sense // Here - way  
 ' safety n apparent dangers which  
 appear ' threaten r - every turn,  
 + bring uncertainty ' all hopes  
 of ever finding quietness n peace //  
 Here are all questions answered // Here - end  
 of all uncertainty answered at last //

- unforgiving mind, full of fear,  
 + often has no room for itself;  
 no place where it spread its wings n peace,  
 + soar above - turmoil of world //

- unforgiving mind is sad, without  
 hope of respite + release of pain //

It suffers + abides in misery,  
 peering about in darkness, seeing not,  
 uncertainty certain of danger, lurking there //

TP / - unforgiving mind is torn + divided,  
 confused about its self, + all it sees,  
 afraid + angry, weak + blustering,  
 afraid ' go ahead, afraid ' stay,  
 afraid ' waver or ' ever sleep //

afraid of every sound, yet more afraid  
 of stillness; terrified of darkness, yet  
 more terrified of approach of light //  
 What I - unfeeling mind perceives  
 but its damnation? What can it behold  
 except - proof that all its sees are real?  
 - unfeeling mind sees no mistakes,  
 but only sees // It looks upon - world  
 with sightless eyes; & shudders as it beholds  
 its own projections rising - attack  
 its miserable parody of life //  
 It wants love, yet wishes it is dead //  
 It wants forgiveness, yet it sees no hope //  
 It wants escape, & yet <sup>can</sup> conceals of more, #  
 because it sees <sup>is</sup> itself everywhere //  
 - unfeeling mind is despair,  
 without prospect of a future //  
 can offer anything but more despair //  
 yet its regards its judgment of world  
 as inevitable, & does not see //  
 "it has condemned itself to despair //  
 It thinks it is change, for what it sees  
 bears witness to its judgment, correct //  
 It does not ask, because it thinks it knows //  
 It does not question, certain of right //

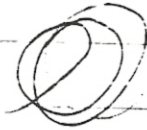
~~Forgiveness I acquired // I see  
 without a mind I see //  
 As sin & idea I thought yourself,  
 Forgiveness must be based by (as well,  
 I) a Teacher other than yourself  
 who represents - other Self //  
 = How I learn how 'forgive - self  
 & then I made, & let it disappear //  
 Thus I return I mind as one 'Klein  
 who is your Self, & like I need see //  
 I unforgiving mind presents  
 & effect ' teach 'over  
 how 'forgive it self // Each = awaits  
 release -> hell & ' & turns '  
 unpleasingly for hours here & more //  
 It has no hope, & I bec. its hope //  
 And as its hope dec. bec. its own //  
 - unforgiving mind must learn - your  
 forgiveness - it has been said > hell //  
 And as I teach, I learn, & - learn //  
 Yet all teaching & learning -  
 be a of you, but of - Teacher who  
 & give ' show - way ' you'll  
 Today - practice learning 'forgive //  
 If I willing, I learn today~~

'take - key' happiness, & use it on ~~your~~ behalf // ~~in~~ devote 10 min. = morning, & at night another 10, learning how give forgiveness & receive forgiveness, too // TP // - unforgiving mind close & believe giving & rec. 7 - same // Yet ~~it~~  $\rightarrow$  try: learn today - that are one through practicing forgiving ~~one~~ towards one whom  $\leftarrow$  think of as  $\rightarrow$  enemy, & one whom  $\leftarrow$  consider as a friend // And as  $\leftarrow$  learn: see both as one,  $\leftarrow$   $\rightarrow$  extend lesson ' <sup>yourself</sup> ~~as one~~, & see  $\rightarrow$  escape included yours // Begin - longer p. p. by thinking of someone  $\leftarrow$  do a lie, who seems to irritate  $\leftarrow$  or 'cause regret n.  $\leftarrow$  if  $\leftarrow$  should meet him; one  $\leftarrow$  actively despise // ~~obviously~~ try heart' overtook // # If  $\leftarrow$  close matter, what  $\leftarrow$  -  $\leftarrow$   $\leftarrow$  anger takes //  $\leftarrow$  probably I  $\leftarrow$  chosen him already // He  $\rightarrow$  do // Now close  $\leftarrow$  eyes & see  $\leftarrow$  n.  $\leftarrow$  mind, & look  $\leftarrow$  him a white // Try perceive some light n.  $\leftarrow$  remember: a little gleam

while - had never noticed / Top - find  
 some little spark of brightness shining -  
 - ugly picture - hold p u //  
 look - picture till see a light  
 somewhere within it, + try - let  
 light extend until it covers him,  
 + makes - picture beautiful + good //  
 look at - changed percept<sup>whole,</sup> for a  
 + time - mind - top - call a friend //  
 top - transp. - light - learned - see  
 about - former "seeing" to him //  
 Perc. - now - move - + friend -  
 for - light - holiness - bows -  
 - saved, saved - saving, healed + whole //  
 + let him off - light - see  
 - see - him, + let - "seeing" + friend  
 - made a blessing of what G gave //  
 Now - see -  
 // How it has been forgotten by yourself //  
 // Joyful to be forgotten throughout - day - role  
 of forgiveness - bliss of bringing happiness //  
 // blessing - forgetting - mind, as yours //  
 Among - / be very short - tell yourself:

"Forgiveness is the key to happiness.

I would answer - I know I am mortal, fallible, & full of sin,  
& know I am - perfect Son of God."



— 122. "Forgiveness of ~~the~~ everything I want."

What could I want forgiveness I give?

Do I want peace? Forgiveness offers it //

Do I want happiness, a quiet mind,  
a certainty of purpose, & a sense  
of worth & beauty — ~~transcends~~ — world?

Do I want care & safety, & — warmth  
& sure protection always? Do I want

a quietness — I be disturbed,

a gentleness — nor I be hurt,

a deep, abiding comfort, & a rest  
so perfect it can never be upset?

P All → Forgiveness offers & more //

It sparkles in eyes as I awake,

& gives me joy all I meet — day //

It soothes forehead <sup>while</sup> when I sleep, & rests  
upon my eye hole, so I see no dreams

~~no evil dreams~~

of fear & evil, menace & attack //

And when I wake again, it offers  
another day of happiness & peace //

All → forgiveness offers & more //

Forgiveness lets — veil be lifted up

that hides - face P. Christ from & who looks  
 & imposing eyes upon world //

It lets & recognize - Son of God,  
 & clear & memory of all dead thoughts,  
 So - remembrance of & Father can  
 arise across - threshold & & mind //

What would & want forquis I give?  
 What gifts O - & worthy 'be sought?

What favored voice, tonal effect,  
 of transient promise, near 'be kept,  
 can hold more hope - & what forquis brings?

Why would & seek & answer other than  
 - answer & - answer everything?

Here - perfect answer, given

imperfect questions, meaningless requests,  
 half-hearted wishes near 'hear, & less  
 - & halfway deligence & partial trust //

Here - answer! Seek for it no more

You - & find another one instead //

God's plan for & Salvat - I change,  
 nor can it fail // Be thankful it remains  
 exactly as He planned it // Changeless by

it stands before &, like an open door  
 & wants & welcome calling from beyond  
 - doorway, bidding & enter in



+ make yourself at home where I belong //

Here's - answer! World of stand outside  
while all of Heaven waits for (written)?

Forgive + be forgiven // As I give  
I receive // → no plan but this  
for - salvat. P. Son of God //

let us today rejoice → so  
for <sup>here</sup> hear of - answer, <sup>clear & plain,</sup> ~~where simplicity~~  
beyond deceit into simplicity //

All - complexities - world has seen  
of fragile cobwebs disappear before  
- power + - majesty P →

extremely simple statement P. truth //

Here's - answer! Do not turn away  
in aimless wandering again // Accept

salvation now! It is - gift of God  
+ not - world // - world I give no gifts

of 7. value 'a mind which has  
received what God has given as its own //

God will salvat. be received today,

+ — - intricacies of dreams

no longer hide anything from you //

R/ Open eyes today, + look upon

a happy world of safety + of peace //

Forgiveness - means by I, it comes

' take - place of hell // I'm quietness  
 it rises up ' great & open eyes,  
 + full & mind heart - deep tranquility,  
 as ancient truths forever newly born,  
 arise & awareness // what & will  
 remember - <sup>could?</sup> ~~can~~ not be described //  
 yet & forgiveness offers it to you //

# Remembering - gifts forgiveness gives,  
 - undertake our practicing today  
 - hope & faith that - to be - day  
 saved. - to be ours // earnestly  
 + gladly - seek for it today,  
 aware - hold - key within our hands,  
 accepting Heaven's answer - hell  
 - made, but when - would remain no more //

Morning & evening do & gladly give  
 a quarter of 7 hour - search  
 a 1 - end of hell - guaranteed //

Begin a helpfulness, just as reached  
 - turning point, - 1 - road becomes  
 far easier // And now - way is short  
 - yet a trail // - 7 close indeed  
 1 - appointed ending P - clear //

P/ Since I happiness as I begin

- free periods for - hold out -

- sure reward of questions answered, I

what I accept. P - answer brings //

Today it - be given I to <sup>feel</sup> ~~find~~

- peace forgiveness of P, a - pay

- letting P - veil <sup>present</sup> ~~hold~~ you //

P/ Before - light I - rec. today.

- world - fade until it disappears,

+ I - see - world arise

- no words ' picture // Now I walk

directly I light, + I receive

- gifts which I <sup>held</sup> ~~kept~~ store for us

since time began, kept waiting for today //

Forgiveness of <sup>of</sup> everything I want //

Today all things I want I give I //

let not I gifts recede throughout - day,

as I return again I meet a world

of shifting change I hear appearances //

Retain I gifts which answers are

I see - changeless, heart P change,

- light P truth behind appearances //

P// Be tempted - let I gifts slip by

+ don't I forgetfulness // But hold

them firmly & mind by attempts  
 think of them at least a minute or  
 each quarter or hour passes by //

Remind yourself how precious are gifts  
 < -> reminder, which has power to hold  
 - gifts & awareness - - day!

" Ferguson offers anything I want  
 Today I accepted - as true  
 Today I received gifts of God,  
 (And they belong me eternally.)"

123 "I thank my Father for His gifts 'mer'."

Today let us be thankful // I come  
'gentle' pathways + 'smoother' roads //  
→ no thought of turning back, & no  
implacable resistance - truth //

A bit of warping remains, some small  
objections & a little hesitance,  
but I will be grateful for our gains,  
I see for good - & real //

A day devoted now to gratitude

→ add benefit of some insight  
into - real extent of all - gains

I made; - gifts received //

Be glad today in loving Thankfulness

& Father has left & yourself,  
nor let & wander & - dare alone //

Be grateful He has saved & - self

& thought & made 'take' place of Him

+ His creation // Give Him Thanks today //

Give Thanks - He has a Godward &

+ - His love forever - remain

Shining on, forever without change /  
 Give thanks as well that I changeless, for  
 - Son He loves, I changeless - Himself //  
 Be grateful & saved // Be glad - I  
 a function & salvation ' fulfill //  
 Be thankful - value for transcends  
 & meager gifts & petty judgments of  
 - one whom God established as I Son //

Today & gratitude - lift our hearts  
 above despair, & raise our thankful eyes,  
 no longer looking downward - chest //  
 & sing - song of Thankfulness today  
 & honor P - Self which God has willed  
 ' be our true identity to Him //

Today & smile on everyone & see,  
 & walk & lightened footsteps as we go  
 ' do what is appointed us to do //  
 & do & go alone // And & give Thanks  
 - our solitude a Friend has come  
 ' speak - Saving Word of God ' us //

And thanks ' & for listening ' Him //  
 His Word & soundless if it be not heard //

Thanking Him thanks 7 yours as well //  
 An unheard message - a safe - world,  
 however mighty be - voice that speaks,  
 however loving way message be,  
 Thanks be ' who heard, for become  
 - messengers who bring His voice - &  
 + let it echo round a round - world //

Rec - thanks P God today, as you  
 give thanks ' Him // For He would offer  
 - thanks & give, for He receives & gifts  
 a loving gratit., & give - back  
 a thousand + a hundred thousand more  
 - & give // He - bless & gifts  
 by sharing - & so - grow  
 a power & a strength until - fill  
 - world & gladness & gratitude //

Rec His Thanks & after yours ' Him  
 for 15 min. Terce - today // And  
 - & give ' whose & offer Thanks,  
 + whom He thanks, as & 7 Thanking Him //  
 This holy day see how give Him  
 - be returned ' & , ten - P years  
 for every second, power ' save - world

ours more quickly for 'thanks' Him!!

Rec. His Thanks, & → understand.

how lovingly He holds on His Mind,

how deep & limitless His care for,

how perfect & His great. 'you' //

Remember lovingly 'think of Him,

& give Him Thanks for everything - He gave

His Son, — he might rise above - world,

remembering His Father & his Self //



124. "let me remember I am  $\frac{1}{2}$  = God."

Today  $\leftarrow$  again give Thanks for our  
 identity = God // Our home & safe,  
 protection guaranteed & all we do,  
 power & strength available 'us  
 = all our undertakings // & I fail  
 = nothing // Everything  $\leftarrow$  touch takes on  
 a shining light which blesses & heals //  
 TP/ At  $\frac{1}{2}$  = God & all - universe,  
 $\leftarrow$  go on way rejoining,  $\leftarrow$  thought  
 — God Himself goes regular & us //

How holy are our minds! And everything  
 $\leftarrow$  see reflects - holiness within  
 - mind at one = God & = its self //

How easily do errors disappear,  
 & death give place everlasting life //

TP/ Our shining feet point way, truth,  
 for God = our companion as we walk  
 - world a little while // And as I come  
 'I follow us  $\rightarrow$  rejoining - way,  
 bec. - light  $\leftarrow$  carry steps behind,  
 yet still remains = us as we walk on //  
 what = received = our eternal gift

' those I follow after, + to those  
 who went before, or stopped / - us a while //  
 And God, who loves us - equal love  
 n I - created, smiles on us  
 & offers us - happiness - gave //

Today - & - don't His love for us,  
 nor question His protect, & His care //  
 No meaningless anxieties can come  
 between our faith & our awareness of  
 His Presence // & - n - His today  
 n Recognition & Remembrance //  
 - feel His n our hearts // Our minds contain  
 His Thoughts, our eyes behold His loveliness  
 n all - look upon // Today - see  
 only - loving & - lovable //

- see it n appearances of pain,  
 + pain gives way ' peace // - see it in  
 - frantic, n - sad - distressed,  
 - lonely & afraid, who are restored  
 - tranquility & peace of mind  
 n I - created // And - see  
 it n - dying & - dead as well,  
 restoring - life // All - see

bec, & saw it first within ourselves //

No unwork can ever be denied

'these who know — they 7: I & God //

No thought of theirs but has-power / ' heal

All forms of suffering in anyone +

in times gone & times as yet ' come

as easily as s - ones who walk

beside - now / Their thoughts 7 timeless, &

apart > distance as apart > time //

& join - > awareness, as & say

— & 7 one & God // For s - words

& say as well — & are saved & healed;

— & I saw & heal accordingly //

& accepted, & how would give,

for & would keep - gifts or Father gave //

Today & would expect ourselves

at one & His, so — would may share

our recognition of reality //

now expect - world > free //

as & deny our self )

our Father, & healed along & us //

TR/Peace be 'c today // Secure / peace

by practicing awareness & 7 =

< Creator, as He is < //

Sometime today, whenever it seems best,

devote a half & hour - thought

— < 7 = < God // > > our first

attempt < > extended period

for < > give no rules nor special words

'guide & meditation // < > trust

God's voice 'speak as He sees fit today,

Cert. He > > fail // Abide < < <

> half & hour // He > do - rest //

< benefit > > be less if <

believe — nothing happened // < may >

be ready 'accept - pain today //

get. Sometime, somewhere it > come 'c,

nor > < fail 'recognize it when

it comes < certainty upon < mind //

> half & hour > be <sup>framed</sup> set a gold,

< every minute like a diamond, set

around < mirror — > exercise

> offer you // And < > see Christ's Face

upon it, a reflection P.C. over //

P Perhaps today, perhaps tomorrow, C  
 → see C over transfiguration in  
 - glass → help half an hour with  
 held out 'C', 'look upon yourself //  
 when C ready, C → find it safe →,  
 within C mind, & waiting 'be found //  
 C → remember — — — Thought & 'which  
 C gave → half an hour, thoughtfully  
 aware no time ever better spent //

Perhaps today, perhaps tomorrow, C  
 → look in → glass, I understand  
 - Swiss kept C see belongs 'C //  
 - look in C look on is your own //  
 Count → '1/2 hour as C quit 'bed,  
 a certainty — his return → be  
 a sense of loss C I understand,  
 a joy too deep for C 'comprehend,  
 a sight too holy for body's eyes  
 to see // And yet C will be seen some day,  
 perhaps today, perhaps tomorrow, C  
 → I understand & comprehend & see //

Add further thoughts - golden frame  
 — holds mirror closed C today

by hourly repeating / yourself:

"Let me remember I am one w God,  
at 1 - all my brothers & my self,  
a everlasting happiness & peace."

125. "I'm quiet I rec. God's Word today."

let → day be a day of stillness &  
 of quiet listening // ← Father will  
 & hear His Word today // He calls ←  
 & deep within ← mind, where He abides //  
 Hear Him today // No peace is possible  
 until His Word's heard around-world;  
 until ← mind, & quiet listening,  
 accepts - message - world must hear  
 'us her & - quiet time of peace //

→ world → change ← // No other means  
 can save it, for God's plan & simply this;  
 - Son of God & free ' save himself,  
 given - Word of God ' be his Guide,  
 forer & his mind & at his side,  
 ' lead him surely ' his Father's house //  
 by his own will, for as for - as God His //  
 He's & led by force, but only by love //  
 He's & judged, but only sanctified //

I'm stillness & → hear His voice today,  
 without intrusion of our petty thoughts,

without our personal desires, &  
 without all judgment - & His Holy Word //  
 & - a judge - counselors today, for what  
 we are cannot be judged // & stand apart  
 & all - judgments & - world has laid  
 upon - Love of God // It knows him & //  
 Today & - a broken - world,  
 & wait in silence for - word - & God //

Hear: Holy Love & God, & Father speak //  
 His voice would give & His Holy Word  
 'spread across' world - tidings of  
 'Salvation & - holy - time of peace //'  
 & gather & - those of God today,  
 - quiet place - within & mind where He  
 He abides forever & - eternally  
 & He created & & never leaves //

He has & waited until & return  
 & & waited & His Holy Word & you //  
 He has & hid - Himself & & while &  
 & wandered off & a little while & Him //  
 He does & cherish - illustrations which  
 & hold about yourself // He knows His Son,  
 & will - be remain as part of Him



regardless of his dreams, regardless of  
his madness — his will is his own //

Today He speaks to you // His voice awaits  
silence, for His Word to be heard  
unless mind is quiet for a while,  
+ meaningless desires are stilled //

Await His Word in quiet // Peace  
within — be called upon today  
to help make ready a most holy mind,  
'hear - voice of its Creator speak //

Three times today, at times most suitable  
for silence, give ten minutes set apart  
to listening to world, or choose instead  
a gentle listening to Word of God //

He speaks to near — heart to you,  
His voice is close — hand, His love  
to everything care + what He is, His  
presence is, as sanctus He //

It is voice that listens as  
He speaks — // O — Word He speaks //  
O — Word of freedom + of peace,  
of unity of will + purpose, with

no separation nor division in  
 - single Mind of Father & of Son //  
 - quiet listener - Self today,  
 & let Him tell you God has never left  
 His Son, & - I never left your Self //

Only be quiet // - need no rule  
 but this 'let' practicing today  
 left - above - Thinking of - world  
 + free (visions) - body's eyes //  
 Only be still & listen // - hear  
 - Word of - will of God - Love  
 focus on His Father's Will, at one with IT,  
 - no illusions interposed between  
 - wholly indivisible & true //

As every hour passes by today =  
 be still a moment, & remind yourself  
 of a special purpose for - day;  
 - quiet - receive - Word of God //

126. "All — I give > give ' myself "

Today's idea, completely alien to  
 - ego & - thinking P - world,  
 > counsel' - thought reversal which  
 → course would bring about // If I believe  
 → statement, I would be no problem in  
 complete forgiveness, certainty of goal,  
 & sure direction // I would understand  
 - means by I exhort, comes ' you,  
 & would I hesitate use now //

Let us consider what I do believe  
 & place P > idea // It seems ' you  
 — other people & apart > I,  
 & after ' behave & ways I have  
 no bearing on I thoughts, nor their on yours //  
 ∴ attitudes I no effect  
 on them, & → appeals for help are  
 & way related ' course //  
 I further think that they <sup>could</sup> see without  
 affecting I perception P yourself,  
 while I can judge → see & yet remain  
 apart > condemnation, & I peace //

P/ when I forgive a sin → no gain  
 ' directly // give charity  
 ' one unworthy merely point out  
 that I "better" on a higher plane  
 than he whom I forgive // He has a special  
 charitable tolerance, which you  
 bestow on one unworthy of a gift  
 bec. his sins lowered him beneath  
 a true equality // He has  
 no claim on forgiveness // It holds out  
 a gift ' him but he'll ' yours //

Thus, forgiveness basically unearned;  
 a charitable whim, benevolent  
 yet undeserved; a gift bestowed at times,  
 at other times withheld // Unmerited,  
 withholding it is just, not is it fair  
 that I should suffer when I withheld //  
 - sin I forgive → I cause //

Someone apart → committed it //  
 And if I → as gracious unto him  
 by giving I what he does deserve,  
 ' gift → no more yours → I sin //

It → be true, forgiveness has no rewards

on 1 rest dependably & sure //

o eccentricity & 1

Some times choose 1 give ridiculosity  
& undesired repair // yet it remains

correct 1 let - "sinful" & escape  
- justified repayment for his sins //

Then Lord & Heaven would allow

- world's salvt. depend on this?

Would a His car for & be small wheel

if & salvt. rested on a wheel?

do & underst. forgiveness // As

see it, it is but a check upon

overt attack, without requiring

correction & mind // It cannot give

& peace as & perceive it // It is &

a means for & release from what & see

& someone other & yourself // It has

no power 1 restore & unity

& & awareness // a &

what God intended it 1 be for you //

TP/ Not 1 give 1 give - gift He asks "AS"

1 cannot receive His gifts, & think

& think He has & give - 1 //

Yet would He ask & for a gift unless

it & for? Could He be satisfied  
 ✓ empty gestures, & evaluate  
 such petty gifts as worthy of His Love?  
 Salvat > a better gift - This,  
 & true forgiveness, as - means by which  
 it is attained, must heal - mind in giving,  
 for giving & receiving // what remains  
 as unrecieved heart - a new gift, but  
 what has been given must I have rec. //

Today < try 'meditation' - truth  
 — give & receive as - Love //  
 < - need help 'meditation' - meaningful  
 bec. O so absent - thoughts  
 'I' - accustomed // But - help  
 < need > // Give Him - faith today,  
 + with Him - He share & practicing  
 a truth today // And if < only catch  
 a tiny glimpse of - released his  
 idea - practice for today  
 >> a day - a day - for - world //

Give 15 minutes twice today -  
 attempt 'meditation' today's idea //

O - thought by 'forgiveness' takes  
 its proper place in priorities //  
 O - thought — — — release mind  
 ) every bar 'what forgive means,  
 + let ~~it~~ make its worth to //

In Silence, close eyes upon - world  
 I don't understand, forgiveness, &  
 see sanctuary a quiet place  
 where thoughts are changed & false ideas laid by //  
 Repeat today's idea, & ask for help  
 "understand" what it really means //  
 Be willing 'be taught' // Be glad 'hear  
 - voice of truth & healing speak',  
 + — — — understand - words he speaks  
 + receive. He speaks words 'you'

As often as you can, remind yourself  
 a goal today; & give which makes  
 > day of special value 'yourself  
 + all brothers // Do a lot mind  
 forget > goal for long, & tell yourself:

"All — I give myself,  
 - help I need <sup>work</sup> — — — true

)- me now // "Lord I trust in You."

→ spend a quiet moment, opening  
your mind to His correction & His love,  
& what you hear of Him → believe  
for what He says → be rec. by you.



107. "Truth correct all errors & my survival."

108. "I pre a' ac. 7 = 1 truth."

109. "I met a God."

110. "I am as God created me."

Workbook 4b

14-178 (135) W:135 - W:183

91. "Miracles I see in light."
92. "Miracles I see in light, & light & strength are one."
93. "Light & joy & peace abide in me."
94. "I am as God created me."
95. "I am One Self, united with my Creator."
96. "Salvat. & I my One Self."
97. "I am Spirit."
98. "I accept my part in God's plan for salvat."
99. "Salvat. & my only function here."
100. "My part is essent. God's plan for salvat."
101. "God's Will for me is perfect happiness."
102. "I also God's Will for happiness for me."
103. "God, being love, is also happiness."
104. "I see but what belongs me in truth."
105. "God's peace & joy are mine."
106. "Let me be still & listen - truth"

I would awaken & draw I  
see mortal, father in full power,  
& know I am - perfect Son of God -

127. "And no love but God's" - 0

Perhaps  $\leftarrow$  — diff kinds of love  
 are possible // Perhaps  $\leftarrow$  think  $\rightarrow$  )  
 a kind of love for  $\rightarrow$ , a kind for — ;  
 a way of loving one, another way  
 of loving still another // Love is one //  
 It has no sep. parts & no degrees;  
 no kinds nor levels, no distinctions  
 & no restrictions // It is like itself,  
 unchanged throughout // It must enter with  
 a person or a circumstance // It is  
 - best of God, or ... of His Love //

love's meaning is obscure to anyone  
 who thinks — love can change // He does <sup>see</sup> )  
 — changing love must be impossible //  
 And thus he thinks — e I love at times  
 & hate  $\leftarrow$  at times // He also thinks  
 — I must be bitward: eye directs what  
 remains its self although e. I will hold  
 > others // 'bel.  $\leftarrow$  things of love  
 > e 'underst. it // If it could  
 make such distinctions, it would 'judge  
 betw. - righteous & - sinner, and

perceive - Son of God a self-part //

love of judge // As 0 = itself -

It looks on all as one // Its meaning lies  
in oneness // And it must speak - mind  
that thinks of it as partial or part //

→ no love of God's, & all of love

is His // → no principle

which rules where love is not // love a law

without & opposite // Its wholeness is

- power holding everything as one,

- link betw. - Father & - Son

which holds them both forever - same //

No course whose purpose I teach & what  
I really are could fail - emphasize

→ no difference & what I are

& what love is // love's meaning I own,

& shared by God Himself // For what I are

& what He is // → no love but His,

& what He is is everything - is //

→ no limit placed upon Himself,

& so are I unlimited as well //

No laws - world drops & help - find ways -  
 love's meaning - what - world believes & made  
 'hide love's meaning, & 'keep it dark  
 + <sup>secret</sup> hidden //  $\rightarrow$   $\therefore$  = principle  
 - world upholds but violates - truth  
 P what love is, & what  $\leftarrow$  are <sup>as well</sup> // ~~as well~~  
 Seek  $\leftarrow$  within - world 'find  $\leftarrow$  self //  
 love  $\rightarrow$   $\leftarrow$  found  $\leftarrow$  darkness &  $\leftarrow$  death //  
 Yet is it perfectly apparent to  
 - eyes that see & ears that hear its voice //

Today - practice making free our minds -  
 of all - laws  $\leftarrow$  things  $\leftarrow$  must obey ;  
 of all - limits under  $\leftarrow$  live  
 & all - changes  $\leftarrow$  their  $\leftarrow$  part  
 P human destiny // Today <sup>face</sup> & face  
 - largest single step  $\rightarrow$  course requests  
 & our advance towards the exact goal //  
 If  $\leftarrow$  achieved - faintest glimmering  
 P what love means today,  $\leftarrow$  advanced  
 a distance without measure & a time  
 beyond count of years  $\leftarrow$  release //  
 let us together -  $\leftarrow$  be glad 'ere

some time 'God today, + understand  
 → no better use for time → this //  
 For 15 min twice today escape  
 from every law n' a man believe //  
 Open mind + rest // - world that seems  
 'held + prisoner I've escaped  
 by anyone who does a hold it clear //  
 withdraw all value ← placed upon  
 its meager offerings + resembles gifts,  
 + let - gift of God replace - all //

Call of Father, out — His Voice  
 → answer // He Himself has promised this //  
 And He Himself → place a spark of truth  
 within ← mind wherever ← give up  
 a false belief, a dark illusion of  
 our reality, + what love means //  
 He → shine → ← into thoughts today,  
 + help ← understand truth of love //  
 a loving gentleness. He → a bride //  
 ← ← as ← allow His Voice 'to reach  
 love's meaning // ← clear + open mind //  
 + He → bless - lesson ← His love //



Today begin - P. future part A - 151  
 P waiting for salvation disappear  
 before - timelessness P what - leave //  
 let us give thanks today - C T spend  
 a future life - past // Today C leave  
 - past behind us, never more be  
 remembered // And C raise our eyes upon  
 a distant present, where a future draws  
 unlike - past - away - attribute //

P// - world a infancy, newly born //  
 + C -> watch it grow in health & strength  
 ' shed its blessing upon all who come  
 ' leave ' cast aside - world they thought  
 was made to hate ' be love's enemy //  
 Now 7 - all made free, along C us //  
 Now 7 - all our brothers in God's love //

C -> remember - throughout - days  
 bec. C I leave a part of us  
 outside our love, if C would know our self //  
 that last <sup>2005</sup> time to have time - P =  
 who makes - journey C & + who come  
 ' leave what C must; leave // And as he comes  
 ' mind, give C -> message of C self:

"I bless ~~you~~, Mother, in love of God

I would ~~cherish~~ ~~you~~ / For I would love  
- <sup>happy</sup> forever ~~know~~ - ~~to~~ me love  
but God's + yours + mine + anyone's //

128. " - world I see has nothing - I want

- world I see has nothing - I need  
 ' offer - ; nothing - I use a way,  
 a way, not anything I -  
 - sense give joy // Believe -> Thought,  
 + I saved from years of misery,  
 > countless disappointments, & hopes  
 - how better when I despair //

~~No one but must accept -> thought as true  
 if a world have -> world behind, & soar  
 beyond its petty scope & little ways //~~

Each thing I value has > but a chain  
 that binds I - world, & it - serve  
 no other end but this // For everything  
 must serve - purpose / I give it  
 until I see a different purpose there //  
 - only purpose worthy of mind  
 -> world contains I - I pass it by  
 without delaying I perceive some hope  
 where -> > more // Be I decided no more //  
 - world I see has nothing - I want //

Escape today - chains - place upon  
 mind when for salvation here //  
 For what value make part P -  
 as perceive yourself // All things seek  
 to make value greater or right  
 want further, hide work &,  
 & add another bar across door  
 - leads true answers P. Self //

let nothing which relates body thoughts  
 delay or progress 'salvation, nor  
 permit temptation / believe. world  
 has anything want hold back //  
 Nothing > here 'desire' // Nothing here  
 > worth one instant P delay & pain;  
 one moment P uncert. & doubt //  
 - worthless offer nothing // Certainty  
 of worth & be found & worthlessness //

Today - practice letting go all thought  
 of values & give - world //  
 - leave it free of purposes - give  
 its aspects & its phases & its dreams //  
 - hold it purposeless within our minds,

+ loose it > all & with it, where //

Then do - left - chains - bar - door  
' freedom > - world, & go beyond  
all little values & diminished aims //

Peace & be still a little while, & see  
how far & rise above - world when &  
release & mind > chains, & let it seek  
- level where it finds itself at home //

It & be grateful ' be free a while //

It knows where it belongs // But free its wings,  
& it <sup>will</sup> fly - surges & joy

' join its holy purpose // let it rest  
in its Creator, & ' be restored  
' sanity, ' freedom & ' love //

Give it 10 minutes rest 3 times today //

& when & eyes are opened afterwards,

& - > or value anything & see

as much as when & looked at it before //

& whole perspective on - world - > shift

by just a little every time & let

& mind escape its chains // - world > a

where it belongs // And & belong where it

would be, & where it goes / rest when  
 release it ) - world // ( Guide ) sure //  
 Open ( mind : Wise // Be still & rest //

Protect ( mind throughout - day as well //  
 And when ( think ( see some value in  
 an aspect or ( image of - world,  
 refuse ' lay - chain upon ( mind,  
 & tell yourself ( quiet certainty:

" - - - a tempt see ' delay myself //  
 - world I see has nothing - I want."

129. Beyond → world → a world I want

→ - there it follows → - one  
 ← partied yesterday // & I stop  
 ← idea → world ) worthless, for  
 unless ← see — → ) something else  
 'hope for, ← → only be depressed //  
 Our emphasis → → on giving up - world,  
 but on exchanging it for what  
 is far more satisfying, filled ← joy,  
 & capable of offering ← peace //  
 This ← → world I offer that 'you?

It might be worth a little time 'this  
 once more about - value P → world //  
 Perhaps ← → concede → ) no loss  
 & letting go all thought P value her //  
 - world (see ) merited indeed, //  
 unstable, cruel, unrecursed ← you,  
 quick 'average & pitiless ← hate //  
 It gives but 'rescued, & takes away  
 all things — & cherished for a while //  
 No lasting love is found, for none > here //  
 → - world P time, where all things end //

P Is it a loss ' find a world, instead  
 where losing is impossible? where love  
 endures forever, hate & exist,  
 & vengeance has no meaning? Is it loss  
 ' find all things I really want, & know  
 they / no ending, & they will remain  
 exactly as I want them throughout time?

' find even they → be exchanged & lost  
 for what I speak of // For I go  
 ) → where words fail entirely,  
 & a silence where language is  
 unspoken & yet surely understood //  
 Communication, unambiguous  
 & plain as day remains unhidden  
 for all eternity // And God Himself  
 speaks ' His Son as His Son speaks ' Him  
 Their language has no words, for what say  
 I be symbolized // Their knowledge is  
 direct & wholly shared & wholly one //

How far away ) → are I who stay  
 bound ' → world // And yet how near are I  
 when I exchange it for world I want //



Now > - last step certain; now - stand  
 on instant & space away > timelessness //  
 Here now < but look forward now back  
 'see again - world & do a want //  
 Here > - world that comes 'take its place  
 as & unbind & mind > little things  
 - world sets forth 'keep & prisoner there //  
 Value &, & - > disappear //  
 Esteem them, & - > seen real ' & //

Such > - choice // what loss can be for you  
 & choosing & 'value nothing more? //  
 This world holds nothing that & really want,  
 but what & choose instead & want unless  
 let it be spirit & today // It waits  
 but for & choosing it 'take - place  
 & all - things & see but do not want //  
 // Practice & willingness 'make -> change  
 10 minutes & - morning & at night,  
 & once more in between // Begin & -> :

"Beyond > world > > a world I want.  
 I choose 'see \_\_\_\_\_ world inst. & this,  
 For here > nothing \_\_\_\_\_ I really want."

→ close eyes upon world I see,  
 & a silent darkness watch lights  
 that are a P → world light = by =  
 until when one begins, another ends,  
 loses all meaning as they blend & one //  
 Today - lights & Heaven heard you,  
 'shine upon & eyelids as a rest  
 beyond world & darkness // Here's light  
 & eyes I behold // And yet & mind  
 can see this plainly, & I understand //

A day & grace I give & today,  
 & a quiet thank // This day & realize  
 — what & feared 'loss' & only loss //  
 Now do & understand → no loss,  
 for I see its opposite at last,  
 & I'm grateful — choice & made //

Remember & decision here by,  
 & take a moment & compare & choice  
 by for clarity by relative thoughts & have,  
 & dwellings briefly only upon this:

" - world I see has nothing — I want  
 Beyond → world → a world I want "

130. "O imposs. ' see two worlds "

Percept. ) consistent // what I see  
reflects thinking // And thinking but  
reflects choice of what I want ' see  
(values & determinations P)

for what I value I must want ' see,  
believing what I see ) really there //

No-one can see a world I mind has not  
accorded value // And no-one can fail  
to look upon what I value I want //

But who I really hate & love at once?

Who can desire what I do I want

' I reality? And who can choose

' see a world P ) I afraid?

Fear must make blind, for its weapon is;

— ' I fear ' see I see //

Love & fear thus go hand in hand,

but fear obscures in darkness what I see //

What, +, I fear project upon world?

What I see is darkness — I real?

Truth ) eclipsed by fear, + what remains

> but imagined // yet what can be real  
 a blind imaginings & panic born?  
 What would I want that this I show you?  
 What would I wish 'keep in such a dream?

Fear has made everything I think I see  
 All separation, all distinctions, &  
 - multitudes - & differences &  
 beliefs make up - world // They are a There //  
 love's enemy has made them up // <sup>yet</sup> ~~but~~ love  
 can have no enemy, & so they have  
 no cause, no being, & no consequence //  
 They can be valued, but remain unreal //  
 They can be sought, but they <sup>can not</sup> be found //

Today I -> a seek for them, nor waste  
 this day a seeking a what can be found //  
 It is imposs. 'see 2 worlds  
 'no overlap & 7. kind //



let me accept strength God offers me,  
 & see no value in - world, that I  
 may find my freedom & deliverance.

See for -  $\frac{1}{2}$  ; - + disappears //

But  $\frac{1}{2}$  remains // <sup>This is</sup> They  $\frac{1}{2}$  - range of choice  
beyond  $\frac{1}{2}$  a decision I go //

- real + - unreal or all  $\frac{1}{2}$  is

choose between; & nothing more - there //

Today  $\frac{1}{2}$  - attempt the compromise

where none  $\frac{1}{2}$  possible // - world  $\frac{1}{2}$  see

$\frac{1}{2}$  proof  $\frac{1}{2}$  already made a choice

as all-embracing as its opposite //

What  $\frac{1}{2}$  would have today, I mean - just

- lesson that  $\frac{1}{2}$  I see - 2 worlds //

It also teaches  $\frac{1}{2}$  -  $\frac{1}{2}$  see

is quite consistent  $\frac{1}{2}$  - point  $\frac{1}{2}$  view

$\frac{1}{2}$   $\frac{1}{2}$  see it // It is all a piece.

because it stems from  $\frac{1}{2}$  essence, and

reflects its source  $\frac{1}{2}$  everything  $\frac{1}{2}$  see //

Six times today, a thank & gratitude,

$\frac{1}{2}$  gladly give 5 minutes  $\frac{1}{2}$  thought

$\frac{1}{2}$  ends all compromise & doubt  $\frac{1}{2}$  go

beyond it all as one //  $\frac{1}{2}$  - not make

a thousand meaningless distinctions, nor

attempt bring  $\frac{1}{2}$  in a little part

of reality as  $\frac{1}{2}$  create

our minds ' finding only what I real //

Begin searching for - other world  
 by asking for a strength beyond I own,  
 & recognizing what it is I seek //  
 I do - want illusions // I come  
 - 5 minutes emptying I hands  
 of all petty treasures I - world //  
 I wait for God's help I, as I say:

" O. vipers, ' see 2 worlds //  
 let me accept - strength God offers me  
 & see no value I - world that I  
 may find my freedom & deliverance."

II God - be true // for I called upon  
 - great unfailing Power <sup>who</sup> took - care  
 - great step - I - gratitude //  
 - No - "failures" see His themes expressed  
 - a tangible perception of truth //  
 - I - doubt what I - look upon //  
 For the O perception, it is not  
 - kind of seeing - I eyes alone  
 - I not seen before // And I - I - word

God's strength upheld / as made -> choice //

Dismiss temptations easily today  
whenever it arises, merely by  
remembering - hints on - choice //

~~- real or - unreal, - false or true~~

- unreal or - real, - false or true

> what I see, & only what I see //

Perception & consistent / - choice,

& hell & Heaven come ' / as one //

R/ Accept a little part of hell as real,

& I damned eyes & closed & secret,

& what I -> behold / hell indeed //

But - release / Heaven still remains

within & range of choice, & take - place

of everything that hell would show ' //

All I need say " / part of hell,

whatever form it takes, / simply ->

"It is imposs. / see 2 worlds //

I seek my freedom & deliverance,

& -> -> a part of what I want."

131. "No-one can fail \ asks 'Real - truth."

Failure > all about < while < seek  
 for goals \ to be achieved / < look  
 for permanence ~ - in permanent, & for love  
 for love when ~) more, for safety ~  
 - midst of danger, immortality  
 ~ - darkness - P - draw P death //  
 who could succeed when contact is  
 the setting P. searching, + - place  
 'I.e. comes 'find et ality?'

Goals \ - meaningless & attained //  
 ~ > no way 'reach - , for - means  
 by \ < strive for them & meaningless  
 as they are // who I use such <sup>means</sup> senseless  
 + hope ~ - 'gain ~ anything?  
 where can lead? And what <sup>can</sup> achieve

~~TP~~ that offers any hope P being real?  
 Pursuit P - imagined leads' death  
 because - P - search for nothingness,  
 + <sup>while</sup> < seek for life < ask for death.  
 < look for safety & security  
 while ~ < heart < pray for danger &  
 protection P - little draw < made //



P yet searching & want. live //  
 For → came, ~~to~~ → surely do  
 - thing ← came for // But world can  
 dictate - goal for & search unless  
 give it power 'do so // Otherwise,  
 still 7 free choice of goal — his  
 beyond - world + every worldly thought,  
 + = I come 'C' → idea  
 relinquished yet remembered; old yet new,  
 7 echo of a heritage forget  
 yet holding everything ← really want //

Be glad → search (must // Be glad <sup>well</sup>)  
 'learn & seek for Heaven, & must find  
 - goal ← really want // No-one I find  
 'want → goal, & reach it n - end //  
 God's Son can not seek vainly, tho e try  
 'force delay, deceive & think  
 that a hell e seeks // when I wrong  
 e find correction, when e wanders off  
 e led back his appointed path //  
 P/ No-one remains a hell, for no-one can  
 abandon his Creator nor affect  
 His perfect, timeless & unchanging - love //

# I → find Heaven // Everything & see  
 but → → fall away, but a because  
 it has been taken ) I // It → go  
 bec. I do a want it // I → reach  
 - goal I really want as certainly  
 as God created I a sinlessness //

P // Why wait for Heaven? O here today!  
 Time - great illusion O past  
 or a-future // yet → I be  
 if O where God wills His Son be //  
 How could - will O God be a - past  
 or yet 'happen? what He wills is now,  
 without a-past & wholly futureless //  
 O as of reward ) time as is  
 a tiny candle from a distant star,  
 or what I <sup>choose</sup> ~~make~~ I want I really want //

Heaven remains I = alternative:  
 ' → strange world & mode & all its ways;  
 its shifting patterns, uncertain goals,  
 its painful pleasures, its tragic joys //  
 God makes no contradictions // what denies  
 its own existence & attacks itself  
 I e p Him // He did a make - 2 - minds,  
 a Heaven as - good effect - p I

+ earth - / <sup>other's</sup> sorry outcome ~~f~~ - one which  
 + ) Heaven's opposite a every way //

God does a sup/ conflict // how is His  
 creative split  $\neq$  // How could it be  
 His Son could be a hell when God Himself  
 established him a Heaven? (could he lose  
 what -- Eternal Will has given him  
 'be his home forever' let us not  
 try longer 'impose an alien will  
 upon His single purpose // He is here  
 bec. He wills 'be, + what He wills  
 ) present now, beyond-back of time //

Today  $\leftarrow$   $\rightarrow$  a close a paradox  
 a place of truth // How could - Son of God  
 make time 'take away' - Will of God?  
 He thus denies himself / & contradicts  
 what has no opposite // He thus a made  
 a hell opposing Heaven, & behaves -  
 - a shides a what does a exist,  
 while Heaven) - place a of find //  
 leave foolish thoughts & - behind today,  
 + turn  $\leftarrow$  mind: true ideas instead //

# No one I fail 'cause' reach truth,  
 + O & truth & ask 'reach' today //  
 - devote 10 minutes 'to goal'  
 3 times today // And & ask 'see'  
 - rising p. real world 'replace'  
 - foolish hopes — & held dear,  
 - true ideas arising in place  
 p. thoughts 'no meaning, no effect';  
 + neither source nor substance — truth //

> acknowledge as — start upon  
 our practice periods / <sup>Reg</sup> today — this:

"I ask 'see a different world, & think  
 a different kind of thoughts I have made //  
 - world I see I did & make alone,  
 - thoughts I want 'think are — my own."

For 20 minutes watch / mind & see,  
 altho' eyes closed, — see inner world  
 - & think 'real // Review thoughts in me //  
 'I compatible & seek a world,  
 + I think 'true // — then let go,  
 + sink below — holy place

where I enter not // → a door  
 beneath - in mind I could not  
 completely lose 'lude what lies beyond //

See for — door + find it // But before  
 I try open it, remind yourself  
 none I fail I ask 'reach — truth,  
 I O → request I make today //  
 Nothing but this has any meaning now;  
 No other goal I valued now nor sought;  
 Nothing before → door I really want;  
 I only what lies past it do I seek //  
 P/Put out I hand, I see how easily  
 - door swings open — I intent  
 'go beyond it // Angelic light — way  
 so — all darkness vanishes, I  
 I standing in a light so bright & clear  
 that I understand all things I see //  
 A tiny moment of surprise, perhaps,  
 → make I pause before I realize  
 - world I see before I in light  
 reflects — truth I knew, I did a quite  
 forget of wandering away in dreams //

TP/ - I fail today // → works ✓  
 - Spirit Heaven sent - - - - - might  
 approach → door some day, & - His aid  
 slip effortlessly past it - light //  
 Today - day has come // Today God keeps  
 His ancient promise ' His holy Son,  
 as does His Son remember his to thee //  
 → a day of gladness, for & come  
 - appointed time & place where  
 → find - goal of all & searching here  
 & all - seeking a world, which end  
 together & pass beyond - door //

Remember after - today <sup>should</sup> ~~must~~ be  
 a time of special gladness, & refrain  
 of dismal thoughts & meaningless laments //  
 Gabriel's time has come // Today I set  
 by Heaven they be a time of grace  
 for & for - world // If I forget  
 → happy fact, remind yourself - this:

"Today I seek & find all that I want //  
 My single purpose promises it to me //  
 No one I fail I ask a rock - truth"

132. "I loose - world & all I thought it was"

What keeps - world & chain of beliefs?

And what I saw - world except - self?

Belief > powerful indeed // - thoughts

- hold & mighty, & illus. are

as strong as effects of - truth //

A machine thinks - world & sees & real

+ does - doubt it // Not see be swayed

by questioning & thoughts' effects // O

O where & source > ~~found~~?

- hope of freedom & 'I' last //

Let > solat. easily achieved,

for anyone & free change of mind,

& all > thoughts change & it // No source

& thoughts has shifted, for 'change' word

means & changed - source of all ideas

& think of our thoughts & yet - think //

& see - past & what & thought before //

P // & see - future & all ancient thoughts

& seeking what & do & want - find //

- present now remains - only time //



~~Here is present 3 - world set free //  
 For as a let - fast be lifted, &  
 release - future & ancient fears,  
 & find escape & give it - world //~~

~~& enclosed - world & all fears,  
 & doubts & miseries, & pain & tears,  
 & all sorrows pass upon it &  
 - keep it a prisoner & beliefs //  
 Death strikes it everywhere b/c. & hold  
 - the bitter thought & death within & mind //  
 - world > nothing & itself // Your mind  
 must give it meaning // And what & behold  
 upon it are wishes, acted out  
 so & I look on them & think - real //~~

~~Perhaps & & did & make - world,  
 but came unwillingly 'what & made  
 already, hardly waiting for & thoughts  
 - 'give it meaning // (but & truth & found  
 exactly what & looked for when & came //  
 & no world apart > what & wish,  
 & herein lies & ultimate release //  
 Change but & mind on what & want 'see,  
 & all - world must change accordingly //~~



P Ideas have a → source // → central ~~thought~~ <sup>theme</sup>  
 is often stated in text, & must  
 be borne in mind if I would understand  
 - lesson for today // O a pride  
 I tells I — I made - world I see,  
 + — it changes as I change I mind //  
 But it is pride — argues I come  
 into a world quite separate yourself,  
 ubiquitous 'what I think, & ~~kept~~ quite  
 apart from what I change 'think it is //

There is no world! → - central thought  
 - course attempts 'teach // Not everyone  
 ready 'accept it, & ~~they~~ each one  
 must go as far as he can let us  
 be led along - road 'truth // He will  
 return & go still farther, or perhaps  
 step back a while & — return again //

But healing is gift of those who are  
 prepared 'learn — no world, & can  
 accept - lesson now // → readiness  
 is bring - lesson - in some form  
 I they can understand & receive //  
 Some see it suddenly or point P clearly,

+ rose 'teach it // Others find it in  
 experience — ) a P > world,  
 which shows — — world does exist  
 bec. what ~~is~~ beheld must be — truth,  
 + yet it clearly contradicts — world //

And some — find it — course, + in  
 exercises — do today //  
 Today's idea ) true because — world  
 does exist // And if it is indeed  
 own imagining, — can lose  
 it ) all things — ev thought it +  
 by merely changing all — thoughts — gave  
 it — appearances // — sick & healed  
 as — let go all thoughts P sickness, +  
 — dead arise when — let thoughts P life  
 replace all thoughts — ev held P death //

A lesson earlier repeated once  
 must now be stated again, for it contains  
 — firm foundation for today's idea //  
 — as God created — // There is  
 no place where — I suffer, + no time  
 that can bring <sup>change to</sup> — eternal state //  
 How a world of time + place exist,

if I remain as God created you?

What's - lesson for today except

to way - P saying - I know

I Self - salvat. P - world?

I free - world & every kind of pain

> but I change I mind about yourself

→ > no world apart & I ideas

bec. ideas have a source, & I

maintain - world within I mind & thought //

But if I as God created I,

I I think apart & I, nor make

what does a share His timeless & love //

& these inherent in - world I see?

Does it create like His? Unless it does,

it is not real & cannot be at all //

If I are real - world I see is false,

for God's creation & unlike - world

a every way // And as it is His thought

by which I created, so it is

your thoughts I made it & must set it free,

I may know. Thoughts I share I God //

Release - world! I real creation's wait

for → release 'give' fatherhood,  
 not P. illusion, & as God & truth //  
 God shares His Fatherhood — — who are  
 His Son, for He makes no distinctions in  
 what is Himself & what is not Himself //  
 what He creates is apart > Him,  
 & nowhere does Father end, — Son  
 begin as something separate > Him //

There is no world bec. of a thought  
 apart > God, & made' separate  
 — Father & — Son, & break away  
 a part of God Himself & thus destroy  
 His wholeness // Can a world that comes from this  
 idea be real? Can it be anywhere?  
 Deny illus<sup>s</sup>, but accept — truth //  
 Deny & are as shadow briefly laid  
 upon a dying world // Release & mind,  
 & → <sup>look upon</sup> see a world released //

Today our purpose is 'free' world  
 > all — idle thoughts & our hold  
 about it, & about all living things  
 & see upon it // They can & be there,  
 no man → // For & 72 — home

our Father set for us along & there //  
 And & I as as He created us  
 would loose - world > day from every =  
 Power illness, — & may be free //

Begin - 15 min. periods

& I practice twice today & this :

"I will remain as God created me  
 Would loose - world > all I thought it was,  
 For I see real bec. - world is not,  
 + I would know my own reality."

+ nearly rest, alert but & no strain,  
 + let & mind & quietness be changed  
 so that the world p. freed along & //

& need & realize that healing comes  
 'many waters for across - world,  
 as well as ' - ones & see nearly  
 as & send out & thoughts 'bles - world //  
 But & -> sense & own release, although  
 & may & fully understand as yet  
 — & could never be released alone //

P Thought out - day, increase - freedom sent  
= ideas 'all - world, + say  
whenever - tempted' day  
- four P - simple change of mind;

"I lose world I all I thought it was,  
+ choose my own reality instead //"

133. "I - value what I value."

Sometimes a teaching is a benefit,  
partic. after a course - what  
seems theoretic & quite remote  
& what a student has already learned,  
'bring u back' practical concerns //  
-> do -> today //

-> do today // -> speak  
of lofty, world-encompassing ideas,  
but dwell, instead, on benefits you //

You do ask too much of life, but get  
too little // when let mind be clear  
'bodily concerns, things to buy,  
'eminence as valued by world,  
you ask for sorrow, & for happiness //  
-> course does attempt to do  
- little - // It does a try  
'substitute utopian ideas  
for satisfactions - world contains //

-> no satis? n - world //  
Today - hit - real criteria

By I test all things & think & want //  
 Unless they meet some requirements,  
 They are not worth desiring at all,  
 For they <sup>can</sup> ~~can~~ but replace what ~~is~~ more //

- laws I govern choice & I make,  
 no more → & I make alternatives

I choose // - choosing & I do,  
 indeed & must // And O wise I learn

- laws & set a measure when I choose,  
 & what alters & choice between //

I already stressed in T.C. 2,

how many → appear //

P - range set, & → I change //

( would be most ungracious to &

' let alternatives be limitless,

+ thus delay & final choice until

& had considered all of them a time,

+ & been brought so clearly - place

where → & choice I must be made //

Another kindly law & related law

→ → no compromise in what

< choice must bring // It I give you just



a little, for  $\rightarrow$  I'm in between  
 Each choice I make brings everything 'you  
 or nothing // i.e., if I lose - take  
 by I & I distinguish everything  
 & nothing, &  $\rightarrow$  make - better choice //

First, if I choose a thing  $\rightarrow$  I last  
 forever, what I choose I make less //  
 A temporary value is without  
 all value // Time can never take away  
 a value.  $\rightarrow$  real // what fades + dies  
 & never there, & makes no offering  
 'less' who chooses it // He <sup>is</sup> decided  
 by nothing & a form of <sup>things</sup> ~~thought~~ & less //

Next, if I choose 'take a thing away  
 & someone else,  $\rightarrow$  is nothing left //  
 This & bec when I deny & regret  
 'everything, I denied & own //  
 &  $\rightarrow$  & receive - things  
 & really I, denying -  $\rightarrow$  //  
 who seeks 'take away' has been deceived  
 by - belief - loss & offer gain //  
 (yet loss must c/p/ loss & nothing more //

P (next consid) I -  $\frac{1}{2}$   
 on 1 -  $\frac{1}{2}$  with why - choice /  $\frac{1}{2}$  makes  
 of value 'C' ? what attracts  
 - mind 'it' ? what purpose does it serve?  
 Here a servant call 'be  
 deceived, for what - ego wants it fails  
 'recognize // (does e even tell  
 - truth as it perceives it, for it needs  
 'keep halo / it uses to  
 protect  
 conceal its goals / furnish / trust,  
 - e may see how innocent it is //

Yet is its camouflage a thin veneer  
 'could deceive but those / are content  
 'be deceived // Its goals / obvious  
 'anyone who cares 'love for ~~the~~ them //  
 Here a deceiver / doubted, for -  $\frac{1}{2}$   
 who / deceived - e perceives that e  
 has merely ~~nothing~~ <sup>deceived</sup> 'goals // He - believe  
 - e has served - ego's hidden goals //  
 And tho he tries 'keep its halo clear  
 within his vision, yet must e perceive  
 its furnished edges & its trusted core //

P/ His intellectual mistakes appear  
 as sins to him, bec. e looks upon  
 - himself as ) own, - not a sign  
 P deep unworthiness  $\rightarrow$   $\infty$  //  
 He who would still pursue ego's goals  
 + love - as ) own makes no mistakes  
 according - dictates P ) guide  $\infty$  //  
 $\rightarrow$  Guidance teaches O error // believe  
 — sins are e mistakes, for who  
 would suffer for ) sins if ) is so?

And so  $\leftarrow$  v' - criticism  
 for choice ) - hardest ' believe  
 bec. its chronicness  $\rightarrow$  overlaid  
 $\leftarrow$  many ~~steps~~ <sup>levels</sup> P obscurity //  
 If e feel  $\rightarrow$  guilt about choice,  
 $\leftarrow$  allowed - ego's goals ' come  
 betw. - real alternatives, + thus  
 $\leftarrow$  do e realize  $\rightarrow$  as but  $\geq$  //  
 And - alternative  $\leftarrow$  think  $\leftarrow$  choose  
 seems partial + too despous ' be  
 - nothingness if actually is //

All things are valuable or valueless,

worthy of not being sought at all,  
 entirely desirable, or  
 not worth - slightest effort' obtain //  
 Clearing ) simple just bec. P > //  
 Complexity ) nothing but a screen  
 of smoke ~~that~~ hides - very simple fact  
 — no decision ) be default //

What ) - gain ' < > learning this?  
 O far more — merely letting <  
 make choices fairly + without pain //  
 Heaven itself ) reached by <sup>empty</sup> hands,  
 + open minds, which come < nothing to  
 find anything + claim it as their own //  
 < > attempt ) reach > state today,  
 ✓ self-deception laid aside, + <  
 > honest uniqueness ) value but  
 - truly valuable < = real //

Our 2 extended p.p.s  
 p.15 min. > beg. < > ;

"I > < value what ) valueless,  
 > only what has value do I seek,  
 for only — do I desire 'find.'"

And then REC. what waits for everyone  
like reaches, unencumbered, for gate  
to Heaven, I swing open as a comes //

Should - beg. let yourself collect  
Some needless burden, or believe < see  
Some diffc. decisions facing <,  
be quick to answer < → simple thought:

"I → a value what I valueless,  
for what I value belongs 'me.'"

134. "let me pass forgiveness as it is."

let us know - meaning of "forget,"  
 for a opt ' be distorted +  
 ' be perceived as something which entails  
 an unfair sacrifice of righteous wrath,  
 a gift unjustified + undeserved,  
 + a complete denial of Truth //  
 In such a view, forgiveness must be seen  
 as mere eccentric folly, + course  
 appears to rest Salvat. on a whim //

> twisted view of what Salvat. means  
 > easily converted when I can  
 accept - fact — pardon is not asked  
 for what is true // It must be limited  
 ' what is false // It is irrelevant  
 ' everything except illusions // ~~It~~ Truth  
 is God's creation, + ' pardon this  
 > meaningless // All truth belongs to Him,  
 reflects His laws + radiates His Love //  
 Does → need pardon? How can I forgive  
 - sinners + eternally benign?

- major deficit - < fixed  
 a genuine forgiveness on < part  
 ) - < still bel. < must forgive  
 - truth & e illusions // < conceals  
 P pardon as a vain attempt to look  
 past what is there; 'overlook - truth  
 a - > unfounded ~~idea~~ <sup>effort</sup> 'deceive  
 yourself by making > illus. true //  
 > twisted viewpoint but reflects - held  
 - idea P sin retains as yet  
 upon < mind <sup>when</sup> < regard yourself //

Bec. < < sins are real, < look  
 on pardon as deception // For it is  
 impossible 'think P sin as true  
 & e believe forgiveness > a lie //  
 Thus > forgiveness really < a sin,  
 like all - rest // It says - truth > false,  
 & smiles on - contempt as if they were  
 - as Hamlets as grass; as white as snow //  
 It is delusional & what it thinks  
 it can accomplish // It would see as right  
 - plainly wrong - loathsome as - good //

P Pardon > no escape & such a view //  
 It merely > a further sign — sin  
 > unforgivable, at least 'be  
 concealed, denied, or called another name //  
~~And~~ <sup>for</sup> pardon > a treachery ' truth //  
 Guilt & be forgiven // If < sin,  
 < guilt > everlasting // Those who are  
 forgiven > - view > sin are real  
 are pitifully mocked & twice condemned;  
 first by themselves for what... did,  
 & once again by those / pardon them //

It is sin's unreality which makes  
 forgiveness natural & kind & sane //  
 a deep relief ' those who offer it;  
 a quiet blessing when it is received //  
 It does a countenance illus<sup>s</sup>, but  
 collects them lightly, & a little laugh,  
 & gently lays - & part P truth,  
 & > disappear entirely //

P/ Forgiveness > - only thing that stands  
 for truth & - illusions & - world //  
 It sees > nothingness, & looks right -  
 - thousand forms & > they way appear //



It looks on his, but C - deceived //  
 It does a head - self-accusing Shrek's  
 P seems mad - quit // It looks on them  
 - quiet eyes, & merely says 'them,  
 "My brother, what I think I see - truth."

- strength P pardons is its honesty,  
 which I so untempted that it sees  
 illus<sup>s</sup> as illus<sup>2</sup>, not as truth //

It is because P - it becomes

- unadorned & face P lies,  
 - great restorer P - simple truth //

By its ability ' overlook

what I see there, it opens up - way  
 ' truth, I had been blocked by drama P quit //

P/ Now I can follow a way

- true forgiveness opens up to you //

For if one brother has received - gift  
 of you, - door is open to yourself //

There is a very simple way ' find

- ~~the~~ door ' true forgiveness, & perceive  
 it open wide & welcome // when I feel

- I am tempted ' accuse someone  
 of sin & - form, do a allow

- mind 'dwell on what I think he did,  
 for -> self-deception // Ask instead,  
 "Should I ~~accuse~~ <sup>accuse</sup> myself of doing this?"

Thus -> see alternatives for choice  
 & times I render choosing meaningful, &  
 And keep mind as free of guilt & pain  
 as God Himself intended it to be,  
 & as it is in truth // It is but his  
 which would-condemn // In truth innocence  
 - only thing - is // Forgiveness stands  
 between illus<sup>s</sup> & truth, between  
 - world I see & - his beyond,  
 betw. - hell of guilt & Heaven's gate //

Across -> bridge, as powerful as Love  
 which laid its blessing on it, are all demons  
 of evil & of hatred & attack

brought silently - truth // They are kept  
 - swell - & bluster - & - tamper

The foolish dreamer who believes in them //

He has been gently wakened from dream  
 by understanding what a thought he saw  
 & near there // And now I feel

— all escape has been denied ' him //

He does a ' fight ' save himself.

He does a ' kill - dragons which  
e thought pursued him // Nor need e great

- heavy walls e stone & iron doors

e thought would make e safe // He can take e

- ponderous & useless armor made

' chain ' mind ' fear & misery //

His step > light, & as he lifts ' foot

' stride ahead, a star > left behind

' point - way ' those ' follow him //

Forgiveness must be practiced, for - world

& perceive its meaning, nor provide

a guide ' <sup>teach</sup> help - its beneficence //

→ > no thought & all - world which leads

' - understand? e. laws

it follows, nor - thought ' it reflects //

It > as seen ' world as is

own reality // And yet it joins

' mind - Reality & //

Today & practice true forgiveness that

- time P joining be no more delayed //  
 For - would meet - our Reality  
 - freedom + a peace // Our practicing  
 becomes - ~~step~~ footsteps lighting up - way  
 for all our brothers, who will follow us  
 ' - Reality - chose - them //

— > may be accomplished, let us give  
 a quarter P - how twice today,  
 + spend it - Guide who understands  
 - meaning P forgiveness, + a sent  
 ' us ' teach it // let us ask of Him:

"let me perc. forgiveness as it is."

Then choose = brother, as He will direct,  
 + catalogue his "sins" as one by one  
 they cross - mind // Be cert. e' dwell  
 on any = P them, but realize  
 that - are using his affections but ~~save~~  
 'save - world' all ideas of sin //  
 Briefly consider all - evil things  
 - thought of him, + 2 time ask yourself,  
 "Would I condemn myself for doing this?"

TP// Let him be freed & all - thoughts & had  
 P. see & him // And now I prepared  
 for freedom // If - I been practicing  
 thus far & willingness & honesty,  
 & -> begin ' ~~see~~ a lifting up,  
 a lightning P weight across - chest,  
 a deep & certain feeling P relief //  
 - this remaining should be given to  
 experiencing - escape from all  
 - heavy chains & sought ' lay upon  
 & brother, I & laid upon yourself //

Forgiveness should be practiced ~ - day,  
 for -> be so many times when  
 forget its meaning & attack yourself //  
 when -> occurs, allow & mind ' see  
 -> illusion as & tell yourself:

" let me see forgiveness as it is,  
 should I accuse myself & doing this?  
 I -> a lay -> chain upon myself. "

^ Everything I do remember this:  
 No-one I corrupted alone, & yet  
 No-one I eat, & have by U



its penalties & heavy armaments,  
 its legal definitions & its codes,  
 its ethics & its leaders & its gods,  
 all serve but 'preserve its sense & threat' //  
 For no-one works - world's armature  
 but must in terror striking in heart //

Defense is frightening // It stems in fear,  
 increasing fear as defense is made //  
 I think it <sup>is</sup> offers safety // but it speaks  
 of fear made real & terror justified //  
 Is it not strange I do a pause 'ask,  
 as I elaborate I plans & make  
 I armor thicker & I locks more tight,  
 what I defend, I how, I against what?

let us consider first what I defend //  
 It must be something — I very weak  
 & easily assaulted // It must be  
 something made easy prey, unable to  
 protect itself, — I needing I defense //  
 what I - body has such frailty  
 that constant <sup>care</sup> watchful, deep concern  
 is needed 'protect its little life'?

What but - body falters & must fail  
'serve - Son of God as worthy host?

What of a - body — can fear,  
nor be a thing 'fear // It has no needs  
but these \ reasons 'it // It needs  
no complicated structures & defense,  
no health-inducing medicine, no care,  
& no concern at all // Depend its life,  
or give it gifts 'make it beautiful  
or walk 'make it safe, & but say  
< how > open ' - thing of time,  
corruptible & crumbling, so weak  
it must be ended < < very life //

> e -> picture fearful? Can < be  
at peace < such a concept < how?  
What about soul - body < - right  
'serve < thus except < own belief?  
O < mind I gave - body all  
- functions — < see in it, & set  
its value for beyond a little pile  
& dust & water // Who would make defense  
of something — a people, as this?



D/ - body > a need p no defense //

> & be too of the emphasis //

It will be strong & healthy if - mind  
does & abuse it by assigning it  
'roles it cannot fill, to purposes  
beyond its scope, & to exalted aims  
which it & accomplish // Such attempts,  
ridiculous yet deeply cherished, are  
- sources for - many mad attacks  
& make upon it // For it seems 'fair  
& hopes, & needs, & values & & dreams //

"Self" — needs protection & a real //  
- body, valueless & hardly worth  
- least defense, need merely be perceived  
as quite apart > & it becomes  
a healthy, serviceable instrument  
& - mind can operate until  
its usefulness is over // like would want  
'keep it when its usefulness is done?

Defend - body, & attacked  
& mind // For & see & it - faults,  
- weaknesses, - limits & - lacks

> 1 - think - body must be saved //

← → - see - mind as separate

> bodily conditions // ← →

impose upon - body all - pain

— r > - Conception P - mind

as limited & fragile & apart

> other minds & separate > its soul //

→ 7 - thoughts a need of healing, &

- body → respond - health when they

→ have corrected & replaced - truth //

> - body's only real defense //

but >> where look for its defense?

offer it protection of a kind

> 1 it gains no benefit at all,

merely adds 'disturbance of mind' //

do a heal, merely take away

- hope of healing // for 'fail' see

where hope must be if it be meaningful //

A healed mind does a plan // It comes out

- plans 1 it receives - listening

'window' → its own // It wants

until it has been taught what should be done,  
 + → proceeds 'do it // It does not  
 depend upon itself for anything  
 except its adequacy 'fulfill  
 - plans assigned 'it // It is secure  
 & certainty that obstacles can not  
 impede its progress 'accomplishment  
 P → goal \ serves - greater plan  
 established for good P everyone //

A healed mind > realized > - belief  
 — it must plan, although it I know  
 - outcome — > but, means by \  
 it > achieved, not how ' recognize  
 - problem \ - plan > made ' solve //  
 It must measure - body & its plans  
 until it recog. → is so //  
 But when it has accepted → as true,  
 then > it healed, & lets - body go //

Enslavement P - body ' - plans  
 - unhealed mind sets up ' save itself  
 must make - body sick // It is not free  
 ' be a means of helping & a plan

1 for exceeds its own protection, &  
 1 needs its service for a little while //  
 n = Capacity & health assured,  
 for something → mind employs for →  
 → function flawlessly, & ← - strength  
 — has been given it, & I fail //

It is, perhaps, a easy 'perceive  
 — self-initiated plans are but  
 defenses, ← - purpose all of them  
 were made 'realize // They → - means  
 by 1 a frustrated mind would undertake  
 its own protection ← - cost P-truth //  
 → ) a difficult ' <sup>realize</sup> recognize  
 n Some forms 1 ← self-deceptions take,  
 for - denial & reality  
 > very obvious // Yet planning is  
 & often recog. as a defense //

- mind engaged & planning for itself  
 > occupied & setting up control  
 P future happenings // It does & think  
 — it — be provided for, unless  
 it makes its own provisions // This becomes  
 a future emphasis, 'be controlled

Christ passes no one by // ~ > C know  
 He > God's Son // C receive. His touch  
 ~ universal gentleness // His love  
 extends everyone // His eyes behold  
 ~ love of God & everything He sees //  
 No words but those His Father's voice dictates  
 Can reach His ears // His hands forever hold  
 His brothers, & His arms remain outstretched  
 ~ holy welcome // Would C look on Him,  
 & hear His calling & ~ Christmas day?

Behold, He offers C His eyes ' see,  
 His ears ' listen His Father's voice,  
 His hands ' hold His brothers, & His arms  
 ' reach ~~to~~ <sup>How far</sup> would reach you!  
 C as like Him as He is to God  
 + C God be, & I like Him //

All — He offers C ~ C own //

Accept His gifts ' ~ Christmas day  
 That C be as God created you  
 May come ' receive. — Christ's ~ //

by learning + experience obtained  
 ) past events + previous beliefs //  
 It overlooks - present, for it rests  
 on - idea - past has taught enough  
 'let - mind direct its future course //

- mind - plans ) Thus refusing to  
 allow for change // What C has learned before  
 becomes - basis for its future goals //  
 Its past experience directs its choice  
 for what - happens // And it does a see  
 - here + now ) everything it needs  
 'guarantee a future quite unlike  
 - past, without a continuity  
 of any old ideas + sick beliefs //  
 Anticipation plays no part at all,  
 + present confidence directs - way //

Defines as - plans - undertake  
 'make against - truth // - aim is to  
 select what - approve, + disregard  
 what - believe <sup>regard</sup> as incompatible  
 - belief p - reality //  
 'let what remains ) meaningless ideal //

I feel I am in a way by // By // I know  
 His God's Son // through His touch  
 universal gentleness of His love  
 Etude, anyone // His eyes behold  
 Love of God in anything He sees //  
 No words but those His Father's voice creates  
 Can reach His ears // His hands first hold  
 His will // His arm man out stretched  
 in a light // would a look on him  
 to lead the calling -> Christ was deep >

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