

1. What Is Forgiveness?

1. Forgiveness recognizes what you thought your brother did to you has not occurred. ² It does not pardon sins and make them real. ³ It sees there was no sin. ⁴ And in that view are all your sins forgiven. ⁵ What is sin, except a false idea about God's Son? ⁶ Forgiveness merely sees its falsity, and therefore lets it go. ⁷ What then is free to take its place is now the Will of God.
2. An unforgiving thought is one which makes a judgment that it will not raise to doubt, although it is not true. ² The mind is closed, and will not be released. ³ The thought protects projection, tightening its chains, so that distortions are more veiled and more obscure; less easily accessible to doubt, and further kept from reason. ⁴ What can come between a fixed projection and the aim that it has chosen as its wanted goal?
3. An unforgiving thought does many things. ² In frantic action it pursues its goal, twisting and overturning what it sees as interfering with its chosen path. ³ Distortion is its purpose, and the means by which it would accomplish it as well. ⁴ It sets about its furious attempts to smash reality, without concern for anything that would appear to pose a contradiction to its point of view.
4. Forgiveness, on the other hand, is still, and quietly does nothing. ² It offends no aspect of reality, nor seeks to twist it to appearances it likes. ³ It merely looks, and waits, and judges not. ⁴ He who would not forgive must judge, for he must justify his failure to forgive. ⁵ But he who would forgive himself must learn to welcome truth exactly as it is.
5. Do nothing, then, and let forgiveness show you what to do, through Him Who is your Guide, your Savior and Protector, strong in hope, and certain of your ultimate success. ² He has forgiven you already, for such is His function, given Him by God. ³ Now must you share His function, and forgive whom He has saved, whose sinlessness He sees, and whom He honors as the Son of God.

LESSON 121.

Forgiveness is the key to happiness.

1. Here is the answer to your search for peace. ² Here is the key to meaning in a world that seems to make no sense. ³ Here is the way to safety in apparent dangers that appear to threaten you at every turn, and bring uncertainty to all your hopes of ever finding quietness and peace. ⁴ Here are all questions answered; here the end of all uncertainty ensured at last.
2. The unforgiving mind is full of fear, and offers love no room to be itself; no place where it can spread its wings in peace and soar above the turmoil of the world. ² The unforgiving mind is sad, without the hope of respite and release from pain. ³ It suffers and abides in misery, peering about in darkness, seeing not, yet certain of the danger lurking there.
3. The unforgiving mind is torn with doubt, confused about itself and all it sees; afraid and angry, weak and blustering, afraid to go ahead, afraid to stay, afraid to waken or to go to sleep, afraid of every sound, yet more afraid of stillness; terrified of darkness, yet more terrified at the approach of light. ² What can the unforgiving mind perceive but its damnation? ³ What can it behold except the proof that all its sins are real?
4. The unforgiving mind sees no mistakes, but only sins. ² It looks upon the world with sightless eyes, and shrieks as it beholds its own projections rising to attack its miserable parody of life. ³ It wants to live, yet wishes it were dead. ⁴ It wants forgiveness, yet it sees no hope. ⁵ It wants escape, yet can conceive of none because it sees the sinful everywhere.
5. The unforgiving mind is in despair, without the prospect of a future which can offer anything but more despair. ² Yet it regards its judgment of the world as irreversible, and does not see it has condemned itself to this despair. ³ It thinks it cannot change, for what it sees bears witness that its judgment is correct. ⁴ It does not ask, because it thinks it knows. ⁵ It does not question, certain it is right.
6. Forgiveness is acquired. ² It is not inherent in the mind, which cannot sin. ³ As sin is an idea you taught yourself, forgiveness must be learned by you as well, but from a Teacher other than yourself, Who represents the other Self in you. ⁴ Through Him you learn how to forgive the self you think you made, and let it disappear. ⁵ Thus you return your mind as one to Him Who is your Self, and Who can never sin.
7. Each unforgiving mind presents you with an opportunity to teach your own how to forgive itself. ² Each one awaits release from hell through you, and turns to you imploringly for Heaven here and now. ³ It has no hope, but you become its hope. ⁴ And as its hope, do you become your own. ⁵ The unforgiving mind must learn through your forgiveness that it has been saved from hell. ⁶ And as you teach salvation, you will learn. ⁷ Yet all your teaching and your learning will be not of you, but of the Teacher Who was given you to show the way to you.
8. Today we practice learning to forgive. ² If you are willing, you can learn today to take the key to happiness, and use it on your own behalf. ³ We will devote ten minutes in the morning, and at night

another ten, to learning how to give forgiveness and receive forgiveness, too.

9. The unforgiving mind does not believe that giving and receiving are the same. ² Yet we will try to learn today that they are one through practicing forgiveness toward one whom you think of as an enemy, and one whom you consider as a friend. ³ And as you learn to see them both as one, we will extend the lesson to yourself, and see that their escape included yours.
10. Begin the longer practice periods by thinking of someone you do not like, who seems to irritate you, or to cause regret in you if you should meet him; one you actively despise, or merely try to overlook. ² It does not matter what the form your anger takes. ³ You probably have chosen him already. ⁴ He will do.
11. Now close your eyes and see him in your mind, and look at him a while. ² Try to perceive some light in him somewhere; a little gleam which you had never noticed. ³ Try to find some little spark of brightness shining through the ugly picture that you hold of him. ⁴ Look at this picture till you see a light somewhere within it, and then try to let this light extend until it covers him, and makes the picture beautiful and good.
12. Look at this changed perception for a while, and turn your mind to one you call a friend. ² Try to transfer the light you learned to see around your former "enemy" to him. ³ Perceive him now as more than friend to you, for in that light his holiness shows you your savior, saved and saving, healed and whole.
13. Then let him offer you the light you see in him, and let your "enemy" and friend unite in blessing you with what you gave. ² Now are you one with them, and they with you. ³ Now have you been forgiven by yourself. ⁴ Do not forget, throughout the day, the role forgiveness plays in bringing happiness to every unforgiving mind, with yours among them. ⁵ Every hour tell yourself:

⁶ Forgiveness is the key to happiness. ⁷ I will awaken from the dream that I am mortal, fallible and full of sin, and know I am the perfect Son of God.

LESSON 122.

Forgiveness offers everything I want.

1. What could you want forgiveness cannot give? ² Do you want peace? ³ Forgiveness offers it. ⁴ Do you want happiness, a quiet mind, a certainty of purpose, and a sense of worth and beauty that transcends the world? ⁵ Do you want care and safety, and the warmth of sure protection always? ⁶ Do you want a quietness that cannot be disturbed, a gentleness that never can be hurt, a deep, abiding comfort, and a rest so perfect it can never be upset?
2. All this forgiveness offers you, and more. ² It sparkles on your eyes as you awake, and gives you joy with which to meet the day. ³ It soothes your forehead while you sleep, and rests upon your eyelids so you see no dreams of fear and evil, malice and attack. ⁴ And when you wake again, it offers you another day of happiness and peace. ⁵ All this forgiveness offers you, and more.

3. Forgiveness lets the veil be lifted up that hides the face of Christ from those who look with unforgiving eyes upon the world. ² It lets you recognize the Son of God, and clears your memory of all dead thoughts so that remembrance of your Father can arise across the threshold of your mind. ³ What would you want forgiveness cannot give? ⁴ What gifts but these are worthy to be sought? ⁵ What fancied value, trivial effect or transient promise, never to be kept, can hold more hope than what forgiveness brings?
4. Why would you seek an answer other than the answer that will answer everything? ² Here is the perfect answer, given to imperfect questions, meaningless requests, halfhearted willingness to hear, and less than halfway diligence and partial trust. ³ Here is the answer! ⁴ Seek for it no more. ⁵ You will not find another one instead.
5. God's plan for your salvation cannot change, nor can it fail. ² Be thankful it remains exactly as He planned it. ³ Changelessly it stands before you like an open door, with warmth and welcome calling from beyond the doorway, bidding you to enter in and make yourself at home, where you belong.
6. Here is the answer! ² Would you stand outside while all of Heaven waits for you within? ³ Forgive and be forgiven. ⁴ As you give you will receive. ⁵ There is no plan but this for the salvation of the Son of God. ⁶ Let us today rejoice that this is so, for here we have an answer, clear and plain, beyond deceit in its simplicity. ⁷ All the complexities the world has spun of fragile cobwebs disappear before the power and the majesty of this extremely simple statement of the truth.
7. Here is the answer! ² Do not turn away in aimless wandering again. ³ Accept salvation now. ⁴ It is the gift of God, and not the world. ⁵ The world can give no gifts of any value to a mind that has received what God has given as its own. ⁶ God wills salvation be received today, and that the intricacies of your dreams no longer hide their nothingness from you.
8. Open your eyes today and look upon a happy world of safety and of peace. ² Forgiveness is the means by which it comes to take the place of hell. ³ In quietness it rises up to greet your open eyes, and fill your heart with deep tranquility as ancient truths, forever newly born, arise in your awareness. ⁴ What you will remember then can never be described. ⁵ Yet your forgiveness offers it to you.
9. Remembering the gifts forgiveness gives, we undertake our practicing today with hope and faith that this will be the day salvation will be ours. ² Earnestly and gladly will we seek for it today, aware we hold the key within our hands, accepting Heaven's answer to the hell we made, but where we would remain no more.
10. Morning and evening do we gladly give a quarter of an hour to the search in which the end of hell is guaranteed. ² Begin in hopefulness, for we have reached the turning point at which the road becomes far easier. ³ And now the way is short that yet we travel. ⁴ We are close indeed to the appointed ending of the dream.
11. Sink into happiness as you begin these practice periods, for they hold out the sure rewards of questions answered and what your acceptance of the answer brings. ² Today it will be given you to feel the peace forgiveness offers, and the joy the lifting of the veil holds out to you.
12. Before the light you will receive today the world will fade until it disappears, and you will see

another world arise you have no words to picture. ² Now we walk directly into light, and we receive the gifts that have been held in store for us since time began, kept waiting for today.

13. Forgiveness offers everything you want. ² Today all things you want are given you. ³ Let not your gifts recede throughout the day, as you return again to meet a world of shifting change and bleak appearances. ⁴ Retain your gifts in clear awareness as you see the changeless in the heart of change; the light of truth behind appearances.
14. Be tempted not to let your gifts slip by and drift into forgetfulness, but hold them firmly in your mind by your attempts to think of them at least a minute as each quarter of an hour passes by. ² Remind yourself how precious are these gifts with this reminder, which has power to hold your gifts in your awareness through the day:

³ *Forgiveness offers everything I want.*

⁴ *Today I have accepted this as true.*

⁵ *Today I have received the gifts of God.*

LESSON 134.

Let me perceive forgiveness as it is.

1. Let us review the meaning of "forgive," for it is apt to be distorted and to be perceived as something that entails an unfair sacrifice of righteous wrath, a gift unjustified and undeserved, and a complete denial of the truth. ² In such a view, forgiveness must be seen as mere eccentric folly, and this course appear to rest salvation on a whim.
2. This twisted view of what forgiveness means is easily corrected, when you can accept the fact that pardon is not asked for what is true. ² It must be limited to what is false. ³ It is irrelevant to everything except illusions. ⁴ Truth is God's creation, and to pardon that is meaningless. ⁵ All truth belongs to Him, reflects His laws and radiates His Love. ⁶ Does this need pardon? ⁷ How can you forgive the sinless and eternally benign?
3. The major difficulty that you find in genuine forgiveness on your part is that you still believe you must forgive the truth, and not illusions. ² You conceive of pardon as a vain attempt to look past what is there; to overlook the truth, in an unfounded effort to deceive yourself by making an illusion true. ³ This twisted viewpoint but reflects the hold that the idea of sin retains as yet upon your mind, as you regard yourself.
4. Because you think your sins are real, you look on pardon as deception. ² For it is impossible to think of sin as true and not believe forgiveness is a lie. ³ Thus is forgiveness really but a sin, like all the rest. ⁴ It says the truth is false, and smiles on the corrupt as if they were as blameless as the grass; as white as snow. ⁵ It is delusional in what it thinks it can accomplish. ⁶ It would see as right the plainly wrong; the loathsome as the good.
5. Pardon is no escape in such a view. ² It merely is a further sign that sin is unforgivable, at best to

be concealed, denied or called another name, for pardon is a treachery to truth. ³ Guilt cannot be forgiven. ⁴ If you sin, your guilt is everlasting. ⁵ Those who are forgiven from the view their sins are real are pitifully mocked and twice condemned; first, by themselves for what they think they did, and once again by those who pardon them.

6. It is sin's unreality that makes forgiveness natural and wholly sane, a deep relief to those who offer it; a quiet blessing where it is received. ² It does not countenance illusions, but collects them lightly, with a little laugh, and gently lays them at the feet of truth. ³ And there they disappear entirely.
7. Forgiveness is the only thing that stands for truth in the illusions of the world. ² It sees their nothingness, and looks straight through the thousand forms in which they may appear. ³ It looks on lies, but it is not deceived. ⁴ It does not heed the self-accusing shrieks of sinners mad with guilt. ⁵ It looks on them with quiet eyes, and merely says to them, "My brother, what you think is not the truth."
8. The strength of pardon is its honesty, which is so uncorrupted that it sees illusions as illusions, not as truth. ² It is because of this that it becomes the undeceiver in the face of lies; the great restorer of the simple truth. ³ By its ability to overlook what is not there, it opens up the way to truth, which has been blocked by dreams of guilt. ⁴ Now are you free to follow in the way your true forgiveness opens up to you. ⁵ For if one brother has received this gift of you, the door is open to yourself.
9. There is a very simple way to find the door to true forgiveness, and perceive it open wide in welcome. ² When you feel that you are tempted to accuse someone of sin in any form, do not allow your mind to dwell on what you think he did, for that is self-deception. ³ Ask instead, "Would I accuse myself of doing this?"
10. Thus will you see alternatives for choice in terms that render choosing meaningful, and keep your mind as free of guilt and pain as God Himself intended it to be, and as it is in truth. ² It is but lies that would condemn. ³ In truth is innocence the only thing there is. ⁴ Forgiveness stands between illusions and the truth; between the world you see and that which lies beyond; between the hell of guilt and Heaven's gate.
11. Across this bridge, as powerful as love which laid its blessing on it, are all dreams of evil and of hatred and attack brought silently to truth. ² They are not kept to swell and bluster, and to terrify the foolish dreamer who believes in them. ³ He has been gently wakened from his dream by understanding what he thought he saw was never there. ⁴ And now he cannot feel that all escape has been denied to him.
12. He does not have to fight to save himself. ² He does not have to kill the dragons which he thought pursued him. ³ Nor need he erect the heavy walls of stone and iron doors he thought would make him safe. ⁴ He can remove the ponderous and useless armor made to chain his mind to fear and misery. ⁵ His step is light, and as he lifts his foot to stride ahead a star is left behind, to point the way to those who follow him.
13. Forgiveness must be practiced, for the world cannot perceive its meaning, nor provide a guide to teach you its beneficence. ² There is no thought in all the world that leads to any understanding of the laws it follows, nor the Thought that it reflects. ³ It is as alien to the world as is your own reality.

⁴ And yet it joins your mind with the reality in you.

14. Today we practice true forgiveness, that the time of joining be no more delayed. ² For we would meet with our reality in freedom and in peace. ³ Our practicing becomes the footsteps lighting up the way for all our brothers, who will follow us to the reality we share with them. ⁴ That this may be accomplished, let us give a quarter of an hour twice today, and spend it with the Guide Who understands the meaning of forgiveness, and was sent to us to teach it. ⁵ Let us ask of Him:

⁶ Let me perceive forgiveness as it is.

15. Then choose one brother as He will direct, and catalogue his "sins," as one by one they cross your mind. ² Be certain not to dwell on any one of them, but realize that you are using his "offenses" but to save the world from all ideas of sin. ³ Briefly consider all the evil things you thought of him, and each time ask yourself, "Would I condemn myself for doing this?"
16. Let him be freed from all the thoughts you had of sin in him. ² And now you are prepared for freedom. ³ If you have been practicing thus far in willingness and honesty, you will begin to sense a lifting up, a lightening of weight across your chest, a deep and certain feeling of relief. ⁴ The time remaining should be given to experiencing the escape from all the heavy chains you sought to lay upon your brother, but were laid upon yourself.
17. Forgiveness should be practiced through the day, for there will still be many times when you forget its meaning and attack yourself. ² When this occurs, allow your mind to see through this illusion as you tell yourself:

³ Let me perceive forgiveness as it is. ⁴ Would I accuse myself of doing this? ⁵ I will not lay this chain upon myself.

⁶ In everything you do remember this:

⁷ No one is crucified alone, and yet no one can enter Heaven by himself.

LESSON 297.

Forgiveness is the only gift I give.

1. Forgiveness is the only gift I give, because it is the only gift I want. ² And everything I give I give myself. ³ This is salvation's simple formula. ⁴ And I, who would be saved, would make it mine, to be the way I live within a world that needs salvation, and that will be saved as I accept Atonement for myself.
2. *Father, how certain are Your ways; how sure their final outcome, and how faithfully is every step in my salvation set already, and accomplished by Your grace. ² Thanks be to You for Your eternal*

gifts, and thanks to You for my Identity.

LESSON 333.

Forgiveness ends the dream of conflict here.

1. Conflict must be resolved. ² It cannot be evaded, set aside, denied, disguised, seen somewhere else, called by another name, or hidden by deceit of any kind, if it would be escaped. ³ It must be seen exactly as it is, where it is thought to be, in the reality which has been given it, and with the purpose that the mind accorded it. ⁴ For only then are its defenses lifted, and the truth can shine upon it as it disappears.
2. *Father, forgiveness is the light You chose to shine away all conflict and all doubt, and light the way for our return to You. ² No light but this can end our evil dream. ³ No light but this can save the world. ⁴ For this alone will never fail in anything, being Your gift to Your beloved Son.*

LESSON 336.

Forgiveness lets me know that minds are joined.

1. Forgiveness is the means appointed for perception's ending. ² Knowledge is restored after perception first is changed, and then gives way entirely to what remains forever past its highest reach. ³ For sights and sounds, at best, can serve but to recall the memory that lies beyond them all. ⁴ Forgiveness sweeps away distortions, and opens the hidden altar to the truth. ⁵ Its lilies shine into the mind, and call it to return and look within, to find what it has vainly sought without. ⁶ For here, and only here, is peace of mind restored, for this the dwelling place of God Himself.
2. *In quiet may forgiveness wipe away my dreams of separation and of sin. ² Then let me, Father, look within, and find Your promise of my sinlessness is kept; Your Word remains unchanged within my mind, Your Love is still abiding in my heart.*