

Introduction

1. To heal is to make happy. ² I have told you to think how many opportunities you have had to gladden yourself, and how many you have refused. ³ This is the same as telling you that you have refused to heal yourself. ⁴ The light that belongs to you is the light of joy. ⁵ Radiance is not associated with sorrow. ⁶ Joy calls forth an integrated willingness to share it, and promotes the mind's natural impulse to respond as one. ⁷ Those who attempt to heal without being wholly joyous themselves call forth different kinds of responses at the same time, and thus deprive others of the joy of responding wholeheartedly.
2. To be wholehearted you must be happy. ² If fear and love cannot coexist, and if it is impossible to be wholly fearful and remain alive, the only possible whole state is that of love. ³ There is no difference between love and joy. ⁴ Therefore, the only possible whole state is the wholly joyous. ⁵ To heal or to make joyous is therefore the same as to integrate and to make one. ⁶ That is why it makes no difference to what part or by what part of the Sonship the healing is offered. ⁷ Every part benefits, and benefits equally.
3. You are being blessed by every beneficent thought of any of your brothers anywhere. ² You should want to bless them in return, out of gratitude. ³ You need not know them individually, or they you. ⁴ The light is so strong that it radiates throughout the Sonship and returns thanks to the Father for radiating His joy upon it. ⁵ Only God's holy children are worthy channels of His beautiful joy, because only they are beautiful enough to hold it by sharing it. ⁶ It is impossible for a child of God to love his neighbor except as himself. ⁷ That is why the healer's prayer is:

⁸ *Let me know this brother as I know myself.*

I. The Invitation to the Holy Spirit

1. Healing is a thought by which two minds perceive their oneness and become glad. ² This gladness calls to every part of the Sonship to rejoice with them, and lets God go out into them and through them. ³ Only the healed mind can experience revelation with lasting effect, because revelation is an experience of pure joy. ⁴ If you do not choose to be wholly joyous, your mind cannot have what it does not choose to be. ⁵ Remember that spirit knows no difference between *having* and *being*. ⁶ The higher mind thinks according to the laws spirit obeys, and therefore honors only the laws of God. ⁷ To spirit getting is meaningless and giving is all. ⁸ Having everything, spirit holds everything by giving it, and thus creates as the Father created. ⁹ While this kind of thinking is totally alien to having things, even to the lower mind it is quite comprehensible in connection with ideas. ¹⁰ If you share a physical possession, you do divide its ownership. ¹¹ If you share an idea, however, you do not lessen it. ¹² All of it is still yours although all of it has been given away. ¹³ Further, if the one to whom you give it accepts it as his, he reinforces it in your mind and thus increases it. ¹⁴ If you can accept the concept that the world is one of ideas, the whole belief in the false association the ego makes between giving and losing is gone.
2. Let us start our process of reawakening with just a few simple concepts:

² *Thoughts increase by being given away.*

³ *The more who believe in them the stronger they become.*

⁴ *Everything is an idea.*

⁵ *How, then, can giving and losing be associated?*

3. This is the invitation to the Holy Spirit. ² I have said already that I can reach up and bring the Holy Spirit down to you, but I can bring Him to you only at your own invitation. ³ The Holy Spirit is in your right mind, as He was in mine. ⁴ The Bible says, "May the mind be in you that was also in Christ Jesus," and uses this as a blessing. ⁵ It is the blessing of miracle-mindedness. ⁶ It asks that you may think as I thought, joining with me in Christ thinking.
4. The Holy Spirit is the only part of the Holy Trinity that has a symbolic function. ² He is referred to as the Healer, the Comforter and the Guide. ³ He is also described as something "separate," apart from the Father and from the Son. ⁴ I myself said, "If I go I will send you another Comforter and he will abide with you." ⁵ His symbolic function makes the Holy Spirit difficult to understand, because symbolism is open to different interpretations. ⁶ As a man and also one of God's creations, my right thinking, which came from the Holy Spirit or the Universal Inspiration, taught me first and foremost that this Inspiration is for all. ⁷ I could not have It myself without knowing this. ⁸ The word "know" is proper in this context, because the Holy Spirit is so close to knowledge that He calls it forth; or better, allows it to come. ⁹ I have spoken before of the higher or "true" perception, which is so near to truth that God Himself can flow across the little gap. ¹⁰ Knowledge is always ready to flow everywhere, but it cannot oppose. ¹¹ Therefore you can obstruct it, although you can never lose it.
5. The Holy Spirit is the Christ Mind which is aware of the knowledge that lies beyond perception. ² He came into being with the separation as a protection, inspiring the Atonement principle at the same time. ³ Before that there was no need for healing, for no one was comfortless. ⁴ The Voice of the Holy Spirit is the Call to Atonement, or the restoration of the integrity of the mind. ⁵ When the Atonement is complete and the whole Sonship is healed there will be no Call to return. ⁶ But what God creates is eternal. ⁷ The Holy Spirit will remain with the Sons of God, to bless their creations and keep them in the light of joy.
6. God honored even the miscreations of His children because they had made them. ² But He also blessed His children with a way of thinking that could raise their perceptions so high they could reach almost back to Him. ³ The Holy Spirit is the Mind of the Atonement. ⁴ He represents a state of mind close enough to One-mindedness that transfer to it is at last possible. ⁵ Perception is not knowledge, but it can be transferred to knowledge, or cross over into it. ⁶ It might even be more helpful here to use the literal meaning of transferred or "carried over," since the last step is taken by God.
7. The Holy Spirit, the shared Inspiration of all the Sonship, induces a kind of perception in which many elements are like those in the Kingdom of Heaven itself:
 - ² First, its universality is perfectly clear, and no one who attains it could believe for one instant that sharing it involves anything but gain.
 - ³ Second, it is incapable of attack and is therefore truly open. ⁴ This means that although it does not engender knowledge, it does not obstruct it in any way.
 - ⁵ Finally, it points the way beyond the healing that it brings, and leads the mind beyond its own integration toward the paths of creation. ⁶ It is at this point that sufficient quantitative change occurs to produce a real qualitative shift.

II. The Voice for God

1. Healing is not creating; it is reparation. ² The Holy Spirit promotes healing by looking beyond it to what the children of God were before healing was needed, and will be when they have been healed. ³ This alteration of the time sequence should be quite familiar, because it is very similar to the shift in the perception of time that the miracle introduces. ⁴ The Holy Spirit is the motivation for miracle-mindedness; the decision to heal the separation by letting it go. ⁵ Your will is still in you because God placed it in your mind, and although you can keep it asleep you cannot obliterate it. ⁶ God Himself keeps your will alive by transmitting it from His Mind to yours as long as there is time. ⁷ The miracle itself is a reflection of this union of Will between Father and Son.
2. The Holy Spirit is the spirit of joy. ² He is the Call to return with which God blessed the minds of His separated Sons. ³ This is the vocation of the mind. ⁴ The mind had no calling until the separation, because before that it had only being, and would not have understood the Call to right thinking. ⁵ The Holy Spirit is God's Answer to the separation; the means by which the Atonement heals until the whole mind returns to creating.
3. The principle of Atonement and the separation began at the same time. ² When the ego was made, God placed in the mind the Call to joy. ³ This Call is so strong that the ego always dissolves at Its sound. ⁴ That is why you must choose to hear one of two voices within you. ⁵ One you made yourself, and that one is not of God. ⁶ But the other is given you by God, Who asks you only to listen to it. ⁷ The Holy Spirit is in you in a very literal sense. ⁸ His is the Voice that calls you back to where you were before and will be again. ⁹ It is possible even in this world to hear only that Voice and no other. ¹⁰ It takes effort and great willingness to learn. ¹¹ It is the final lesson that I learned, and God's Sons are as equal as learners as they are as Sons.
4. You *are* the Kingdom of Heaven, but you have let the belief in darkness enter your mind and so you need a new light. ² The Holy Spirit is the radiance that you must let banish the idea of darkness. ³ His is the glory before which dissociation falls away, and the Kingdom of Heaven breaks through into its own. ⁴ Before the separation you did not need guidance. ⁵ You knew as you will know again, but as you do not know now.
5. God does not guide, because He can share only perfect knowledge. ² Guidance is evaluative, because it implies there is a right way and also a wrong way, one to be chosen and the other to be avoided. ³ By choosing one you give up the other. ⁴ The choice for the Holy Spirit is the choice for God. ⁵ God is not in you in a literal sense; you are part of Him. ⁶ When you chose to leave Him He gave you a Voice to speak for Him because He could no longer share His knowledge with you without hindrance. ⁷ Direct communication was broken because you had made another voice.
6. The Holy Spirit calls you both to remember and to forget. ² You have chosen to be in a state of opposition in which opposites are possible. ³ As a result, there are choices you must make. ⁴ In the holy state the will is free, so that its creative power is unlimited and choice is meaningless. ⁵ Freedom to choose is the same power as freedom to create, but its application is different. ⁶ Choosing depends on a split mind. ⁷ The Holy Spirit is one way of choosing. ⁸ God did not leave His children comfortless, even though they chose to leave Him. ⁹ The voice they put in their minds was not the Voice for His Will, for which the Holy Spirit speaks.

7. The Voice of the Holy Spirit does not command, because It is incapable of arrogance. ² It does not demand, because It does not seek control. ³ It does not overcome, because It does not attack. ⁴ It merely reminds. ⁵ It is compelling only because of what It reminds you *of*. ⁶ It brings to your mind the other way, remaining quiet even in the midst of the turmoil you may make. ⁷ The Voice for God is always quiet, because It speaks of peace. ⁸ Peace is stronger than war because it heals. ⁹ War is division, not increase. ¹⁰ No one gains from strife. ¹¹ What profiteth it a man if he gain the whole world and lose his own soul? ¹² If you listen to the wrong voice you *have* lost sight of your soul. ¹³ You cannot lose it, but you can not know it. ¹⁴ It is therefore "lost" to you until you choose right.
8. The Holy Spirit is your Guide in choosing. ² He is in the part of your mind that always speaks for the right choice, because He speaks for God. ³ He is your remaining communication with God, which you can interrupt but cannot destroy. ⁴ The Holy Spirit is the way in which God's Will is done on earth as it is in Heaven. ⁵ Both Heaven and earth are in you, because the call of both is in your mind. ⁶ The Voice for God comes from your own altars to Him. ⁷ These altars are not things; they are devotions. ⁸ Yet you have other devotions now. ⁹ Your divided devotion has given you the two voices, and you must choose at which altar you want to serve. ¹⁰ The call you answer now is an evaluation because it is a decision. ¹¹ The decision is very simple. ¹² It is made on the basis of which call is worth more to you.
9. My mind will always be like yours, because we were created as equals. ² It was only my decision that gave me all power in Heaven and earth. ³ My only gift to you is to help you make the same decision. ⁴ This decision is the choice to share it, because the decision itself *is* the decision to share. ⁵ It is made by giving, and is therefore the one choice that resembles true creation. ⁶ I am your model for decision. ⁷ By deciding for God I showed you that this decision can be made, and that you can make it.
10. I have assured you that the Mind that decided for me is also in you, and that you can let it change you just as it changed me. ² This Mind is unequivocal, because it hears only one Voice and answers in only one way. ³ You are the light of the world with me. ⁴ Rest does not come from sleeping but from waking. ⁵ The Holy Spirit is the Call to awaken and be glad. ⁶ The world is very tired, because it is the idea of weariness. ⁷ Our task is the joyous one of waking it to the Call for God. ⁸ Everyone will answer the Call of the Holy Spirit, or the Sonship cannot be as One. ⁹ What better vocation could there be for any part of the Kingdom than to restore it to the perfect integration that can make it whole? ¹⁰ Hear only this through the Holy Spirit within you, and teach your brothers to listen as I am teaching you.
11. When you are tempted by the wrong voice, call on me to remind you how to heal by sharing my decision and making it stronger. ² As we share this goal, we increase its power to attract the whole Sonship, and to bring it back into the oneness in which it was created. ³ Remember that "yoke" means "join together," and "burden" means "message." ⁴ Let us restate "My yoke is easy and my burden light" in this way; "Let us join together, for my message is light."
12. I have enjoined you to behave as I behaved, but we must respond to the same Mind to do this. ² This Mind is the Holy Spirit, Whose Will is for God always. ³ He teaches you how to keep me as the model for your thought, and to behave like me as a result. ⁴ The power of our joint motivation is beyond belief, but not beyond accomplishment. ⁵ What we can accomplish together has no limits, because the Call for God is the Call to the unlimited. ⁶ Child of God, my message is for you, to hear

and give away as you answer the Holy Spirit within you.

5. The Holy Spirit begins by perceiving you as perfect. ² Knowing this perfection is shared He recognizes it in others, thus strengthening it in both. ³ Instead of anger this arouses love for both, because it establishes inclusion. ⁴ Perceiving equality, the Holy Spirit perceives equal needs. ⁵ This invites Atonement automatically, because Atonement is the one need in this world that is universal. ⁶ To perceive yourself this way is the only way in which you can find happiness in the world. ⁷ That is because it is the acknowledgment that you are not in this world, for the world *is* unhappy.
6. How else can you find joy in a joyless place except by realizing that you are not there? ² You cannot be anywhere God did not put you, and God created you as part of Him. ³ That is both where you are and what you are. ⁴ It is completely unalterable. ⁵ It is total inclusion. ⁶ You cannot change it now or ever. ⁷ It is forever true. ⁸ It is not a belief, but a Fact. ⁹ Anything that God created is as true as He is. ¹⁰ Its truth lies only in its perfect inclusion in Him Who alone is perfect. ¹¹ To deny this is to deny yourself and Him, since it is impossible to accept one without the other.
11. You do not recognize the enormous waste of energy you expend in denying truth. ² What would you say of someone who persists in attempting the impossible, believing that to achieve it is to succeed? ³ The belief that you must have the impossible in order to be happy is totally at variance with the principle of creation. ⁴ God could not will that happiness depended on what you could never have. ⁵ The fact that God is Love does not require belief, but it does require acceptance. ⁶ It is indeed possible for you to deny facts, although it is impossible for you to change them. ⁷ If you hold your hands over your eyes, you will not see because you are interfering with the laws of seeing. ⁸ If you deny love, you will not know it because your cooperation is the law of its being. ⁹ You cannot change laws you did not make, and the laws of happiness were created for you, not by you.

VII. The Two Evaluations

1. God's Will is your salvation. ² Would He not have given you the means to find it? ³ If He wills you to have it, He must have made it possible and easy to obtain it. ⁴ Your brothers are everywhere. ⁵ You do not have to seek far for salvation. ⁶ Every minute and every second gives you a chance to save yourself. ⁷ Do not lose these chances, not because they will not return, but because delay of joy is needless. ⁸ God wills you perfect happiness now. ⁹ Is it possible that this is not also your will? ¹⁰ And is it possible that this is not also the will of your brothers?
2. Consider, then, that in this joint will you are all united, and in this only. ² There may be disagreement on anything else, but not on this. ³ This, then, is where peace abides. ⁴ And you abide in peace when you so decide. ⁵ Yet you cannot abide in peace unless you accept the Atonement, because the Atonement *is* the way to peace. ⁶ The reason is very simple, and so obvious that it is often overlooked. ⁷ The ego is afraid of the obvious, since obviousness is the essential characteristic of reality. ⁸ Yet *you* cannot overlook it unless you are not looking.