

8. The Holy Spirit would undo all of this *now*.<sup>2</sup> Fear is not of the present, but only of the past and future, which do not exist.<sup>3</sup> There is no fear in the present when each instant stands clear and separated from the past, without its shadow reaching out into the future.<sup>4</sup> Each instant is a clean, untarnished birth, in which the Son of God emerges from the past into the present.<sup>5</sup> And the present extends forever.<sup>6</sup> It is so beautiful and so clean and free of guilt that nothing but happiness is there.<sup>7</sup> No darkness is remembered, and immortality and joy are now.
9. This lesson takes no time.<sup>2</sup> For what is time without a past and future?<sup>3</sup> It has taken time to misguide you so completely, but it takes no time at all to be what you are.<sup>4</sup> Begin to practice the Holy Spirit's use of time as a teaching aid to happiness and peace.<sup>5</sup> Take this very instant, now, and think of it as all there is of time.<sup>6</sup> Nothing can reach you here out of the past, and it is here that you are completely absolved, completely free and wholly without condemnation.<sup>7</sup> From this holy instant wherein holiness was born again you will go forth in time without fear, and with no sense of change with time.
10. Time is inconceivable without change, yet holiness does not change.<sup>2</sup> Learn from this instant more than merely that hell does not exist.<sup>3</sup> In this redeeming instant lies Heaven.<sup>4</sup> And Heaven will not change, for the birth into the holy present is salvation from change.<sup>5</sup> Change is an illusion, taught by those who cannot see themselves as guiltless.<sup>6</sup> There is no change in Heaven because there is no change in God.<sup>7</sup> In the holy instant, in which you see yourself as bright with freedom, you will remember God.<sup>8</sup> For remembering Him *is* to remember freedom.
11. If you are tempted to be dispirited by thinking how long it would take to change your mind so completely, ask yourself, "How long is an instant?"<sup>2</sup> Could you not give so short a time to the Holy Spirit for your salvation?<sup>3</sup> He asks no more, for He has no need of more.<sup>4</sup> It takes far longer to teach you to be willing to give Him this than for Him to use this tiny instant to offer you the whole of Heaven.<sup>5</sup> In exchange for this instant He stands ready to give you the remembrance of eternity.
12. You will never give this holy instant to the Holy Spirit on behalf of your release while you are unwilling to give it to your brothers on behalf of theirs.<sup>2</sup> For the instant of holiness is shared, and cannot be yours alone.<sup>3</sup> Remember, then, when you are tempted to attack a brother, that his instant of release is yours.<sup>4</sup> Miracles are the instants of release you offer, and will receive.<sup>5</sup> They attest to your willingness to *be* released, and to offer time to the Holy Spirit for His use of it.
13. How long is an instant?<sup>2</sup> It is as short for your brother as it is for you.<sup>3</sup> Practice giving this blessed instant of freedom to all who are enslaved by time, and thus make time their friend for them.<sup>4</sup> The Holy Spirit gives their blessed instant to you through your giving it.<sup>5</sup> As you give it, He offers it to you.<sup>6</sup> Be not unwilling to give what you would receive of Him, for you join with Him in giving.<sup>7</sup> In the crystal cleanness of the release you give is your instantaneous escape from guilt.<sup>8</sup> You must be holy if you offer holiness.
14. How long is an instant?<sup>2</sup> As long as it takes to re-establish perfect sanity, perfect peace and perfect love for everyone, for God and for yourself.<sup>3</sup> As long as it takes to remember immortality, and your immortal creations who share it with you.<sup>4</sup> As long as it takes to exchange hell for Heaven.<sup>5</sup> Long enough to transcend all of the ego's making, and ascend unto your Father.
15. Time is your friend, if you leave it to the Holy Spirit to use.<sup>2</sup> He needs but very little to restore

God's whole power to you. <sup>3</sup> He Who transcends time for you understands what time is for. <sup>4</sup> Holiness lies not in time, but in eternity. <sup>5</sup> There never was an instant in which God's Son could lose his purity. <sup>6</sup> His changeless state is beyond time, for his purity remains forever beyond attack and without variability. <sup>7</sup> Time stands still in his holiness, and changes not. <sup>8</sup> And so it is no longer time at all. <sup>9</sup> For caught in the single instant of the eternal sanctity of God's creation, it is transformed into forever. <sup>10</sup> Give the eternal instant, that eternity may be remembered for you, in that shining instant of perfect release. <sup>11</sup> Offer the miracle of the holy instant through the Holy Spirit, and leave His giving it to you to Him.

## II. The End of Doubt

1. The Atonement is *in* time, but not *for* time. <sup>2</sup> Being in you, it is eternal. <sup>3</sup> What holds remembrance of God cannot be bound by time. <sup>4</sup> No more are you. <sup>5</sup> For unless God is bound, you cannot be. <sup>6</sup> An instant offered to the Holy Spirit is offered to God on your behalf, and in that instant you will awaken gently in Him. <sup>7</sup> In the blessed instant you will let go all your past learning, and the Holy Spirit will quickly offer you the whole lesson of peace. <sup>8</sup> What can take time, when all the obstacles to learning it have been removed? <sup>9</sup> Truth is so far beyond time that all of it happens at once. <sup>10</sup> For as it was created one, so its oneness depends not on time at all.
2. Do not be concerned with time, and fear not the instant of holiness that will remove all fear. <sup>2</sup> For the instant of peace is eternal *because* it is without fear. <sup>3</sup> It will come, being the lesson God gives you, through the Teacher He has appointed to translate time into eternity. <sup>4</sup> Blessed is God's Teacher, Whose joy it is to teach God's holy Son his holiness. <sup>5</sup> His joy is not contained in time. <sup>6</sup> His teaching is for you because His joy is yours. <sup>7</sup> Through Him you stand before God's altar, where He gently translates hell into Heaven. <sup>8</sup> For it is only in Heaven that God would have you be.
3. How long can it take to be where God would have you? <sup>2</sup> For you are where you have forever been and will forever be. <sup>3</sup> All that you have, you have forever. <sup>4</sup> The blessed instant reaches out to encompass time, as God extends Himself to encompass you. <sup>5</sup> You who have spent days, hours and even years in chaining your brothers to your ego in an attempt to support it and uphold its weakness, do not perceive the Source of strength. <sup>6</sup> In this holy instant you will unchain all your brothers, and refuse to support either their weakness or your own.
4. You do not realize how much you have misused your brothers by seeing them as sources of ego support. <sup>2</sup> As a result, they witness to the ego in your perception, and seem to provide reasons for not letting it go. <sup>3</sup> Yet they are far stronger and much more compelling witnesses for the Holy Spirit. <sup>4</sup> And they support His strength. <sup>5</sup> It is, therefore, your choice whether they support the ego or the Holy Spirit in you. <sup>6</sup> And you will recognize which you have chosen by *their* reactions. <sup>7</sup> A Son of God who has been released through the Holy Spirit in a brother is always recognized. <sup>8</sup> He cannot be denied. <sup>9</sup> If you remain uncertain, it is only because you have not given complete release. <sup>10</sup> And because of this, you have not given a single instant completely to the Holy Spirit. <sup>11</sup> For when you have, you will be sure you have. <sup>12</sup> You will be sure because the witness to Him will speak so clearly of Him that you will hear and understand. <sup>13</sup> You will doubt until you hear one witness whom you have wholly released through the Holy Spirit. <sup>14</sup> And then you will doubt no more.
5. The holy instant has not yet happened to you. <sup>2</sup> Yet it will, and you will recognize it with perfect certainty. <sup>3</sup> No gift of God is recognized in any other way. <sup>4</sup> You can practice the mechanics of the

holy instant, and will learn much from doing so. <sup>5</sup> Yet its shining and glittering brilliance, which will literally blind you to this world by its own vision, you cannot supply. <sup>6</sup> And here it is, all in this instant, complete, accomplished and given wholly.

6. Start now to practice your little part in separating out the holy instant. <sup>2</sup> You will receive very specific instructions as you go along. <sup>3</sup> To learn to separate out this single second, and to experience it as timeless, is to begin to experience yourself as not separate. <sup>4</sup> Fear not that you will not be given help in this. <sup>5</sup> God's Teacher and His lesson will support your strength. <sup>6</sup> It is only your weakness that will depart from you in this practice, for it is the practice of the power of God in you. <sup>7</sup> Use it but for one instant, and you will never deny it again. <sup>8</sup> Who can deny the Presence of what the universe bows to, in appreciation and gladness? <sup>9</sup> Before the recognition of the universe that witnesses to It, your doubts must disappear.

#### IV. Practicing the Holy Instant

1. This course is not beyond immediate learning, unless you believe that what God wills takes time. <sup>2</sup> And this means only that you would rather delay the recognition that His Will is so. <sup>3</sup> The holy instant is this instant and every instant. <sup>4</sup> The one you want it to be it is. <sup>5</sup> The one you would not have it be is lost to you. <sup>6</sup> You must decide when it is. <sup>7</sup> Delay it not. <sup>8</sup> For beyond the past and future, where you will not find it, it stands in shimmering readiness for your acceptance. <sup>9</sup> Yet you cannot bring it into glad awareness while you do not want it, for it holds the whole release from littleness.
2. Your practice must therefore rest upon your willingness to let all littleness go. <sup>2</sup> The instant in which magnitude dawns upon you is but as far away as your desire for it. <sup>3</sup> As long as you desire it not and cherish littleness instead, by so much is it far from you. <sup>4</sup> By so much as you want it will you bring it nearer. <sup>5</sup> Think not that you can find salvation in your own way and have it. <sup>6</sup> Give over every plan you have made for your salvation in exchange for God's. <sup>7</sup> His will content you, and nothing else can bring you peace. <sup>8</sup> For peace is of God, and no one beside Him.
3. Be humble before Him, and yet great *in* Him. <sup>2</sup> And value no plan of the ego before the plan of God. <sup>3</sup> For you leave empty your place in His plan, which you must fill if you would join with me, by your decision to join in any plan but His. <sup>4</sup> I call you to fulfill your holy part in the plan that He has given to the world for its release from littleness. <sup>5</sup> God would have His host abide in perfect freedom. <sup>6</sup> Every allegiance to a plan of salvation apart from Him diminishes the value of His Will for you in your own mind. <sup>7</sup> And yet it is your mind that is the host to Him.
4. Would you learn how perfect and immaculate is the holy altar on which your Father has placed Himself? <sup>2</sup> This you will recognize in the holy instant, in which you willingly and gladly give over every plan but His. <sup>3</sup> For there lies peace, perfectly clear because you have been willing to meet its conditions. <sup>4</sup> You can claim the holy instant any time and anywhere you want it. <sup>5</sup> In your practice, try to give over every plan you have accepted for finding magnitude in littleness. <sup>6</sup> *It is not there.* <sup>7</sup> Use the holy instant only to recognize that you alone cannot know where it is, and can only deceive yourself.
5. I stand within the holy instant, as clear as you would have me. <sup>2</sup> And the extent to which you learn to accept me is the measure of the time in which the holy instant will be yours. <sup>3</sup> I call to you to

make the holy instant yours at once, for the release from littleness in the mind of the host of God depends on willingness, and not on time.

6. The reason this course is simple is that truth is simple. <sup>2</sup> Complexity is of the ego, and is nothing more than the ego's attempt to obscure the obvious. <sup>3</sup> You could live forever in the holy instant, beginning now and reaching to eternity, but for a very simple reason. <sup>4</sup> Do not obscure the simplicity of this reason, for if you do, it will be only because you prefer not to recognize it and not to let it go. <sup>5</sup> The simple reason, simply stated, is this: The holy instant is a time in which you receive and give perfect communication. <sup>6</sup> This means, however, that it is a time in which your mind is open, both to receive and give. <sup>7</sup> It is the recognition that all minds are in communication. <sup>8</sup> It therefore seeks to change nothing, but merely to accept everything.
7. How can you do this when you would prefer to have private thoughts and keep them? <sup>2</sup> The only way you could do that would be to deny the perfect communication that makes the holy instant what it is. <sup>3</sup> You believe you can harbor thoughts you would not share, and that salvation lies in keeping thoughts to yourself alone. <sup>4</sup> For in private thoughts, known only to yourself, you think you find a way to keep what you would have alone, and share what *you* would share. <sup>5</sup> And then you wonder why it is that you are not in full communication with those around you, and with God Who surrounds all of you together.
8. Every thought you would keep hidden shuts communication off, because you would have it so. <sup>2</sup> It is impossible to recognize perfect communication while breaking communication holds value to you. <sup>3</sup> Ask yourself honestly, "Would I want to have perfect communication, and am I wholly willing to let everything that interferes with it go forever?" <sup>4</sup> If the answer is no, then the Holy Spirit's readiness to give it to you is not enough to make it yours, for you are not ready to share it with Him. <sup>5</sup> And it cannot come into a mind that has decided to oppose it. <sup>6</sup> For the holy instant is given and received with equal willingness, being the acceptance of the single Will that governs all thought.
9. The necessary condition for the holy instant does not require that you have no thoughts that are not pure. <sup>2</sup> But it does require that you have none that you would keep. <sup>3</sup> Innocence is not of your making. <sup>4</sup> It is given you the instant you would have it. <sup>5</sup> Atonement would not be if there were no need for it. <sup>6</sup> You will not be able to accept perfect communication as long as you would hide it from yourself. <sup>7</sup> For what you would hide *is* hidden from you. <sup>8</sup> In your practice, then, try only to be vigilant against deception, and seek not to protect the thoughts you would keep to yourself. <sup>9</sup> Let the Holy Spirit's purity shine them away, and bring all your awareness to the readiness for purity He offers you. <sup>10</sup> Thus will He make you ready to acknowledge that you are host to God, and hostage to no one and to nothing.
1. The holy instant is the Holy Spirit's most useful learning device for teaching you love's meaning. <sup>2</sup> For its purpose is to suspend judgment entirely. <sup>3</sup> Judgment always rests on the past, for past experience is the basis on which you judge. <sup>4</sup> Judgment becomes impossible without the past, for without it you do not understand anything. <sup>5</sup> You would make no attempt to judge, because it would be quite apparent to you that you do not understand what anything means. <sup>6</sup> You are afraid of this because you believe that without the ego, all would be chaos. <sup>7</sup> Yet I assure you that without the ego, all would be love.

3. You cannot love parts of reality and understand what love means. <sup>2</sup> If you would love unlike to God, Who knows no special love, how can you understand it? <sup>3</sup> To believe that *special* relationships, with *special* love, can offer you salvation is the belief that separation is salvation. <sup>4</sup> For it is the complete equality of the Atonement in which salvation lies. <sup>5</sup> How can you decide that special aspects of the Sonship can give you more than others? <sup>6</sup> The past has taught you this. <sup>7</sup> Yet the holy instant teaches you it is not so.
8. Everyone on earth has formed special relationships, and although this is not so in Heaven, the Holy Spirit knows how to bring a touch of Heaven to them here. <sup>2</sup> In the holy instant no one is special, for your personal needs intrude on no one to make your brothers seem different. <sup>3</sup> Without the values from the past, you would see them all the same and like yourself. <sup>4</sup> Nor would you see any separation between yourself and them. <sup>5</sup> In the holy instant, you see in each relationship what it will be when you perceive only the present.
9. God knows you *now*. <sup>2</sup> He remembers nothing, having always known you exactly as He knows you now. <sup>3</sup> The holy instant reflects His knowing by bringing all perception out of the past, thus removing the frame of reference you have built by which to judge your brothers. <sup>4</sup> Once this is gone, the Holy Spirit substitutes His frame of reference for it. <sup>5</sup> His frame of reference is simply God. <sup>6</sup> The Holy Spirit's timelessness lies only here. <sup>7</sup> For in the holy instant, free of the past, you see that love is in you, and you have no need to look without and snatch love guiltily from where you thought it was.
10. All your relationships are blessed in the holy instant, because the blessing is not limited. <sup>2</sup> In the holy instant the Sonship gains as one, and united in your blessing it becomes one to you. <sup>3</sup> The meaning of love is the meaning God gave to it. <sup>4</sup> Give to it any meaning apart from His, and it is impossible to understand it. <sup>5</sup> God loves every brother as He loves you; neither less nor more. <sup>6</sup> He needs them all equally, and so do you. <sup>7</sup> In time, you have been told to offer miracles as I direct, and let the Holy Spirit bring to you those who are seeking you. <sup>8</sup> Yet in the holy instant you unite directly with God, and all your brothers join in Christ. <sup>9</sup> Those who are joined in Christ are in no way separate. <sup>10</sup> For Christ is the Self the Sonship shares, as God shares His Self with Christ.
11. Think you that you can judge the Self of God? <sup>2</sup> God has created It beyond judgment, out of His need to extend His Love. <sup>3</sup> With love in you, you have no need except to extend it. <sup>4</sup> In the holy instant there is no conflict of needs, for there is only one. <sup>5</sup> For the holy instant reaches to eternity, and to the Mind of God. <sup>6</sup> And it is only there love has meaning, and only there can it be understood.
2. You have so little faith in yourself because you are unwilling to accept the fact that perfect love is in you. <sup>2</sup> And so you seek without for what you cannot find without. <sup>3</sup> I offer you my perfect faith in you, in place of all your doubts. <sup>4</sup> But forget not that my faith must be as perfect in all your brothers as it is in you, or it would be a limited gift to you. <sup>5</sup> In the holy instant we share our faith in God's Son because we recognize, together, that he is wholly worthy of it, and in our appreciation of his worth we cannot doubt his holiness. <sup>6</sup> And so we love him.
5. In the world of scarcity, love has no meaning and peace is impossible. <sup>2</sup> For gain and loss are both accepted, and so no one is aware that perfect love is in him. <sup>3</sup> In the holy instant you recognize the idea of love in you, and unite this idea with the Mind that thought it, and could not relinquish it. <sup>4</sup> By

holding it within itself, there *is* no loss. <sup>5</sup> The holy instant thus becomes a lesson in how to hold all of your brothers in your mind, experiencing not loss but completion. <sup>6</sup> From this it follows you can only give. <sup>7</sup> And this *is* love, for this alone is natural under the laws of God. <sup>8</sup> In the holy instant the laws of God prevail, and only they have meaning. <sup>9</sup> The laws of this world cease to hold any meaning at all. <sup>10</sup> When the Son of God accepts the laws of God as what he gladly wills, it is impossible that he be bound, or limited in any way. <sup>11</sup> In that instant he is as free as God would have him be. <sup>12</sup> For the instant he refuses to be bound, he is not bound.

6. In the holy instant nothing happens that has not always been. <sup>2</sup> Only the veil that has been drawn across reality is lifted. <sup>3</sup> Nothing has changed. <sup>4</sup> Yet the awareness of changelessness comes swiftly as the veil of time is pushed aside. <sup>5</sup> No one who has not yet experienced the lifting of the veil, and felt himself drawn irresistibly into the light behind it, can have faith in love without fear. <sup>6</sup> Yet the Holy Spirit gives you this faith, because He offered it to me and I accepted it. <sup>7</sup> Fear not the holy instant will be denied you, for I denied it not. <sup>8</sup> And through me the Holy Spirit gives it unto you, as you will give it. <sup>9</sup> Let no need you perceive obscure your need of this. <sup>10</sup> For in the holy instant you will recognize the only need the Sons of God share equally, and by this recognition you will join with me in offering what is needed.
7. It is through *us* that peace will come. <sup>2</sup> Join me in the idea of peace, for in ideas minds can communicate. <sup>3</sup> If you would give yourself as your Father gives His Self, you will learn to understand Selfhood. <sup>4</sup> And therein is love's meaning understood. <sup>5</sup> But remember that understanding is of the mind, and only of the mind. <sup>6</sup> Knowledge is therefore of the mind, and its conditions are in the mind with it. <sup>7</sup> If you were not an idea, and nothing but an idea, you could not be in full communication with all that ever was. <sup>8</sup> Yet as long as you prefer to be something else, or would attempt to be nothing else and something else together, you will not remember the language of communication, which you know perfectly.
8. In the holy instant God is remembered, and the language of communication with all your brothers is remembered with Him. <sup>2</sup> For communication is remembered together, as is truth. <sup>3</sup> There is no exclusion in the holy instant because the past is gone, and with it goes the whole basis for exclusion. <sup>4</sup> Without its source exclusion vanishes. <sup>5</sup> And this permits your Source, and that of all your brothers, to replace it in your awareness. <sup>6</sup> God and the power of God will take Their rightful place in you, and you will experience the full communication of ideas with ideas. <sup>7</sup> Through your ability to do this you will learn what you must be, for you will begin to understand what your Creator is, and what His creation is along with Him.
14. It is through the holy instant that what seems impossible is accomplished, making it evident that it is not impossible. <sup>2</sup> In the holy instant guilt holds no attraction, since communication has been restored. <sup>3</sup> And guilt, whose only purpose is to disrupt communication, has no function here. <sup>4</sup> Here there is no concealment, and no private thoughts. <sup>5</sup> The willingness to communicate attracts communication to it, and overcomes loneliness completely. <sup>6</sup> There is complete forgiveness here, for there is no desire to exclude anyone from your completion, in sudden recognition of the value of his part in it. <sup>7</sup> In the protection of your wholeness, all are invited and made welcome. <sup>8</sup> And you understand that your completion is God's, Whose only need is to have you be complete. <sup>9</sup> For your completion makes you His in your awareness. <sup>10</sup> And here it is that you experience yourself as you were created, and as you are.

1. The holy instant does not replace the need for learning, for the Holy Spirit must not leave you as your Teacher until the holy instant has extended far beyond time. <sup>2</sup> For a teaching assignment such as His, He must use everything in this world for your release. <sup>3</sup> He must side with every sign or token of your willingness to learn of Him what the truth must be. <sup>4</sup> He is swift to utilize whatever you offer Him on behalf of this. <sup>5</sup> His concern and care for you are limitless. <sup>6</sup> In the face of your fear of forgiveness, which He perceives as clearly as He knows forgiveness is release, He will teach you to remember that forgiveness is not loss, but your salvation. <sup>7</sup> And that in complete forgiveness, in which you recognize that there is nothing to forgive, you are absolved completely.
  
2. Hear Him gladly, and learn of Him that you have need of no special relationships at all. <sup>2</sup> You but seek in them what you have thrown away. <sup>3</sup> And through them you will never learn the value of what you have cast aside, but still desire with all your heart. <sup>4</sup> Let us join together in making the holy instant all that there is, by desiring that it *be* all that there is. <sup>5</sup> God's Son has such great need of your willingness to strive for this that you cannot conceive of need so great. <sup>6</sup> Behold the only need that God and His Son share, and will to meet together. <sup>7</sup> You are not alone in this. <sup>8</sup> The will of your creations calls to you, to share your will with them. <sup>9</sup> Turn, then, in peace from guilt to God and them.
  
1. As the ego would limit your perception of your brothers to the body, so would the Holy Spirit release your vision and let you see the Great Rays shining from them, so unlimited that they reach to God. <sup>2</sup> It is this shift to vision that is accomplished in the holy instant. <sup>3</sup> Yet it is needful for you to learn just what this shift entails, so you will become willing to make it permanent. <sup>4</sup> Given this willingness it will not leave you, for it *is* permanent. <sup>5</sup> Once you have accepted it as the only perception you want, it is translated into knowledge by the part that God Himself plays in the Atonement, for it is the only step in it He understands. <sup>6</sup> Therefore, in this there will be no delay when you are ready for it. <sup>7</sup> God is ready now, but you are not.
  
3. In the holy instant, where the Great Rays replace the body in awareness, the recognition of relationships without limits is given you. <sup>2</sup> But in order to see this, it is necessary to give up every use the ego has for the body, and to accept the fact that the ego has no purpose you would share with it. <sup>3</sup> For the ego would limit everyone to a body for its own purposes, and while you think it has a purpose, you will choose to utilize the means by which it tries to turn its purpose into accomplishment. <sup>4</sup> This will never be accomplished. <sup>5</sup> Yet you have surely recognized that the ego, whose goals are altogether unattainable, will strive for them with all its might, and will do so with the strength that you have given it.
  
7. When the body ceases to attract you, and when you place no value on it as a means of getting anything, then there will be no interference in communication and your thoughts will be as free as God's. <sup>2</sup> As you let the Holy Spirit teach you how to use the body only for purposes of communication, and renounce its use for separation and attack which the ego sees in it, you will learn you have no need of a body at all. <sup>3</sup> In the holy instant there are no bodies, and you experience only the attraction of God. <sup>4</sup> Accepting it as undivided you join Him wholly, in an instant, for you would place no limits on your union with Him. <sup>5</sup> The reality of this relationship becomes the only truth that you could ever want. <sup>6</sup> All truth *is* here.
  
2. The holy instant is truly the time of Christ. <sup>2</sup> For in this liberating instant no guilt is laid upon the

Son of God, and his unlimited power is thus restored to him. <sup>3</sup> What other gift can you offer me, when only this I choose to offer you? <sup>4</sup> And to see me is to see me in everyone, and offer everyone the gift you offer me. <sup>5</sup> I am as incapable of receiving sacrifice as God is, and every sacrifice you ask of yourself you ask of me. <sup>6</sup> Learn now that sacrifice of any kind is nothing but a limitation imposed on giving. <sup>7</sup> And by this limitation you have limited acceptance of the gift I offer you.

7. In the holy instant the condition of love is met, for minds are joined without the body's interference, and where there is communication there is peace. <sup>2</sup> The Prince of Peace was born to re-establish the condition of love by teaching that communication remains unbroken even if the body is destroyed, provided that you see not the body as the necessary means of communication. <sup>3</sup> And if you understand this lesson, you will realize that to sacrifice the body is to sacrifice nothing, and communication, which must be of the mind, cannot be sacrificed. <sup>4</sup> Where, then, *is* sacrifice? <sup>5</sup> The lesson I was born to teach, and still would teach to all my brothers, is that sacrifice is nowhere and love is everywhere. <sup>6</sup> For communication embraces everything, and in the peace it re-establishes, love comes of itself.

10. This is the time in which a new year will soon be born from the time of Christ. <sup>2</sup> I have perfect faith in you to do all that you would accomplish. <sup>3</sup> Nothing will be lacking, and you will make complete and not destroy. <sup>4</sup> Say, then, to your brother:

*<sup>5</sup> I give you to the Holy Spirit as part of myself.*

*<sup>6</sup> I know that you will be released, unless I want to use you to imprison myself.*

*<sup>7</sup> In the name of my freedom I choose your release, because I recognize that we will be released together.*

<sup>8</sup> So will the year begin in joy and freedom. <sup>9</sup> There is much to do, and we have been long delayed. <sup>10</sup> Accept the holy instant as this year is born, and take your place, so long left unfulfilled, in the Great Awakening. <sup>11</sup> Make this year different by making it all the same. <sup>12</sup> And let all your relationships be made holy for you. <sup>13</sup> This is our will. <sup>14</sup> Amen.