

Illusion 10

LESSON 91.

Miracles are seen in light.

1. It is important to remember that miracles and vision necessarily go together. ² This needs repeating, and frequent repeating. ³ It is a central idea in your new thought system, and the perception that it produces. ⁴ The miracle is always there. ⁵ Its presence is not caused by your vision; its absence is not the result of your failure to see. ⁶ It is only your awareness of miracles that is affected. ⁷ You will see them in the light; you will not see them in the dark.
2. To you, then, light is crucial. ² While you remain in darkness, the miracle remains unseen. ³ Thus you are convinced it is not there. ⁴ This follows from the premises from which the darkness comes. ⁵ Denial of light leads to failure to perceive it. ⁶ Failure to perceive light is to perceive darkness. ⁷ The light is useless to you then, even though it is there. ⁸ You cannot use it because its presence is unknown to you. ⁹ And the seeming reality of the darkness makes the idea of light meaningless.
3. To be told that what you do not see is there sounds like insanity. ² It is very difficult to become convinced that it is insanity not to see what is there, and to see what is not there instead. ³ You do not doubt that the body's eyes can see. ⁴ You do not doubt the images they show you are reality. ⁵ Your faith lies in the darkness, not the light. ⁶ How can this be reversed? ⁷ For you it is impossible, but you are not alone in this.
4. Your efforts, however little they may be, have strong support. ² Did you but realize how great this strength, your doubts would vanish. ³ Today we will devote ourselves to the attempt to let you feel this strength. ⁴ When you have felt the strength in you, which makes all miracles within your easy reach, you will not doubt. ⁵ The miracles your sense of weakness hides will leap into awareness as you feel the strength in you.
5. Three times today, set aside about ten minutes for a quiet time in which you try to leave your weakness behind. ² This is accomplished very simply, as you instruct yourself that you are not a body. ³ Faith goes to what you want, and you instruct your mind accordingly. ⁴ Your will remains your teacher, and your will has all the strength to do what it desires. ⁵ You can escape the body if you choose. ⁶ You can experience the strength in you.
6. Begin the longer practice periods with this statement of true cause and effect relationships:

² *Miracles are seen in light.*

³ *The body's eyes do not perceive the light.*

⁴ *But I am not a body.* ⁵ *What am I?*

- ⁶ The question with which this statement ends is needed for our exercises today. ⁷ What you think you are is a belief to be undone. ⁸ But what you really are must be revealed to you. ⁹ The belief you are a body calls for correction, being a mistake. ¹⁰ The truth of what you are calls on the strength in you to bring to your awareness what the mistake conceals.

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7. If you are not a body, what are you? ² You need to be aware of what the Holy Spirit uses to replace the image of a body in your mind. ³ You need to feel something to put your faith in, as you lift it from the body. ⁴ You need a real experience of something else, something more solid and more sure; more worthy of your faith, and really there.
8. If you are not a body, what are you? ² Ask this in honesty, and then devote several minutes to allowing your mistaken thoughts about your attributes to be corrected, and their opposites to take their place. ³ Say, for example:

⁴ *I am not weak, but strong.*

⁵ *I am not helpless, but all powerful.*

⁶ *I am not limited, but unlimited.*

⁷ *I am not doubtful, but certain.*

⁸ *I am not an illusion, but a reality.*

⁹ *I cannot see in darkness, but in light.*

9. In the second phase of the exercise period, try to experience these truths about yourself. ² Concentrate particularly on the experience of strength. ³ Remember that all sense of weakness is associated with the belief you are a body, a belief that is mistaken and deserves no faith. ⁴ Try to remove your faith from it, if only for a moment. ⁵ You will be accustomed to keeping faith with the more worthy in you as we go along.
10. Relax for the rest of the practice period, confident that your efforts, however meager, are fully supported by the strength of God and all His Thoughts. ² It is from Them that your strength will come. ³ It is through Their strong support that you will feel the strength in you. ⁴ They are united with you in this practice period, in which you share a purpose like Their Own. ⁵ Theirs is the light in which you will see miracles, because Their strength is yours. ⁶ Their strength becomes your eyes, that you may see.
11. Five or six times an hour, at reasonably regular intervals, remind yourself that miracles are seen in light. ² Also, be sure to meet temptation with today's idea. ³ This form would be helpful for this special purpose:

⁴ *Miracles are seen in light.* ⁵ *Let me not close my eyes because of this.*

LESSON 93.

Light and joy and peace abide in me.

1. You think you are the home of evil, darkness and sin. ² You think if anyone could see the truth about you he would be repelled, recoiling from you as if from a poisonous snake. ³ You think if what is true about you were revealed to you, you would be struck with horror so intense that you would rush to death by your own hand, living on after seeing this being impossible.

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2. These are beliefs so firmly fixed that it is difficult to help you see that they are based on nothing.² That you have made mistakes is obvious.³ That you have sought salvation in strange ways; have been deceived, deceiving and afraid of foolish fantasies and savage dreams; and have bowed down to idols made of dust,—all this is true by what you now believe.
3. Today we question this, not from the point of view of what you think, but from a very different reference point, from which such idle thoughts are meaningless.² These thoughts are not according to God's Will.³ These weird beliefs He does not share with you.⁴ This is enough to prove that they are wrong, but you do not perceive that this is so.
4. Why would you not be overjoyed to be assured that all the evil that you think you did was never done, that all your sins are nothing, that you are as pure and holy as you were created, and that light and joy and peace abide in you?² Your image of yourself cannot withstand the Will of God.³ You think that this is death, but it is life.⁴ You think you are destroyed, but you are saved.
5. The self you made is not the Son of God.² Therefore, this self does not exist at all.³ And anything it seems to do and think means nothing.⁴ It is neither bad nor good.⁵ It is unreal, and nothing more than that.⁶ It does not battle with the Son of God.⁷ It does not hurt him, nor attack his peace.⁸ It has not changed creation, nor reduced eternal sinlessness to sin, and love to hate.⁹ What power can this self you made possess, when it would contradict the Will of God?
6. Your sinlessness is guaranteed by God.² Over and over this must be repeated, until it is accepted.³ It is true.⁴ Your sinlessness is guaranteed by God.⁵ Nothing can touch it, or change what God created as eternal.⁶ The self you made, evil and full of sin, is meaningless.⁷ Your sinlessness is guaranteed by God, and light and joy and peace abide in you.
7. Salvation requires the acceptance of but one thought;—you are as God created you, not what you made of yourself.² Whatever evil you may think you did, you are as God created you.³ Whatever mistakes you made, the truth about you is unchanged.⁴ Creation is eternal and unalterable.⁵ Your sinlessness is guaranteed by God.⁶ You are and will forever be exactly as you were created.⁷ Light and joy and peace abide in you because God put them there.
8. In our longer exercise periods today, which would be most profitable if done for the first five minutes of every waking hour, begin by stating the truth about your creation:

² *Light and joy and peace abide in me.*

³ *My sinlessness is guaranteed by God.*

⁴ Then put away your foolish self-images, and spend the rest of the practice period in trying to experience what God has given you, in place of what you have decreed for yourself.

9. You are what God created or what you made.² One Self is true; the other is not there.³ Try to experience the unity of your one Self.⁴ Try to appreciate Its Holiness and the love from which It was created.⁵ Try not to interfere with the Self which God created as you, by hiding Its majesty behind the tiny idols of evil and sinfulness you have made to replace It.⁶ Let It come into Its Own.⁷ Here you are; This is You.⁸ And light and joy and peace abide in you because this is so.

10. You may not be willing or even able to use the first five minutes of each hour for these exercises.

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² Try, however, to do so when you can. ³ At least remember to repeat these thoughts each hour:

⁴ *Light and joy and peace abide in me.*

⁵ *My sinlessness is guaranteed by God.*

⁶ Then try to devote at least a minute or so to closing your eyes and realizing that this is a statement of the truth about you.

11. If a situation arises that seems to be disturbing, quickly dispel the illusion of fear by repeating these thoughts again. ² Should you be tempted to become angry with someone, tell him silently:

³ *Light and joy and peace abide in you.*

⁴ *Your sinlessness is guaranteed by God.*

⁵ You can do much for the world's salvation today. ⁶ You can do much today to bring you closer to the part in salvation that God has assigned to you. ⁷ And you can do much today to bring the conviction to your mind that the idea for the day is true indeed.

LESSON 96.

Salvation comes from my one Self.

1. Although you are one Self, you experience yourself as two; as both good and evil, loving and hating, mind and body. ² This sense of being split into opposites induces feelings of acute and constant conflict, and leads to frantic attempts to reconcile the contradictory aspects of this self-perception. ³ You have sought many such solutions, and none of them has worked. ⁴ The opposites you see in you will never be compatible. ⁵ But one exists.
2. The fact that truth and illusion cannot be reconciled, no matter how you try, what means you use and where you see the problem, must be accepted if you would be saved. ² Until you have accepted this, you will attempt an endless list of goals you cannot reach; a senseless series of expenditures of time and effort, hopefulness and doubt, each one as futile as the one before, and failing as the next one surely will.
3. Problems that have no meaning cannot be resolved within the framework they are set. ² Two selves in conflict could not be resolved, and good and evil have no meeting place. ³ The self you made can never be your Self, nor can your Self be split in two, and still be what It is and must forever be. ⁴ A mind and body cannot both exist. ⁵ Make no attempt to reconcile the two, for one denies the other can be real. ⁶ If you are physical, your mind is gone from your self-concept, for it has no place in which it could be really part of you. ⁷ If you are spirit, then the body must be meaningless to your reality.
4. Spirit makes use of mind as means to find its Self expression. ² And the mind which serves the spirit is at peace and filled with joy. ³ Its power comes from spirit, and it is fulfilling happily its function here. ⁴ Yet mind can also see itself divorced from spirit, and perceive itself within a body it

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- confuses with itself. ⁵ Without its function then it has no peace, and happiness is alien to its thoughts.
5. Yet mind apart from spirit cannot think. ² It has denied its Source of strength, and sees itself as helpless, limited and weak. ³ Dissociated from its function now, it thinks it is alone and separate, attacked by armies massed against itself and hiding in the body's frail support. ⁴ Now must it reconcile unlike with like, for this is what it thinks that it is for.
 6. Waste no more time on this. ² Who can resolve the senseless conflicts which a dream presents? ³ What could the resolution mean in truth? ⁴ What purpose could it serve? ⁵ What is it for? ⁶ Salvation cannot make illusions real, nor solve a problem that does not exist. ⁷ Perhaps you hope it can. ⁸ Yet would you have God's plan for the release of His dear Son bring pain to him, and fail to set him free?
 7. Your Self retains Its Thoughts, and they remain within your mind and in the Mind of God. ² The Holy Spirit holds salvation in your mind, and offers it the way to peace. ³ Salvation is a thought you share with God, because His Voice accepted it for you and answered in your name that it was done. ⁴ Thus is salvation kept among the Thoughts your Self holds dear and cherishes for you.
 8. We will attempt today to find this thought, whose presence in your mind is guaranteed by Him Who speaks to you from your one Self. ² Our hourly five-minute practicing will be a search for Him within your mind. ³ Salvation comes from this one Self through Him Who is the Bridge between your mind and It. ⁴ Wait patiently, and let Him speak to you about your Self, and what your mind can do, restored to It and free to serve Its Will.
 9. Begin with saying this:

² Salvation comes from my one Self. ³ Its Thoughts are mine to use.

⁴ Then seek Its Thoughts, and claim them as your own. ⁵ These are your own real thoughts you have denied, and let your mind go wandering in a world of dreams, to find illusions in their place. ⁶ Here are your thoughts, the only ones you have. ⁷ Salvation is among them; find it there.
 10. If you succeed, the thoughts that come to you will tell you you are saved, and that your mind has found the function that it sought to lose. ² Your Self will welcome it and give it peace. ³ Restored in strength, it will again flow out from spirit to the spirit in all things created by the Spirit as Itself. ⁴ Your mind will bless all things. ⁵ Confusion done, you are restored, for you have found your Self.
 11. Your Self knows that you cannot fail today. ² Perhaps your mind remains uncertain yet a little while. ³ Be not dismayed by this. ⁴ The joy your Self experiences It will save for you, and it will yet be yours in full awareness. ⁵ Every time you spend five minutes of the hour seeking Him Who joins your mind and Self, you offer Him another treasure to be kept for you.
 12. Each time today you tell your frantic mind salvation comes from your one Self, you lay another treasure in your growing store. ² And all of it is given everyone who asks for it, and will accept the gift. ³ Think, then, how much is given unto you to give this day, that it be given you!

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LESSON 99.

Salvation is my only function here.

1. Salvation and forgiveness are the same. ² They both imply that something has gone wrong; something to be saved from, forgiven for; something amiss that needs corrective change; something apart or different from the Will of God. ³ Thus do both terms imply a thing impossible but yet which has occurred, resulting in a state of conflict seen between what is and what could never be.
2. Truth and illusions both are equal now, for both have happened. ² The impossible becomes the thing you need forgiveness for, salvation from. ³ Salvation now becomes the borderland between the truth and the illusion. ⁴ It reflects the truth because it is the means by which you can escape illusions. ⁵ Yet it is not yet the truth because it undoes what was never done.
3. How could there be a meeting place at all where earth and Heaven can be reconciled within a mind where both of them exist? ² The mind that sees illusions thinks them real. ³ They have existence in that they are thoughts. ⁴ And yet they are not real, because the mind that thinks these thoughts is separate from God.
4. What joins the separated mind and thoughts with Mind and Thought which are forever One? ² What plan could hold the truth inviolate, yet recognize the need illusions bring, and offer means by which they are undone without attack and with no touch of pain? ³ What but a Thought of God could be this plan, by which the never done is overlooked, and sins forgotten which were never real?
5. The Holy Spirit holds this plan of God exactly as it was received of Him within the Mind of God and in your own. ² It is apart from time in that its Source is timeless. ³ Yet it operates in time, because of your belief that time is real. ⁴ Unshaken does the Holy Spirit look on what you see; on sin and pain and death, on grief and separation and on loss. ⁵ Yet does He know one thing must still be true; God is still Love, and this is not His Will.
6. This is the Thought that brings illusions to the truth, and sees them as appearances behind which is the changeless and the sure. ² This is the Thought that saves and that forgives, because it lays no faith in what is not created by the only Source it knows. ³ This is the Thought whose function is to save by giving you its function as your own. ⁴ Salvation is your function, with the One to Whom the plan was given. ⁵ Now are you entrusted with this plan, along with Him. ⁶ He has one answer to appearances; regardless of their form, their size, their depth or any attribute they seem to have:

⁷ *Salvation is my only function here.*

⁸ *God still is Love, and this is not His Will.*

7. You who will yet work miracles, be sure you practice well the idea for today. ² Try to perceive the strength in what you say, for these are words in which your freedom lies. ³ Your Father loves you. ⁴ All the world of pain is not His Will. ⁵ Forgive yourself the thought He wanted this for you. ⁶ Then let the Thought with which He has replaced all your mistakes enter the darkened places of your mind that thought the thoughts that never were His Will.

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8. This part belongs to God, as does the rest. ² It does not think its solitary thoughts, and make them real by hiding them from Him. ³ Let in the light, and you will look upon no obstacle to what He wills for you. ⁴ Open your secrets to His kindly light, and see how bright this light still shines in you.
9. Practice His Thought today, and let His light seek out and lighten up all darkened spots, and shine through them to join them to the rest. ² It is God's Will your mind be one with His. ³ It is God's Will that He has but one Son. ⁴ It is God's Will that His one Son is you. ⁵ Think of these things in practicing today, and start the lesson that we learn today with this instruction in the way of truth:

⁶ *Salvation is my only function here.*

⁷ *Salvation and forgiveness are the same.*

- ⁸ Then turn to Him Who shares your function here, and let Him teach you what you need to learn to lay all fear aside, and know your Self as Love which has no opposite in you.
10. Forgive all thoughts which would oppose the truth of your completion, unity and peace. ² You cannot lose the gifts your Father gave. ³ You do not want to be another self. ⁴ You have no function that is not of God. ⁵ Forgive yourself the one you think you made. ⁶ Forgiveness and salvation are the same. ⁷ Forgive what you have made and you are saved.
11. There is a special message for today which has the power to remove all forms of doubt and fear forever from your mind. ² If you are tempted to believe them true, remember that appearances can not withstand the truth these mighty words contain:

³ *Salvation is my only function here.*

⁴ *God still is Love, and this is not His Will.*

12. Your only function tells you you are one. ² Remind yourself of this between the times you give five minutes to be shared with Him Who shares God's plan with you. ³ Remind yourself:

⁴ *Salvation is my only function here.*

⁵ Thus do you lay forgiveness on your mind and let all fear be gently laid aside, that love may find its rightful place in you and show you that you are the Son of God.

LESSON 101.

God's Will for me is perfect happiness.

1. Today we will continue with the theme of happiness. ² This is a key idea in understanding what salvation means. ³ You still believe it asks for suffering as penance for your "sins." ⁴ This is not so. ⁵ Yet you must think it so while you believe that sin is real, and that God's Son can sin.

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2. If sin is real, then punishment is just and cannot be escaped. ² Salvation thus cannot be purchased but through suffering. ³ If sin is real, then happiness must be illusion, for they cannot both be true. ⁴ The sinful warrant only death and pain, and it is this they ask for. ⁵ For they know it waits for them, and it will seek them out and find them somewhere, sometime, in some form that evens the account they owe to God. ⁶ They would escape Him in their fear. ⁷ And yet He will pursue, and they can not escape.
3. If sin is real, salvation must be pain. ² Pain is the cost of sin, and suffering can never be escaped, if sin is real. ³ Salvation must be feared, for it will kill, but slowly, taking everything away before it grants the welcome boon of death to victims who are little more than bones before salvation is appeased. ⁴ Its wrath is boundless, merciless, but wholly just.
4. Who would seek out such savage punishment? ² Who would not flee salvation, and attempt in every way he can to drown the Voice which offers it to him? ³ Why would he try to listen and accept Its offering? ⁴ If sin is real, its offering is death, and meted out in cruel form to match the vicious wishes in which sin is born. ⁵ If sin is real, salvation has become your bitter enemy, the curse of God upon you who have crucified His Son.
5. You need the practice periods today. ² The exercises teach sin is not real, and all that you believe must come from sin will never happen, for it has no cause. ³ Accept Atonement with an open mind, which cherishes no lingering belief that you have made a devil of God's Son. ⁴ There is no sin. ⁵ We practice with this thought as often as we can today, because it is the basis for today's idea.
6. God's Will for you is perfect happiness because there is no sin, and suffering is causeless. ² Joy is just, and pain is but the sign you have misunderstood yourself. ³ Fear not the Will of God. ⁴ But turn to it in confidence that it will set you free from all the consequences sin has wrought in feverish imagination. ⁵ Say:

⁶ God's Will for me is perfect happiness.
⁷ There is no sin; it has no consequence.
- ⁸ So should you start your practice periods, and then attempt again to find the joy these thoughts will introduce into your mind.
7. Give these five minutes gladly, to remove the heavy load you lay upon yourself with the insane belief that sin is real. ² Today escape from madness. ³ You are set on freedom's road, and now today's idea brings wings to speed you on, and hope to go still faster to the waiting goal of peace. ⁴ There is no sin. ⁵ Remember this today, and tell yourself as often as you can:

⁶ God's Will for me is perfect happiness.
⁷ This is the truth, because there is no sin.

LESSON 107.

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Truth will correct all errors in my mind.

1. What can correct illusions but the truth? ² And what are errors but illusions that remain unrecognized for what they are? ³ Where truth has entered errors disappear. ⁴ They merely vanish, leaving not a trace by which to be remembered. ⁵ They are gone because, without belief, they have no life. ⁶ And so they disappear to nothingness, returning whence they came. ⁷ From dust to dust they come and go, for only truth remains.
2. Can you imagine what a state of mind without illusions is? ² How it would feel? ³ Try to remember when there was a time,—perhaps a minute, maybe even less—when nothing came to interrupt your peace; when you were certain you were loved and safe. ⁴ Then try to picture what it would be like to have that moment be extended to the end of time and to eternity. ⁵ Then let the sense of quiet that you felt be multiplied a hundred times, and then be multiplied another hundred more.
3. And now you have a hint, not more than just the faintest intimation of the state your mind will rest in when the truth has come. ² Without illusions there could be no fear, no doubt and no attack. ³ When truth has come all pain is over, for there is no room for transitory thoughts and dead ideas to linger in your mind. ⁴ Truth occupies your mind completely, liberating you from all beliefs in the ephemeral. ⁵ They have no place because the truth has come, and they are nowhere. ⁶ They can not be found, for truth is everywhere forever, now.
4. When truth has come it does not stay a while, to disappear or change to something else. ² It does not shift and alter in its form, nor come and go and go and come again. ³ It stays exactly as it always was, to be depended on in every need, and trusted with a perfect trust in all the seeming difficulties and the doubts that the appearances the world presents engender. ⁴ They will merely blow away, when truth corrects the errors in your mind.
5. When truth has come it harbors in its wings the gift of perfect constancy, and love which does not falter in the face of pain, but looks beyond it, steadily and sure. ² Here is the gift of healing, for the truth needs no defense, and therefore no attack is possible. ³ Illusions can be brought to truth to be corrected. ⁴ But the truth stands far beyond illusions, and can not be brought to them to turn them into truth.
6. Truth does not come and go nor shift nor change, in this appearance now and then in that, evading capture and escaping grasp. ² It does not hide. ³ It stands in open light, in obvious accessibility. ⁴ It is impossible that anyone could seek it truly, and would not succeed. ⁵ Today belongs to truth. ⁶ Give truth its due, and it will give you yours. ⁷ You were not meant to suffer and to die. ⁸ Your Father wills these dreams be gone. ⁹ Let truth correct them all.
7. We do not ask for what we do not have. ² We merely ask for what belongs to us, that we may recognize it as our own. ³ Today we practice on the happy note of certainty that has been born of truth. ⁴ The shaky and unsteady footsteps of illusion are not our approach today. ⁵ We are as certain of success as we are sure we live and hope and breathe and think. ⁶ We do not doubt we walk with truth today, and count on it to enter into all the exercises that we do this day.
8. Begin by asking Him Who goes with you upon this undertaking that He be in your awareness as you go with Him. ² You are not made of flesh and blood and bone, but were created by the selfsame

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Thought which gave the gift of life to Him as well. ³ He is your Brother, and so like to you your Father knows that You are both the same. ⁴ It is your Self you ask to go with you, and how could He be absent where you are?

9. Truth will correct all errors in your mind which tell you you could be apart from Him. ² You speak to Him today, and make your pledge to let His function be fulfilled through you. ³ To share His function is to share His joy. ⁴ His confidence is with you, as you say:

⁵ Truth will correct all errors in my mind, And I will rest in Him Who is my Self.

⁶ Then let Him lead you gently to the truth, which will envelop you and give you peace so deep and tranquil that you will return to the familiar world reluctantly.

10. And yet you will be glad to look again upon this world. ² For you will bring with you the promise of the changes which the truth that goes with you will carry to the world. ³ They will increase with every gift you give of five small minutes, and the errors that surround the world will be corrected as you let them be corrected in your mind.
11. Do not forget your function for today. ² Each time you tell yourself with confidence, "Truth will correct all errors in my mind," you speak for all the world and Him Who would release the world, as He would set you free.

LESSON 127.

There is no love but God's.

1. Perhaps you think that different kinds of love are possible. ² Perhaps you think there is a kind of love for this, a kind for that; a way of loving one, another way of loving still another. ³ Love is one. ⁴ It has no separate parts and no degrees; no kinds nor levels, no divergencies and no distinctions. ⁵ It is like itself, unchanged throughout. ⁶ It never alters with a person or a circumstance. ⁷ It is the Heart of God, and also of His Son.
2. Love's meaning is obscure to anyone who thinks that love can change. ² He does not see that changing love must be impossible. ³ And thus he thinks that he can love at times, and hate at other times. ⁴ He also thinks that love can be bestowed on one, and yet remain itself although it is withheld from others. ⁵ To believe these things of love is not to understand it. ⁶ If it could make such distinctions, it would have to judge between the righteous and the sinner, and perceive the Son of God in separate parts.
3. Love cannot judge. ² As it is one itself, it looks on all as one. ³ Its meaning lies in oneness. ⁴ And it must elude the mind that thinks of it as partial or in part. ⁵ There is no love but God's, and all of love is His. ⁶ There is no other principle that rules where love is not. ⁷ Love is a law without an opposite. ⁸ Its wholeness is the power holding everything as one, the link between the Father and the Son which holds Them both forever as the same.

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4. No course whose purpose is to teach you to remember what you really are could fail to emphasize that there can never be a difference in what you really are and what love is. ² Love's meaning is your own, and shared by God Himself. ³ For what you are is what He is. ⁴ There is no love but His, and what He is, is everything there is. ⁵ There is no limit placed upon Himself, and so are you unlimited as well.
5. No law the world obeys can help you grasp love's meaning. ² What the world believes was made to hide love's meaning, and to keep it dark and secret. ³ There is not one principle the world upholds but violates the truth of what love is, and what you are as well.
6. Seek not within the world to find your Self. ² Love is not found in darkness and in death. ³ Yet it is perfectly apparent to the eyes that see and ears that hear love's Voice. ⁴ Today we practice making free your mind of all the laws you think you must obey; of all the limits under which you live, and all the changes that you think are part of human destiny. ⁵ Today we take the largest single step this course requests in your advance towards its established goal.
7. If you achieve the faintest glimmering of what love means today, you have advanced in distance without measure and in time beyond the count of years to your release. ² Let us together, then, be glad to give some time to God today, and understand there is no better use for time than this.
8. For fifteen minutes twice today escape from every law in which you now believe. ² Open your mind and rest. ³ The world that seems to hold you prisoner can be escaped by anyone who does not hold it dear. ⁴ Withdraw all value you have placed upon its meager offerings and senseless gifts, and let the gift of God replace them all.
9. Call to your Father, certain that His Voice will answer. ² He Himself has promised this. ³ And He Himself will place a spark of truth within your mind wherever you give up a false belief, a dark illusion of your own reality and what love means. ⁴ He will shine through your idle thoughts today, and help you understand the truth of love. ⁵ In loving gentleness He will abide with you, as you allow His Voice to teach love's meaning to your clean and open mind. ⁶ And He will bless the lesson with His Love.
10. Today the legion of the future years of waiting for salvation disappears before the timelessness of what you learn. ² Let us give thanks today that we are spared a future like the past. ³ Today we leave the past behind us, nevermore to be remembered. ⁴ And we raise our eyes upon a different present, where a future dawns unlike the past in every attribute.
11. The world in infancy is newly born. ² And we will watch it grow in health and strength, to shed its blessing upon all who come to learn to cast aside the world they thought was made in hate to be love's enemy. ³ Now are they all made free, along with us. ⁴ Now are they all our brothers in God's Love.
12. We will remember them throughout the day, because we cannot leave a part of us outside our love if we would know our Self. ² At least three times an hour think of one who makes the journey with you, and who came to learn what you must learn. ³ And as he comes to mind, give him this message from your Self:

⁴ I bless you, brother, with the Love of God, which I would share with you. ⁵ For I would learn the

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joyous lesson that there is no love but God's and yours and mine and everyone's.

LESSON 131.

No one can fail who seeks to reach the truth.

1. Failure is all about you while you seek for goals that cannot be achieved. ² You look for permanence in the impermanent, for love where there is none, for safety in the midst of danger; immortality within the darkness of the dream of death. ³ Who could succeed where contradiction is the setting of his searching, and the place to which he comes to find stability?
2. Goals that are meaningless are not attained. ² There is no way to reach them, for the means by which you strive for them are meaningless as they are. ³ Who can use such senseless means, and hope through them to gain in anything? ⁴ Where can they lead? ⁵ And what could they achieve that offers any hope of being real? ⁶ Pursuit of the imagined leads to death because it is the search for nothingness, and while you seek for life you ask for death. ⁷ You look for safety and security, while in your heart you pray for danger and protection for the little dream you made.
3. Yet searching is inevitable here. ² For this you came, and you will surely do the thing you came for. ³ But the world can not dictate the goal for which you search, unless you give it power to do so. ⁴ Otherwise, you still are free to choose a goal that lies beyond the world and every worldly thought, and one that comes to you from an idea relinquished yet remembered, old yet new; an echo of a heritage forgot, yet holding everything you really want.
4. Be glad that search you must. ² Be glad as well to learn you search for Heaven, and must find the goal you really want. ³ No one can fail to want this goal and reach it in the end. ⁴ God's Son can not seek vainly, though he try to force delay, deceive himself and think that it is hell he seeks. ⁵ When he is wrong, he finds correction. ⁶ When he wanders off, he is led back to his appointed task.
5. No one remains in hell, for no one can abandon his Creator, nor affect His perfect, timeless and unchanging Love. ² You will find Heaven. ³ Everything you seek but this will fall away. ⁴ Yet not because it has been taken from you. ⁵ It will go because you do not want it. ⁶ You will reach the goal you really want as certainly as God created you in sinlessness.
6. Why wait for Heaven? ² It is here today. ³ Time is the great illusion it is past or in the future. ⁴ Yet this cannot be, if it is where God wills His Son to be. ⁵ How could the Will of God be in the past, or yet to happen? ⁶ What He wills is now, without a past and wholly futureless. ⁷ It is as far removed from time as is a tiny candle from a distant star, or what you chose from what you really want.
7. Heaven remains your one alternative to this strange world you made and all its ways; its shifting patterns and uncertain goals, its painful pleasures and its tragic joys. ² God made no contradictions. ³ What denies its own existence and attacks itself is not of Him. ⁴ He did not make two minds, with Heaven as the glad effect of one, and earth the other's sorry outcome which is Heaven's opposite in every way.

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8. God does not suffer conflict. ² Nor is His creation split in two. ³ How could it be His Son could be in hell, when God Himself established him in Heaven? ⁴ Could he lose what the Eternal Will has given him to be his home forever? ⁵ Let us not try longer to impose an alien will upon God's single purpose. ⁶ He is here because He wills to be, and what He wills is present now, beyond the reach of time.
9. Today we will not choose a paradox in place of truth. ² How could the Son of God make time to take away the Will of God? ³ He thus denies himself, and contradicts what has no opposite. ⁴ He thinks he made a hell opposing Heaven, and believes that he abides in what does not exist, while Heaven is the place he cannot find.
10. Leave foolish thoughts like these behind today, and turn your mind to true ideas instead. ² No one can fail who seeks to reach the truth, and it is truth we seek to reach today. ³ We will devote ten minutes to this goal three times today, and we will ask to see the rising of the real world to replace the foolish images that we hold dear, with true ideas arising in the place of thoughts that have no meaning, no effect, and neither source nor substance in the truth.
11. This we acknowledge as we start upon our practice periods. ² Begin with this:

³ I ask to see a different world, and think a different kind of thought from those I made. ⁴ The world I seek I did not make alone, the thoughts I want to think are not my own.

⁵ For several minutes watch your mind and see, although your eyes are closed, the senseless world you think is real. ⁶ Review the thoughts as well which are compatible with such a world, and which you think are true. ⁷ Then let them go, and sink below them to the holy place where they can enter not. ⁸ There is a door beneath them in your mind, which you could not completely lock to hide what lies beyond.
12. Seek for that door and find it. ² But before you try to open it, remind yourself no one can fail who seeks to reach the truth. ³ And it is this request you make today. ⁴ Nothing but this has any meaning now; no other goal is valued now nor sought, nothing before this door you really want, and only what lies past it do you seek.
13. Put out your hand, and see how easily the door swings open with your one intent to go beyond it. ² Angels light the way, so that all darkness vanishes, and you are standing in a light so bright and clear that you can understand all things you see. ³ A tiny moment of surprise, perhaps, will make you pause before you realize the world you see before you in the light reflects the truth you knew, and did not quite forget in wandering away in dreams.
14. You cannot fail today. ² There walks with you the Spirit Heaven sent you, that you might approach this door some day, and through His aid slip effortlessly past it, to the light. ³ Today that day has come. ⁴ Today God keeps His ancient promise to His holy Son, as does His Son remember his to Him. ⁵ This is a day of gladness, for we come to the appointed time and place where you will find the goal of all your searching here, and all the seeking of the world, which end together as you pass beyond the door.
15. Remember often that today should be a time of special gladness, and refrain from dismal thoughts and meaningless laments. ² Salvation's time has come. ³ Today is set by Heaven itself to be a time of

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grace for you and for the world. ⁴ If you forget this happy fact, remind yourself with this:

⁵ *Today I seek and find all that I want.*

⁶ *My single purpose offers it to me.*

⁷ *No one can fail who seeks to reach the truth.*

LESSON 133.

I will not value what is valueless.

1. Sometimes in teaching there is benefit, particularly after you have gone through what seems theoretical and far from what the student has already learned, to bring him back to practical concerns. ² This we will do today. ³ We will not speak of lofty, world-encompassing ideas, but dwell instead on benefits to you.
2. You do not ask too much of life, but far too little. ² When you let your mind be drawn to bodily concerns, to things you buy, to eminence as valued by the world, you ask for sorrow, not for happiness. ³ This course does not attempt to take from you the little that you have. ⁴ It does not try to substitute utopian ideas for satisfactions which the world contains. ⁵ There are no satisfactions in the world.
3. Today we list the real criteria by which to test all things you think you want. ² Unless they meet these sound requirements, they are not worth desiring at all, for they can but replace what offers more. ³ The laws that govern choice you cannot make, no more than you can make alternatives from which to choose. ⁴ The choosing you can do; indeed, you must. ⁵ But it is wise to learn the laws you set in motion when you choose, and what alternatives you choose between.
4. We have already stressed there are but two, however many there appear to be. ² The range is set, and this we cannot change. ³ It would be most ungenerous to you to let alternatives be limitless, and thus delay your final choice until you had considered all of them in time; and not been brought so clearly to the place where there is but one choice that must be made.
5. Another kindly and related law is that there is no compromise in what your choice must bring. ² It cannot give you just a little, for there is no in between. ³ Each choice you make brings everything to you or nothing. ⁴ Therefore, if you learn the tests by which you can distinguish everything from nothing, you will make the better choice.
6. First, if you choose a thing that will not last forever, what you chose is valueless. ² A temporary value is without all value. ³ Time can never take away a value that is real. ⁴ What fades and dies was never there, and makes no offering to him who chooses it. ⁵ He is deceived by nothing in a form he thinks he likes.
7. Next, if you choose to take a thing away from someone else, you will have nothing left. ² This is because, when you deny his right to everything, you have denied your own. ³ You therefore will not recognize the things you really have, denying they are there. ⁴ Who seeks to take away has been

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deceived by the illusion loss can offer gain. ⁵ Yet loss must offer loss, and nothing more.

8. Your next consideration is the one on which the others rest. ² Why is the choice you make of value to you? ³ What attracts your mind to it? ⁴ What purpose does it serve? ⁵ Here it is easiest of all to be deceived. ⁶ For what the ego wants it fails to recognize. ⁷ It does not even tell the truth as it perceives it, for it needs to keep the halo which it uses to protect its goals from tarnish and from rust, that you may see how "innocent" it is.
9. Yet is its camouflage a thin veneer, which could deceive but those who are content to be deceived. ² Its goals are obvious to anyone who cares to look for them. ³ Here is deception doubled, for the one who is deceived will not perceive that he has merely failed to gain. ⁴ He will believe that he has served the ego's hidden goals.
10. Yet though he tries to keep its halo clear within his vision, still must he perceive its tarnished edges and its rusted core. ² His ineffectual mistakes appear as sins to him, because he looks upon the tarnish as his own; the rust a sign of deep unworthiness within himself. ³ He who would still preserve the ego's goals and serve them as his own makes no mistakes, according to the dictates of his guide. ⁴ This guidance teaches it is error to believe that sins are but mistakes, for who would suffer for his sins if this were so?
11. And so we come to the criterion for choice that is the hardest to believe, because its obviousness is overlaid with many levels of obscurity. ² If you feel any guilt about your choice, you have allowed the ego's goals to come between the real alternatives. ³ And thus you do not realize there are but two, and the alternative you think you chose seems fearful, and too dangerous to be the nothingness it actually is.
12. All things are valuable or valueless, worthy or not of being sought at all, entirely desirable or not worth the slightest effort to obtain. ² Choosing is easy just because of this. ³ Complexity is nothing but a screen of smoke, which hides the very simple fact that no decision can be difficult. ⁴ What is the gain to you in learning this? ⁵ It is far more than merely letting you make choices easily and without pain.
13. Heaven itself is reached with empty hands and open minds, which come with nothing to find everything and claim it as their own. ² We will attempt to reach this state today, with self-deception laid aside, and with an honest willingness to value but the truly valuable and the real. ³ Our two extended practice periods of fifteen minutes each begin with this:

⁴ I will not value what is valueless, and only what has value do I seek, for only that do I desire to find.

14. And then receive what waits for everyone who reaches, unencumbered, to the gate of Heaven, which swings open as he comes. ² Should you begin to let yourself collect some needless burdens, or believe you see some difficult decisions facing you, be quick to answer with this simple thought:

³ I will not value what is valueless, for what is valuable belongs to me.

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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

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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
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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 136.

Sickness is a defense against the truth.

1. No one can heal unless he understands what purpose sickness seems to serve. ² For then he understands as well its purpose has no meaning. ³ Being causeless and without a meaningful intent of any kind, it cannot be at all. ⁴ When this is seen, healing is automatic. ⁵ It dispels this meaningless illusion by the same approach that carries all of them to truth, and merely leaves them there to disappear.
2. Sickness is not an accident. ² Like all defenses, it is an insane device for self-deception. ³ And like all the rest, its purpose is to hide reality, attack it, change it, render it inept, distort it, twist it, or reduce it to a little pile of unassembled parts. ⁴ The aim of all defenses is to keep the truth from being whole. ⁵ The parts are seen as if each one were whole within itself.
3. Defenses are not unintentional, nor are they made without awareness. ² They are secret, magic wands you wave when truth appears to threaten what you would believe. ³ They seem to be unconscious but because of the rapidity with which you choose to use them. ⁴ In that second, even less, in which the choice is made, you recognize exactly what you would attempt to do, and then proceed to think that it is done.
4. Who but yourself evaluates a threat, decides escape is necessary, and sets up a series of defenses to reduce the threat that has been judged as real? ² All this cannot be done unconsciously. ³ But afterwards, your plan requires that you must forget you made it, so it seems to be external to your own intent; a happening beyond your state of mind, an outcome with a real effect on you, instead of one effected by yourself.
5. It is this quick forgetting of the part you play in making your "reality" that makes defenses seem to be beyond your own control. ² But what you have forgot can be remembered, given willingness to reconsider the decision which is doubly shielded by oblivion. ³ Your not remembering is but the sign that this decision still remains in force, as far as your desires are concerned. ⁴ Mistake not this for

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- fact. ⁵ Defenses must make facts unrecognizable. ⁶ They aim at doing this, and it is this they do.
6. Every defense takes fragments of the whole, assembles them without regard to all their true relationships, and thus constructs illusions of a whole that is not there. ² It is this process that imposes threat, and not whatever outcome may result. ³ When parts are wrested from the whole and seen as separate and wholes within themselves, they become symbols standing for attack upon the whole; successful in effect, and never to be seen as whole again. ⁴ And yet you have forgotten that they stand but for your own decision of what should be real, to take the place of what is real.
 7. Sickness is a decision. ² It is not a thing that happens to you, quite unsought, which makes you weak and brings you suffering. ³ It is a choice you make, a plan you lay, when for an instant truth arises in your own deluded mind, and all your world appears to totter and prepare to fall. ⁴ Now are you sick, that truth may go away and threaten your establishments no more.
 8. How do you think that sickness can succeed in shielding you from truth? ² Because it proves the body is not separate from you, and so you must be separate from the truth. ³ You suffer pain because the body does, and in this pain are you made one with it. ⁴ Thus is your "true" identity preserved, and the strange, haunting thought that you might be something beyond this little pile of dust silenced and stilled. ⁵ For see, this dust can make you suffer, twist your limbs and stop your heart, commanding you to die and cease to be.
 9. Thus is the body stronger than the truth, which asks you live, but cannot overcome your choice to die. ² And so the body is more powerful than everlasting life, Heaven more frail than hell, and God's design for the salvation of His Son opposed by a decision stronger than His Will. ³ His Son is dust, the Father incomplete, and chaos sits in triumph on His throne.
 10. Such is your planning for your own defense. ² And you believe that Heaven quails before such mad attacks as these, with God made blind by your illusions, truth turned into lies, and all the universe made slave to laws which your defenses would impose on it. ³ Yet who believes illusions but the one who made them up? ⁴ Who else can see them and react to them as if they were the truth?
 11. God knows not of your plans to change His Will. ² The universe remains unheeding of the laws by which you thought to govern it. ³ And Heaven has not bowed to hell, nor life to death. ⁴ You can but choose to think you die, or suffer sickness or distort the truth in any way. ⁵ What is created is apart from all of this. ⁶ Defenses are plans to defeat what cannot be attacked. ⁷ What is unalterable cannot change. ⁸ And what is wholly sinless cannot sin.
 12. Such is the simple truth. ² It does not make appeal to might nor triumph. ³ It does not command obedience, nor seek to prove how pitiful and futile your attempts to plan defenses that would alter it. ⁴ Truth merely wants to give you happiness, for such its purpose is. ⁵ Perhaps it sighs a little when you throw away its gifts, and yet it knows, with perfect certainty, that what God wills for you must be received.
 13. It is this fact that demonstrates that time is an illusion. ² For time lets you think what God has given you is not the truth right now, as it must be. ³ The Thoughts of God are quite apart from time. ⁴ For time is but another meaningless defense you made against the truth. ⁵ Yet what He wills is here, and you remain as He created you.
 14. Truth has a power far beyond defense, for no illusions can remain where truth has been allowed to

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enter. ² And it comes to any mind that would lay down its arms, and cease to play with folly. ³ It is found at any time; today, if you will choose to practice giving welcome to the truth.

15. This is our aim today. ² And we will give a quarter of an hour twice to ask the truth to come to us and set us free. ³ And truth will come, for it has never been apart from us. ⁴ It merely waits for just this invitation which we give today. ⁵ We introduce it with a healing prayer, to help us rise above defensiveness, and let truth be as it has always been:

⁶ Sickness is a defense against the truth. ⁷ I will accept the truth of what I am, and let my mind be wholly healed today.

16. Healing will flash across your open mind, as peace and truth arise to take the place of war and vain imaginings. ² There will be no dark corners sickness can conceal, and keep defended from the light of truth. ³ There will be no dim figures from your dreams, nor their obscure and meaningless pursuits with double purposes insanely sought, remaining in your mind. ⁴ It will be healed of all the sickly wishes that it tried to authorize the body to obey.

17. Now is the body healed, because the source of sickness has been opened to relief. ² And you will recognize you practiced well by this: The body should not feel at all. ³ If you have been successful, there will be no sense of feeling ill or feeling well, of pain or pleasure. ⁴ No response at all is in the mind to what the body does. ⁵ Its usefulness remains and nothing more.

18. Perhaps you do not realize that this removes the limits you had placed upon the body by the purposes you gave to it. ² As these are laid aside, the strength the body has will always be enough to serve all truly useful purposes. ³ The body's health is fully guaranteed, because it is not limited by time, by weather or fatigue, by food and drink, or any laws you made it serve before. ⁴ You need do nothing now to make it well, for sickness has become impossible.

19. Yet this protection needs to be preserved by careful watching. ² If you let your mind harbor attack thoughts, yield to judgment or make plans against uncertainties to come, you have again misplaced yourself, and made a bodily identity which will attack the body, for the mind is sick.

20. Give instant remedy, should this occur, by not allowing your defensiveness to hurt you longer. ² Do not be confused about what must be healed, but tell yourself:

³ I have forgotten what I really am, for I mistook my body for myself. ⁴ Sickness is a defense against the truth. ⁵ But I am not a body. ⁶ And my mind cannot attack. ⁷ So I can not be sick.