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LESSON 16.

I have no neutral thoughts.

1. The idea for today is a beginning step in dispelling the belief that your thoughts have no effect. ² Everything you see is the result of your thoughts. ³ There is no exception to this fact. ⁴ Thoughts are not big or little; powerful or weak. ⁵ They are merely true or false. ⁶ Those that are true create their own likeness. ⁷ Those that are false make theirs.
2. There is no more self-contradictory concept than that of "idle thoughts." ² What gives rise to the perception of a whole world can hardly be called idle. ³ Every thought you have contributes to truth or to illusion; either it extends the truth or it multiplies illusions. ⁴ You can indeed multiply nothing, but you will not extend it by doing so.
3. Besides your recognizing that thoughts are never idle, salvation requires that you also recognize that every thought you have brings either peace or war; either love or fear. ² A neutral result is impossible because a neutral thought is impossible. ³ There is such a temptation to dismiss fear thoughts as unimportant, trivial and not worth bothering about that it is essential you recognize them all as equally destructive, but equally unreal. ⁴ We will practice this idea in many forms before you really understand it.
4. In applying the idea for today, search your mind for a minute or so with eyes closed, and actively seek not to overlook any "little" thought that may tend to elude the search. ² This is quite difficult until you get used to it. ³ You will find that it is still hard for you not to make artificial distinctions. ⁴ Every thought that occurs to you, regardless of the qualities that you assign to it, is a suitable subject for applying today's idea.
5. In the practice periods, first repeat the idea to yourself, and then as each one crosses your mind hold it in awareness while you tell yourself:

² *This thought about ___ is not a neutral thought.*

³ *That thought about ___ is not a neutral thought.*

⁴ As usual, use today's idea whenever you are aware of a particular thought that arouses uneasiness. ⁵ The following form is suggested for this purpose:

⁶ *This thought about ___ is not a neutral thought, because I have no neutral thoughts.*

6. Four or five practice periods are recommended, if you find them relatively effortless. ² If strain is experienced, three will be enough. ³ The length of the exercise period should also be reduced if there is discomfort.

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LESSON 49.

God's Voice speaks to me all through the day.

1. It is quite possible to listen to God's Voice all through the day without interrupting your regular activities in any way. ² The part of your mind in which truth abides is in constant communication with God, whether you are aware of it or not. ³ It is the other part of your mind that functions in the world and obeys the world's laws. ⁴ It is this part that is constantly distracted, disorganized and highly uncertain.
2. The part that is listening to the Voice for God is calm, always at rest and wholly certain. ² It is really the only part there is. ³ The other part is a wild illusion, frantic and distraught, but without reality of any kind. ⁴ Try today not to listen to it. ⁵ Try to identify with the part of your mind where stillness and peace reign forever. ⁶ Try to hear God's Voice call to you lovingly, reminding you that your Creator has not forgotten His Son.
3. We will need at least four five-minute practice periods today, and more if possible. ² We will try actually to hear God's Voice reminding you of Him and of your Self. ³ We will approach this happiest and holiest of thoughts with confidence, knowing that in doing so we are joining our will with the Will of God. ⁴ He wants you to hear His Voice. ⁵ He gave It to you to be heard.
4. Listen in deep silence. ² Be very still and open your mind. ³ Go past all the raucous shrieks and sick imaginings that cover your real thoughts and obscure your eternal link with God. ⁴ Sink deep into the peace that waits for you beyond the frantic, riotous thoughts and sights and sounds of this insane world. ⁵ You do not live here. ⁶ We are trying to reach your real home. ⁷ We are trying to reach the place where you are truly welcome. ⁸ We are trying to reach God.
5. Do not forget to repeat today's idea very frequently. ² Do so with your eyes open when necessary, but closed when possible. ³ And be sure to sit quietly and repeat the idea for today whenever you can, closing your eyes on the world, and realizing that you are inviting God's Voice to speak to you.

LESSON 51.

The review for today covers the following ideas:

1. **(1) Nothing I see means anything.**
² The reason this is so is that I see nothing, and nothing has no meaning. ³ It is necessary that I recognize this, that I may learn to see. ⁴ What I think I see now is taking the place of vision. ⁵ I must let it go by realizing it has no meaning, so that vision may take its place.
 2. **(2) I have given what I see all the meaning it has for me.**
² I have judged everything I look upon, and it is this and only this I see. ³ This is not vision. ⁴ It is merely an illusion of reality, because my judgments have been made quite apart from reality. ⁵ I am
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willing to recognize the lack of validity in my judgments, because I want to see. ⁶ My judgments have hurt me, and I do not want to see according to them.

3. **(3) I do not understand anything I see.**

² How could I understand what I see when I have judged it amiss? ³ What I see is the projection of my own errors of thought. ⁴ I do not understand what I see because it is not understandable. ⁵ There is no sense in trying to understand it. ⁶ But there is every reason to let it go, and make room for what can be seen and understood and loved. ⁷ I can exchange what I see now for this merely by being willing to do so. ⁸ Is not this a better choice than the one I made before?

4. **(4) These thoughts do not mean anything.**

² The thoughts of which I am aware do not mean anything because I am trying to think without God. ³ What I call "my" thoughts are not my real thoughts. ⁴ My real thoughts are the thoughts I think with God. ⁵ I am not aware of them because I have made my thoughts to take their place. ⁶ I am willing to recognize that my thoughts do not mean anything, and to let them go. ⁷ I choose to have them be replaced by what they were intended to replace. ⁸ My thoughts are meaningless, but all creation lies in the thoughts I think with God.

5. **(5) I am never upset for the reason I think.**

² I am never upset for the reason I think because I am constantly trying to justify my thoughts. ³ I am constantly trying to make them true. ⁴ I make all things my enemies, so that my anger is justified and my attacks are warranted. ⁵ I have not realized how much I have misused everything I see by assigning this role to it. ⁶ I have done this to defend a thought system that has hurt me, and that I no longer want. ⁷ I am willing to let it go.

LESSON 52.

Today's review covers these ideas:

1. **(6) I am upset because I see what is not there.**

² Reality is never frightening. ³ It is impossible that it could upset me. ⁴ Reality brings only perfect peace. ⁵ When I am upset, it is always because I have replaced reality with illusions I made up. ⁶ The illusions are upsetting because I have given them reality, and thus regard reality as an illusion. ⁷ Nothing in God's creation is affected in any way by this confusion of mine. ⁸ I am always upset by nothing.

2. **(7) I see only the past.**

² As I look about, I condemn the world I look upon. ³ I call this seeing. ⁴ I hold the past against everyone and everything, making them my enemies. ⁵ When I have forgiven myself and remembered Who I am, I will bless everyone and everything I see. ⁶ There will be no past, and therefore no enemies. ⁷ And I will look with love on all that I failed to see before.

3. **(8) My mind is preoccupied with past thoughts.**

² I see only my own thoughts, and my mind is preoccupied with the past. ³ What, then, can I see as it is? ⁴ Let me remember that I look on the past to prevent the present from dawning on my mind. ⁵ Let
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me understand that I am trying to use time against God. ⁶ Let me learn to give the past away, realizing that in so doing I am giving up nothing.

4. **(9) I see nothing as it is now.**

² If I see nothing as it is now, it can truly be said that I see nothing. ³ I can see only what is now. ⁴ The choice is not whether to see the past or the present; the choice is merely whether to see or not. ⁵ What I have chosen to see has cost me vision. ⁶ Now I would choose again, that I may see.

5. **(10) My thoughts do not mean anything.**

² I have no private thoughts. ³ Yet it is only private thoughts of which I am aware. ⁴ What can these thoughts mean? ⁵ They do not exist, and so they mean nothing. ⁶ Yet my mind is part of creation and part of its Creator. ⁷ Would I not rather join the thinking of the universe than to obscure all that is really mine with my pitiful and meaningless "private" thoughts?

LESSON 53.

Today we will review the following:

1. **(11) My meaningless thoughts are showing me a meaningless world.**

² Since the thoughts of which I am aware do not mean anything, the world that pictures them can have no meaning. ³ What is producing this world is insane, and so is what it produces. ⁴ Reality is not insane, and I have real thoughts as well as insane ones. ⁵ I can therefore see a real world, if I look to my real thoughts as my guide for seeing.

2. **(12) I am upset because I see a meaningless world.**

² Insane thoughts are upsetting. ³ They produce a world in which there is no order anywhere. ⁴ Only chaos rules a world that represents chaotic thinking, and chaos has no laws. ⁵ I cannot live in peace in such a world. ⁶ I am grateful that this world is not real, and that I need not see it at all unless I choose to value it. ⁷ And I do not choose to value what is totally insane and has no meaning.

3. **(13) A meaningless world engenders fear.**

² The totally insane engenders fear because it is completely undependable, and offers no grounds for trust. ³ Nothing in madness is dependable. ⁴ It holds out no safety and no hope. ⁵ But such a world is not real. ⁶ I have given it the illusion of reality, and have suffered from my belief in it. ⁷ Now I choose to withdraw this belief, and place my trust in reality. ⁸ In choosing this, I will escape all the effects of the world of fear, because I am acknowledging that it does not exist.

4. **(14) God did not create a meaningless world.**

² How can a meaningless world exist if God did not create it? ³ He is the Source of all meaning, and everything that is real is in His Mind. ⁴ It is in my mind too, because He created it with me. ⁵ Why should I continue to suffer from the effects of my own insane thoughts, when the perfection of creation is my home? ⁶ Let me remember the power of my decision, and recognize where I really abide.

5. **(15) My thoughts are images that I have made.**

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² Whatever I see reflects my thoughts. ³ It is my thoughts that tell me where I am and what I am. ⁴ The fact that I see a world in which there is suffering and loss and death shows me that I am seeing only the representation of my insane thoughts, and am not allowing my real thoughts to cast their beneficent light on what I see. ⁵ Yet God's way is sure. ⁶ The images I have made cannot prevail against Him because it is not my will that they do so. ⁷ My will is His, and I will place no other gods before Him.

LESSON 55.

Today's review includes the following:

1. **(21) I am determined to see things differently.**

² What I see now are but signs of disease, disaster and death. ³ This cannot be what God created for His beloved Son. ⁴ The very fact that I see such things is proof that I do not understand God. ⁵ Therefore I also do not understand His Son. ⁶ What I see tells me that I do not know who I am. ⁷ I am determined to see the witnesses to the truth in me, rather than those which show me an illusion of myself.

2. **(22) What I see is a form of vengeance.**

² The world I see is hardly the representation of loving thoughts. ³ It is a picture of attack on everything by everything. ⁴ It is anything but a reflection of the Love of God and the Love of His Son. ⁵ It is my own attack thoughts that give rise to this picture. ⁶ My loving thoughts will save me from this perception of the world, and give me the peace God intended me to have.

3. **(23) I can escape from this world by giving up attack thoughts.**

² Herein lies salvation, and nowhere else. ³ Without attack thoughts I could not see a world of attack. ⁴ As forgiveness allows love to return to my awareness, I will see a world of peace and safety and joy. ⁵ And it is this I choose to see, in place of what I look on now.

4. **(24) I do not perceive my own best interests.**

² How could I recognize my own best interests when I do not know who I am? ³ What I think are my best interests would merely bind me closer to the world of illusions. ⁴ I am willing to follow the Guide God has given me to find out what my own best interests are, recognizing that I cannot perceive them by myself.

5. **(25) I do not know what anything is for.**

² To me, the purpose of everything is to prove that my illusions about myself are real. ³ It is for this purpose that I attempt to use everyone and everything. ⁴ It is for this that I believe the world is for. ⁵ Therefore I do not recognize its real purpose. ⁶ The purpose I have given the world has led to a frightening picture of it. ⁷ Let me open my mind to the world's real purpose by withdrawing the one I have given it, and learning the truth about it.

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LESSON 59.

The following ideas are for review today:

1. **(41) God goes with me wherever I go.**

² How can I be alone when God always goes with me? ³ How can I be doubtful and unsure of myself when perfect certainty abides in Him? ⁴ How can I be disturbed by anything when He rests in me in absolute peace? ⁵ How can I suffer when love and joy surround me through Him? ⁶ Let me not cherish illusions about myself. ⁷ I am perfect because God goes with me wherever I go.

2. **(42) God is my strength. ² Vision is His gift.**

³ Let me not look to my own eyes to see today. ⁴ Let me be willing to exchange my pitiful illusion of seeing for the vision that is given by God. ⁵ Christ's vision is His gift, and He has given it to me. ⁶ Let me call upon this gift today, so that this day may help me to understand eternity.

3. **(43) God is my Source. ² I cannot see apart from Him.**

³ I can see what God wants me to see. ⁴ I cannot see anything else. ⁵ Beyond His Will lie only illusions. ⁶ It is these I choose when I think I can see apart from Him. ⁷ It is these I choose when I try to see through the body's eyes. ⁸ Yet the vision of Christ has been given me to replace them. ⁹ It is through this vision that I choose to see.

4. **(44) God is the light in which I see.**

² I cannot see in darkness. ³ God is the only light. ⁴ Therefore, if I am to see, it must be through Him. ⁵ I have tried to define what seeing is, and I have been wrong. ⁶ Now it is given me to understand that God is the light in which I see. ⁷ Let me welcome vision and the happy world it will show me.

5. **(45) God is the Mind with which I think.**

² I have no thoughts I do not share with God. ³ I have no thoughts apart from Him, because I have no mind apart from His. ⁴ As part of His Mind, my thoughts are His and His Thoughts are mine.

LESSON 66.

My happiness and my function are one.

1. You have surely noticed an emphasis throughout our recent lessons on the connection between fulfilling your function and achieving happiness. ² This is because you do not really see the connection. ³ Yet there is more than just a connection between them; they are the same. ⁴ Their forms are different, but their content is completely one.

2. The ego does constant battle with the Holy Spirit on the fundamental question of what your function is. ² So does it do constant battle with the Holy Spirit about what your happiness is. ³ It is not a two-way battle. ⁴ The ego attacks and the Holy Spirit does not respond. ⁵ He knows what your function is. ⁶ He knows that it is your happiness.

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3. Today we will try to go past this wholly meaningless battle and arrive at the truth about your function. ² We will not engage in senseless arguments about what it is. ³ We will not become hopelessly involved in defining happiness and determining the means for achieving it. ⁴ We will not indulge the ego by listening to its attacks on truth. ⁵ We will merely be glad that we can find out what truth is.
4. Our longer practice period today has as its purpose your acceptance of the fact that not only is there a very real connection between the function God gave you and your happiness, but that they are actually identical. ² God gives you only happiness. ³ Therefore, the function He gave you must be happiness, even if it appears to be different. ⁴ Today's exercises are an attempt to go beyond these differences in appearance, and recognize a common content where it exists in truth.
5. Begin the ten-to-fifteen-minute practice period by reviewing these thoughts:

² God gives me only happiness.
³ He has given my function to me.
⁴ Therefore my function must be happiness.

⁵ Try to see the logic in this sequence, even if you do not yet accept the conclusion. ⁶ It is only if the first two thoughts are wrong that the conclusion could be false. ⁷ Let us, then, think about the premises for a while, as we are practicing.
6. The first premise is that God gives you only happiness. ² This could be false, of course, but in order to be false it is necessary to define God as something He is not. ³ Love cannot give evil, and what is not happiness is evil. ⁴ God cannot give what He does not have, and He cannot have what He is not. ⁵ Unless God gives you only happiness, He must be evil. ⁶ And it is this definition of Him you are believing if you do not accept the first premise.
7. The second premise is that God has given you your function. ² We have seen that there are only two parts of your mind. ³ One is ruled by the ego, and is made up of illusions. ⁴ The other is the home of the Holy Spirit, where truth abides. ⁵ There are no other guides but these to choose between, and no other outcomes possible as a result of your choice but the fear that the ego always engenders, and the love that the Holy Spirit always offers to replace it.
8. Thus, it must be that your function is established by God through His Voice, or is made by the ego which you have made to replace Him. ² Which is true? ³ Unless God gave your function to you, it must be the gift of the ego. ⁴ Does the ego really have gifts to give, being itself an illusion and offering only the illusion of gifts?
9. Think about this during the longer practice period today. ² Think also about the many forms the illusion of your function has taken in your mind, and the many ways in which you tried to find salvation under the ego's guidance. ³ Did you find it? ⁴ Were you happy? ⁵ Did they bring you peace? ⁶ We need great honesty today. ⁷ Remember the outcomes fairly, and consider also whether it was ever reasonable to expect happiness from anything the ego ever proposed. ⁸ Yet the ego is the only alternative to the Holy Spirit's Voice.
10. You will listen to madness or hear the truth. ² Try to make this choice as you think about the premises on which our conclusion rests. ³ We can share in this conclusion, but in no other. ⁴ For God

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Himself shares it with us. ⁵ Today's idea is another giant stride in the perception of the same as the same, and the different as different. ⁶ On one side stand all illusions. ⁷ All truth stands on the other. ⁸ Let us try today to realize that only the truth is true.

11. In the shorter practice periods, which would be most helpful today if undertaken twice an hour, this form of the application is suggested:

² My happiness and function are one, because God has given me both.

³ It will not take more than a minute, and probably less, to repeat these words slowly and think about them a little while as you say them.

LESSON 71.

Only God's plan for salvation will work.

1. You may not realize that the ego has set up a plan for salvation in opposition to God's. ² It is this plan in which you believe. ³ Since it is the opposite of God's, you also believe that to accept God's plan in place of the ego's is to be damned. ⁴ This sounds preposterous, of course. ⁵ Yet after we have considered just what the ego's plan is, perhaps you will realize that, however preposterous it may be, you do believe in it.
2. The ego's plan for salvation centers around holding grievances. ² It maintains that, if someone else spoke or acted differently, if some external circumstance or event were changed, you would be saved. ³ Thus, the source of salvation is constantly perceived as outside yourself. ⁴ Each grievance you hold is a declaration, and an assertion in which you believe, that says, "If this were different, I would be saved." ⁵ The change of mind necessary for salvation is thus demanded of everyone and everything except yourself.
3. The role assigned to your own mind in this plan, then, is simply to determine what, other than itself, must change if you are to be saved. ² According to this insane plan, any perceived source of salvation is acceptable provided that it will not work. ³ This ensures that the fruitless search will continue, for the illusion persists that, although this hope has always failed, there is still grounds for hope in other places and in other things. ⁴ Another person will yet serve better; another situation will yet offer success.
4. Such is the ego's plan for your salvation. ² Surely you can see how it is in strict accord with the ego's basic doctrine, "Seek but do not find." ³ For what could more surely guarantee that you will not find salvation than to channelize all your efforts in searching for it where it is not?
5. God's plan for salvation works simply because, by following His direction, you seek for salvation where it is. ² But if you are to succeed, as God promises you will, you must be willing to seek there only. ³ Otherwise, your purpose is divided and you will attempt to follow two plans for salvation that are diametrically opposed in all ways. ⁴ The result can only bring confusion, misery and a deep sense of failure and despair.

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6. How can you escape all this? ² Very simply. ³ The idea for today is the answer. ⁴ Only God's plan for salvation will work. ⁵ There can be no real conflict about this, because there is no possible alternative to God's plan that will save you. ⁶ His is the only plan that is certain in its outcome. ⁷ His is the only plan that must succeed.
7. Let us practice recognizing this certainty today. ² And let us rejoice that there is an answer to what seems to be a conflict with no resolution possible. ³ All things are possible to God. ⁴ Salvation must be yours because of His plan, which cannot fail.
8. Begin the two longer practice periods for today by thinking about today's idea, and realizing that it contains two parts, each making equal contribution to the whole. ² God's plan for your salvation will work, and other plans will not. ³ Do not allow yourself to become depressed or angry at the second part; it is inherent in the first. ⁴ And in the first is your full release from all your own insane attempts and mad proposals to free yourself. ⁵ They have led to depression and anger; but God's plan will succeed. ⁶ It will lead to release and joy.
9. Remembering this, let us devote the remainder of the extended practice periods to asking God to reveal His plan to us. ² Ask Him very specifically:
 - ³ *What would You have me do?*
 - ⁴ *Where would You have me go?*
 - ⁵ *What would You have me say, and to whom?*

⁶ Give Him full charge of the rest of the practice period, and let Him tell you what needs to be done by you in His plan for your salvation. ⁷ He will answer in proportion to your willingness to hear His Voice. ⁸ Refuse not to hear. ⁹ The very fact that you are doing the exercises proves that you have some willingness to listen. ¹⁰ This is enough to establish your claim to God's answer.
10. In the shorter practice periods, tell yourself often that God's plan for salvation, and only His, will work. ² Be alert to all temptation to hold grievances today, and respond to them with this form of today's idea:
 - ³ *Holding grievances is the opposite of God's plan for salvation. ⁴ And only His plan will work.*

⁵ Try to remember today's idea some six or seven times an hour. ⁶ There could be no better way to spend a half minute or less than to remember the Source of your salvation, and to see It where It is.

LESSON 73.

I will there be light.

1. Today we are considering the will you share with God. ² This is not the same as the ego's idle wishes, out of which darkness and nothingness arise. ³ The will you share with God has all the power of creation in it. ⁴ The ego's idle wishes are unshared, and therefore have no power at all. ⁵ Its

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wishes are not idle in the sense that they can make a world of illusions in which your belief can be very strong. ⁶ But they are idle indeed in terms of creation. ⁷ They make nothing that is real.

2. Idle wishes and grievances are partners or co-makers in picturing the world you see. ² The wishes of the ego gave rise to it, and the ego's need for grievances, which are necessary to maintain it, peoples it with figures that seem to attack you and call for "righteous" judgment. ³ These figures become the middlemen the ego employs to traffic in grievances. ⁴ They stand between your awareness and your brothers' reality. ⁵ Beholding them, you do not know your brothers or your Self.
3. Your will is lost to you in this strange bartering, in which guilt is traded back and forth, and grievances increase with each exchange. ² Can such a world have been created by the Will the Son of God shares with his Father? ³ Did God create disaster for His Son? ⁴ Creation is the Will of Both together. ⁵ Would God create a world that kills Himself?
4. Today we will try once more to reach the world that is in accordance with your will. ² The light is in it because it does not oppose the Will of God. ³ It is not Heaven, but the light of Heaven shines on it. ⁴ Darkness has vanished. ⁵ The ego's idle wishes have been withdrawn. ⁶ Yet the light that shines upon this world reflects your will, and so it must be in you that we will look for it.
5. Your picture of the world can only mirror what is within. ² The source of neither light nor darkness can be found without. ³ Grievances darken your mind, and you look out on a darkened world. ⁴ Forgiveness lifts the darkness, reasserts your will, and lets you look upon a world of light. ⁵ We have repeatedly emphasized that the barrier of grievances is easily passed, and cannot stand between you and your salvation. ⁶ The reason is very simple. ⁷ Do you really want to be in hell? ⁸ Do you really want to weep and suffer and die?
6. Forget the ego's arguments which seek to prove all this is really Heaven. ² You know it is not so. ³ You cannot want this for yourself. ⁴ There is a point beyond which illusions cannot go. ⁵ Suffering is not happiness, and it is happiness you really want. ⁶ Such is your will in truth. ⁷ And so salvation is your will as well. ⁸ You want to succeed in what we are trying to do today. ⁹ We undertake it with your blessing and your glad accord.
7. We will succeed today if you remember that you want salvation for yourself. ² You want to accept God's plan because you share in it. ³ You have no will that can really oppose it, and you do not want to do so. ⁴ Salvation is for you. ⁵ Above all else, you want the freedom to remember Who you really are. ⁶ Today it is the ego that stands powerless before your will. ⁷ Your will is free, and nothing can prevail against it.
8. Therefore, we undertake the exercises for today in happy confidence, certain that we will find what it is your will to find, and remember what it is your will to remember. ² No idle wishes can detain us, nor deceive us with an illusion of strength. ³ Today let your will be done, and end forever the insane belief that it is hell in place of Heaven that you choose.
9. We will begin our longer practice periods with the recognition that God's plan for salvation, and only His, is wholly in accord with your will. ² It is not the purpose of an alien power, thrust upon you unwillingly. ³ It is the one purpose here on which you and your Father are in perfect accord. ⁴ You will succeed today, the time appointed for the release of the Son of God from hell and from all idle wishes. ⁵ His will is now restored to his awareness. ⁶ He is willing this very day to look upon the

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light in him and be saved.

10. After reminding yourself of this, and determining to keep your will clearly in mind, tell yourself with gentle firmness and quiet certainty:

² I will there be light. ³ Let me behold the light that reflects God's Will and mine.

⁴ Then let your will assert itself, joined with the power of God and united with your Self. ⁵ Put the rest of the practice period under Their guidance. ⁶ Join with Them as They lead the way.

11. In the shorter practice periods, again make a declaration of what you really want. ² Say:

³ I will there be light. ⁴ Darkness is not my will.

⁵ This should be repeated several times an hour. ⁶ It is most important, however, to apply today's idea in this form immediately you are tempted to hold a grievance of any kind. ⁷ This will help you let your grievances go, instead of cherishing them and hiding them in darkness.

LESSON 83.

Today let us review these ideas:

1. **(65) My only function is the one God gave me.**

² I have no function but the one God gave me. ³ This recognition releases me from all conflict, because it means I cannot have conflicting goals. ⁴ With one purpose only, I am always certain what to do, what to say and what to think. ⁵ All doubt must disappear as I acknowledge that my only function is the one God gave me.

2. More specific applications of this idea might take these forms:

² My perception of this does not change my function.

³ This does not give me a function other than the one God gave me.

⁴ Let me not use this to justify a function God did not give me.

3. **(66) My happiness and my function are one.**

² All things that come from God are one. ³ They come from Oneness, and must be received as one. ⁴ Fulfilling my function is my happiness because both come from the same Source. ⁵ And I must learn to recognize what makes me happy, if I would find happiness.

4. Some useful forms for specific applications of this idea are:

² This cannot separate my happiness from my function.

³ The oneness of my happiness and my function remains wholly unaffected by this.

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⁴ Nothing, including this, can justify the illusion of happiness apart from my function.

LESSON 84.

These are the ideas for today's review:

1. **(67) Love created me like itself.**

² I am in the likeness of my Creator. ³ I cannot suffer, I cannot experience loss and I cannot die. ⁴ I am not a body. ⁵ I would recognize my reality today. ⁶ I will worship no idols, nor raise my own self-concept to replace my Self. ⁷ I am in the likeness of my Creator. ⁸ Love created me like itself.

2. You might find these specific forms helpful in applying the idea:

² *Let me not see an illusion of myself in this.*

³ *As I look on this, let me remember my Creator.*

⁴ *My Creator did not create this as I see it.*

3. **(68) Love holds no grievances.**

² Grievances are completely alien to love. ³ Grievances attack love and keep its light obscure. ⁴ If I hold grievances I am attacking love, and therefore attacking my Self. ⁵ My Self thus becomes alien to me. ⁶ I am determined not to attack my Self today, so that I can remember Who I am.

4. These specific forms for applying this idea would be helpful:

² *This is no justification for denying my Self.*

³ *I will not use this to attack love.*

⁴ *Let this not tempt me to attack myself.*

LESSON 88.

Today we will review these ideas:

1. **(75) The light has come.**

² In choosing salvation rather than attack, I merely choose to recognize what is already there. ³ Salvation is a decision made already. ⁴ Attack and grievances are not there to choose. ⁵ That is why I always choose between truth and illusion; between what is there and what is not. ⁶ The light has come. ⁷ I can but choose the light, for it has no alternative. ⁸ It has replaced the darkness, and the darkness has gone.

2. These would prove useful forms for specific applications of this idea:

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2 This cannot show me darkness, for the light has come.

3 The light in you is all that I would see, [name].

4 I would see in this only what is there.

3. **(76) I am under no laws but God's.**

2 Here is the perfect statement of my freedom. *3* I am under no laws but God's. *4* I am constantly tempted to make up other laws and give them power over me. *5* I suffer only because of my belief in them. *6* They have no real effect on me at all. *7* I am perfectly free of the effects of all laws save God's. *8* And His are the laws of freedom.

4. For specific forms in applying this idea, these would be useful:

2 My perception of this shows me I believe in laws that do not exist.

3 I see only the laws of God at work in this.

4 Let me allow God's laws to work in this, and not my own.