

7. I will go with you to the Holy One, and through my perception He can bridge the little gap. ² Your gratitude to your brother is the only gift I want. ³ I will bring it to God for you, knowing that to know your brother *is* to know God. ⁴ If you are grateful to your brother, you are grateful to God for what He created. ⁵ Through your gratitude you come to know your brother, and one moment of real recognition makes everyone your brother because each of them is of your Father. ⁶ Love does not conquer all things, but it does set all things right. ⁷ Because you are the Kingdom of God I can lead you back to your own creations. ⁸ You do not recognize them now, but what has been dissociated is still there.

Introduction

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

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

5. You are not yet awake, but you can learn how to awaken. ² Very simply, the Holy Spirit teaches you to awaken others. ³ As you see them waken you will learn what waking means, and because you have chosen to wake them, their gratitude and their appreciation of what you have given them will teach you its value. ⁴ They will become the witnesses to your reality, as you were created witness to God's. ⁵ Yet when the Sonship comes together and accepts its Oneness it will be known by its creations, who witness to its reality as the Son does to the Father.
6. Only appreciation is an appropriate response to your brother. ² Gratitude is due him for both his loving thoughts and his appeals for help, for both are capable of bringing love into your awareness if you perceive them truly. ³ And all your sense of strain comes from your attempts not to do just this. ⁴ How simple, then, is God's plan for salvation. ⁵ There is but one response to reality, for reality

evokes no conflict at all. ⁶ There is but one Teacher of reality, Who understands what it is. ⁷ He does not change His Mind about reality because reality does not change. ⁸ Although your interpretations of reality are meaningless in your divided state, His remain consistently true. ⁹ He gives them to you because they are *for* you. ¹⁰ Do not attempt to "help" a brother in your way, for you cannot help yourself. ¹¹ But hear his call for the Help of God, and you will recognize your own need for the Father.

11. There is a light that this world cannot give. ² Yet you can give it, as it was given you. ³ And as you give it, it shines forth to call you from the world and follow it. ⁴ For this light will attract you as nothing in this world can do. ⁵ And you will lay aside the world and find another. ⁶ This other world is bright with love which you have given it. ⁷ And here will everything remind you of your Father and His holy Son. ⁸ Light is unlimited, and spreads across this world in quiet joy. ⁹ All those you brought with you will shine on you, and you will shine on them in gratitude because they brought you here. ¹⁰ Your light will join with theirs in power so compelling, that it will draw the others out of darkness as you look on them.

8. Heaven waits silently, and your creations are holding out their hands to help you cross and welcome them. ² For it is they you seek. ³ You seek but for your own completion, and it is they who render you complete. ⁴ The special love relationship is but a shabby substitute for what makes you whole in truth, not in illusion. ⁵ Your relationship with them is without guilt, and this enables you to look on all your brothers with gratitude, because your creations were created in union with them. ⁶ Acceptance of your creations is the acceptance of the Oneness of creation, without which you could never be complete. ⁷ No specialness can offer you what God has given, and what you are joined with Him in giving.

11. You undertook, together, to invite the Holy Spirit into your relationship. ² He could not have entered otherwise. ³ Although you may have made many mistakes since then, you have also made enormous efforts to help Him do His work. ⁴ And He has not been lacking in appreciation for all you have done for Him. ⁵ Nor does He see the mistakes at all. ⁶ Have you been similarly grateful to your brother? ⁷ Have you consistently appreciated the good efforts, and overlooked mistakes? ⁸ Or has your appreciation flickered and grown dim in what seemed to be the light of the mistakes? ⁹ Perhaps you are now entering upon a campaign to blame him for the discomfort of the situation in which you find yourself. ¹⁰ And by this lack of thanks and gratitude you make yourself unable to express the holy instant, and thus lose sight of it.

2. To give reluctantly is not to gain the gift, because you are reluctant to accept it. ² It is saved for you until reluctance to receive it disappears, and you are willing it be given you. ³ God's justice warrants gratitude, not fear. ⁴ Nothing you give is lost to you or anyone, but cherished and preserved in Heaven, where all of the treasures given to God's Son are kept for him, and offered anyone who but holds out his hand in willingness they be received. ⁵ Nor is the treasure less as it is given out. ⁶ Each gift but adds to the supply. ⁷ For God is fair. ⁸ He does not fight against His Son's reluctance to perceive salvation as a gift from Him. ⁹ Yet would His justice not be satisfied until it is received by everyone.

6. The holiest of all the spots on earth is where an ancient hatred has become a present love. ² And They come quickly to the living temple, where a home for Them has been set up. ³ There is no place in Heaven holier. ⁴ And They have come to dwell within the temple offered Them, to be Their resting place as well as yours. ⁵ What hatred has released to love becomes the brightest light in

- Heaven's radiance. ⁶ And all the lights in Heaven brighter grow, in gratitude for what has been restored.
7. Around you angels hover lovingly, to keep away all darkened thoughts of sin, and keep the light where it has entered in. ² Your footprints lighten up the world, for where you walk forgiveness gladly goes with you. ³ No one on earth but offers thanks to one who has restored his home, and sheltered him from bitter winter and the freezing cold. ⁴ And shall the Lord of Heaven and His Son give less in gratitude for so much more?
 8. Now is the temple of the living God rebuilt as host again to Him by Whom it was created. ² Where He dwells, His Son dwells with Him, never separate. ³ And They give thanks that They are welcome made at last. ⁴ Where stood a cross stands now the risen Christ, and ancient scars are healed within His sight. ⁵ An ancient miracle has come to bless and to replace an ancient enmity that came to kill. ⁶ In gentle gratitude do God the Father and the Son return to what is Theirs, and will forever be. ⁷ Now is the Holy Spirit's purpose done. ⁸ For They have come! ⁹ For They have come at last!
 4. Make way for love, which you did not create, but which you can extend. ² On earth this means forgive your brother, that the darkness may be lifted from your mind. ³ When light has come to him through your forgiveness, he will not forget his savior, leaving him unsaved. ⁴ For it was in your face he saw the light that he would keep beside him, as he walks through darkness to the everlasting light.
 5. How holy are you, that the Son of God can be your savior in the midst of dreams of desolation and disaster. ² See how eagerly he comes, and steps aside from heavy shadows that have hidden him, and shines on you in gratitude and love. ³ He is himself, but not himself alone. ⁴ And as his Father lost not part of him in your creation, so the light in him is brighter still because you gave your light to him, to save him from the dark. ⁵ And now the light in you must be as bright as shines in him. ⁶ This is the spark that shines within the dream; that you can help him waken, and be sure his waking eyes will rest on you. ⁷ And in his glad salvation you are saved.
 8. How light and easy is the step across the narrow boundaries of the world of fear when you have recognized Whose hand you hold! ² Within your hand is everything you need to walk with perfect confidence away from fear forever, and to go straight on, and quickly reach the gate of Heaven itself. ³ For He Whose hand you hold was waiting but for you to join Him. ⁴ Now that you have come, would He delay in showing you the way that He must walk with you? ⁵ His blessing lies on you as surely as His Father's Love rests upon Him. ⁶ His gratitude to you is past your understanding, for you have enabled Him to rise from chains and go with you, together, to His Father's house.
 9. An ancient hate is passing from the world. ² And with it goes all hatred and all fear. ³ Look back no longer, for what lies ahead is all you ever wanted in your heart. ⁴ Give up the world! ⁵ But not to sacrifice. ⁶ You never wanted it. ⁷ What happiness have you sought here that did not bring you pain? ⁸ What moment of content has not been bought at fearful price in coins of suffering? ⁹ Joy has no cost. ¹⁰ It is your sacred right, and what you pay for is not happiness. ¹¹ Be speeded on your way by honesty, and let not your experiences here deceive in retrospect. ¹² They were not free from bitter cost and joyless consequence.

6. Let us be glad that you will see what you believe, and that it has been given you to change what you believe. ²The body will but follow. ³It can never lead you where you would not be. ⁴It does not guard your sleep, nor interfere with your awakening. ⁵Release your body from imprisonment, and you will see no one as prisoner to what you have escaped. ⁶You will not want to hold in guilt your chosen enemies, nor keep in chains, to the illusion of a changing love, the ones you think are friends.
7. The innocent release in gratitude for their release. ²And what they see upholds their freedom from imprisonment and death. ³Open your mind to change, and there will be no ancient penalty exacted from your brother or yourself. ⁴For God has said there *is* no sacrifice that can be asked; there *is* no sacrifice that can be made.

LESSON 123.

I thank my Father for His gifts to me.

1. Today let us be thankful. ²We have come to gentler pathways and to smoother roads. ³There is no thought of turning back, and no implacable resistance to the truth. ⁴A bit of wavering remains, some small objections and a little hesitance, but you can well be grateful for your gains, which are far greater than you realize.
2. A day devoted now to gratitude will add the benefit of some insight into the real extent of all the gains which you have made; the gifts you have received. ²Be glad today, in loving thankfulness, your Father has not left you to yourself, nor let you wander in the dark alone. ³Be grateful He has saved you from the self you thought you made to take the place of Him and His creation. ⁴Give Him thanks today.
3. Give thanks that He has not abandoned you, and that His Love forever will remain shining on you, forever without change. ²Give thanks as well that you are changeless, for the Son He loves is changeless as Himself. ³Be grateful you are saved. ⁴Be glad you have a function in salvation to fulfill. ⁵Be thankful that your value far transcends your meager gifts and petty judgments of the one whom God established as His Son.
4. Today in gratitude we lift our hearts above despair, and raise our thankful eyes, no longer looking downward to the dust. ²We sing the song of thankfulness today, in honor of the Self that God has willed to be our true Identity in Him. ³Today we smile on everyone we see, and walk with lightened footsteps as we go to do what is appointed us to do.
5. We do not go alone. ²And we give thanks that in our solitude a Friend has come to speak the saving Word of God to us. ³And thanks to you for listening to Him. ⁴His Word is soundless if it be not heard. ⁵In thanking Him the thanks are yours as well. ⁶An unheard message will not save the world, however mighty be the Voice that speaks, however loving may the message be.
6. Thanks be to you who heard, for you become the messenger who brings His Voice with you, and lets It echo round and round the world. ²Receive the thanks of God today, as you give thanks to Him. ³For He would offer you the thanks you give, since He receives your gifts in loving gratitude,

and gives them back a thousand and a hundred thousand more than they were given. ⁴ He will bless your gifts by sharing them with you. ⁵ And so they grow in power and in strength, until they fill the world with gladness and with gratitude.

7. Receive His thanks and offer yours to Him for fifteen minutes twice today. ² And you will realize to Whom you offer thanks, and Whom He thanks as you are thanking Him. ³ This holy half an hour given Him will be returned to you in terms of years for every second; power to save the world eons more quickly for your thanks to Him.
8. Receive His thanks, and you will understand how lovingly He holds you in His Mind, how deep and limitless His care for you, how perfect is His gratitude to you. ² Remember hourly to think of Him, and give Him thanks for everything He gave His Son, that he might rise above the world, remembering his Father and his Self.