

Blasphemous to perceive pain	p14 T4	You bring the darkness, He the light	p17 T4
Choose between your weakness and strength of Christ	4 B3	You must look at it	p8 T5
Ego wishes to kill you	p9 T3	Your weakness or strength of Christ	p4 B3
Forgive	p1 T2, p2 T2,5, p6 B2		
Love	p1T3, p2, p4T2, p7B2		
One step in descent	p11 B2		
Strength	p5T5,B, p6T12,4,6		

DARKNESS TO LIGHT

VI

Excerpts from A Course in Miracles (Excerpts from A Course of Love on page 18)

Reading: W 87, 88, 89, 91, 92, 184, 190, 193
 Ch 11 III From Darkness to Light
 Ch 12 II The Way to Remember God
 Ch 13 V The Two Emotions
 Ch 13 XI The Peace of Heaven
 Ch 21 VII The Last Unanswered Question
 Ch 29 IV Dream Roles

B: The Body
C: The Changeless
Ch: Christ
E: Effort
PE: Passive Effort
NE: None Effort
F: Forgiveness
G: Giving=Receiving
Gd: God
HS: Holy Spirit
L: Love
LG: Leave to God
M: Mind
P: Portal
S: The Same



“Forgetfulness and sleep and even death become the ego's best advice for dealing with the perceived and harsh intrusion of guilt on peace.” Ch. 13 XI Para 1 L 1 **

“Forgive, and you will see this differently. These are the words the Holy Spirit speaks in all your tribulations, all your pain, all suffering regardless of its form. These are the words with which temptation ends, and guilt, abandoned, is revered no more. These are the words which end the dream of sin, and rid the mind of fear. These are the words by which salvation comes to all the world.” W 193 Para 5 HS F **

“God would not have you suffer thus. He would help you forgive yourself. His Son does not remember who he is. And God would have him not forget His Love, and all the gifts His Love brings with it. Would you now renounce your own salvation? Would you fail to learn the simple lessons Heaven's Teacher sets before you, that all pain may disappear and God may be remembered by His Son?” W 193 Para 8 L F Gd *

“I am determined not to attack my Self today, so that I can remember Who I am.” W 84 Para 3 L 6 **

“All things are lessons God would have you learn. He would not leave an unforgiving thought without correction, nor one thorn or nail to hurt His holy Son in any way. He would ensure his holy rest remain untroubled and serene, without a care, in an eternal home which cares for him. And He would have all tears be wiped away, with none remaining yet unshed, and none but waiting their appointed time to fall. For God has willed that laughter should replace each one, and that His Son be free again.” W 193 Para 9 Gd **

“Let this not tempt me to attack myself.” W 84 Para 4 L 4 **

“Give all you can, and give a little more. For now we would arise in haste and go unto our Father's house. We have been gone too long, and we would linger here no more. And as we practice, let us think about all things we saved to settle by ourselves, and kept apart from healing. Let us give them all to Him Who knows the way to look upon them so that they will disappear. Truth is His message; truth His teaching is. His are the lessons God would have us learn.” W 193 Para 11 LG **

“And as we pay the debt we owe to truth,—a debt that merely is the letting go of self-deceptions and of images we worshipped falsely—truth returns to us in wholeness and in joy. We are deceived no longer. Love has now returned to our awareness. And we are at peace again, for fear has gone and only love remains.”

W 323 Para 2

L

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“This is the lesson God would have you learn: There is a way to look on everything that lets it be to you another step to Him, and to salvation of the world. To all that speaks of terror, answer thus:

I will forgive, and this will disappear.

To every apprehension, every care and every form of suffering, repeat these selfsame words. And then you hold the key that opens Heaven's gate, and brings the Love of God the Father down to earth at last, to raise it up to Heaven.”

W 193 Para 13 L 1 – 5

F L Gd

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“Let no one hour cast its shadow on the one that follows, and when that one goes, let everything that happened in its course go with it. Thus will you remain unbound, in peace eternal in the world of time.”

W 193 Para 12 L 4 - 5

“I gladly make the ‘sacrifice’ of fear. Here is the only ‘sacrifice’ You ask of Your beloved Son; You ask him to give up all suffering, all sense of loss and sadness, all anxiety and doubt, and freely let Your Love come streaming in to his awareness, healing him of pain, and giving him Your Own eternal joy. Such is the ‘sacrifice’ You ask of me, and one I gladly make; the only ‘cost’ of restoration of Your memory to me, for the salvation of the world.”

W 323 Title & Para 1 L

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“I will not hurt myself again today. Let us this day accept forgiveness as our only function. Why should we attack our minds, and give them images of pain? Why should we teach them they are powerless, when God holds out His power and His Love, and bids them take what is already theirs? The mind that is made willing to accept God's gifts has been restored to spirit, and extends its freedom and its joy, as is the Will of God united with its own. The Self which God created cannot sin, and therefore cannot suffer. Let us choose today that He be our Identity, and thus escape forever from all things the dream of fear appears to offer us.”

W 330 Title & Para 1

M F L Gd

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“Father, Your Son can not be hurt. And if we think we suffer, we but fail to know our one Identity we share with You. We would return to It today, to be made free forever from all our mistakes, and to be saved from what we thought we were.”

W 330 Para 2

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“Yet no one sees himself in conflict and ravaged by a cruel war unless he believes that both opponents in the war are real. Believing this he must escape, for such a war would surely end his peace of mind, and so destroy him. Yet if he could but realize the war is between real and unreal powers, he could look upon himself and see his freedom. No one finds himself ravaged and torn in endless battles if he himself perceives them as wholly without meaning.”

Ch. 13 XI Para 1 L 2 - 5

**

“God would not have His Son embattled, and so His Son's imagined ‘enemy’ is totally unreal. You are but trying to escape a bitter war from which you *have* escaped. The war is gone. For you have heard the hymn of freedom rising unto Heaven. Gladness and joy belong to God for your release, because you made it not. Yet as you made not freedom, so you made not a war that could endanger freedom. Nothing destructive ever was or will be. The war, the guilt, the past are gone as one into the unreality from which they came.”

Ch. 13 XI Para 2

Gd

**

“I have no need for this. I want to see.”

W 85 Para 2 L 4

**

“You whose mind is darkened by doubt and guilt, remember this: God gave the Holy Spirit to you, and gave Him the mission to remove all doubt and every trace of guilt that His dear Son has laid upon himself. It is impossible that this mission fail. Nothing can prevent what God would have accomplished from accomplishment.” Ch. 13 XI Para 5 L 1 – 3 ** HS Gd

“Have faith in only this one thing, and it will be sufficient: God wills you be in Heaven, and nothing can keep you from it, or it from you. Your wildest misperceptions, your weird imaginings, your blackest nightmares all mean nothing. They will not prevail against the peace God wills for you. The Holy Spirit will restore your sanity because insanity is not the Will of God. If that suffices Him, it is enough for you.” Ch. 13 XI Para 7 L 1 – 5 ** HS Gd

“I am choosing between misperception and salvation as I look on this.” W 86 Para 4 L 2 **

“The Communication Link that God Himself placed within you, joining your mind with His, cannot be broken. You may believe you want It broken, and this belief does interfere with the deep peace in which the sweet and constant communication God would share with you is known. Yet His channels of reaching out cannot be wholly closed and separated from Him. Peace will be yours because His peace still flows to you from Him Whose Will is peace. You have it now. The Holy Spirit will teach you how to use it, and by extending it, to learn that it is in you. God willed you Heaven, and will always will you nothing else. The Holy Spirit knows only of His Will. There is no chance that Heaven will not be yours, for God is sure, and what He wills is as sure as He is.” Ch. 13 XI Para 8 * M HS Gd

“Salvation is as sure as God. His certainty suffices. Learn that even the darkest nightmare that disturbs the mind of God's sleeping Son holds no power over him. He will learn the lesson of awaking. God watches over him and light surrounds him.” Ch. 13 XI Para 9 L 3 - 7 ** Gd

“This cannot hide the light I will to see.” W 87 Para 2 L 2 *

“Can God's Son lose himself in dreams, when God has placed within him the glad Call to waken and be glad? He cannot separate himself from what is in him. His sleep will not withstand the Call to wake. The mission of redemption will be fulfilled as surely as the creation will remain unchanged throughout eternity. You do not have to know that Heaven is yours to make it so. It is so. Yet to know it, the Will of God must be accepted as your will.” Ch. 13 XI Para 10 * Gd

“I will there be light. Darkness is not my will.” W 73 Para 11 L 3 - 4 **

“I will use the power of my will today. It is not my will to grope about in darkness, fearful of shadows and afraid of things unseen and unreal. Light shall be my guide today. I will follow it where it leads me, and I will look only on what it shows me. This day I will experience the peace of true perception.” W 87 Para 1 L 2 - 6 **

“Straighten my mind, my Father. It is sick. But You have offered freedom, and I choose to claim Your gift today. And so I give all judgment to the One You gave to me to judge for me. He sees what I behold, and yet He knows the truth. He looks on pain, and yet He understands it is not real, and in His understanding it is healed. He gives the miracles my dreams would hide from my awareness. Let Him judge today. I do not know my will, but He is sure it is Your Own. And He will speak for me, and call Your miracles to come to me.” **

W 347 Para 1 L 2 - 11

M

“I have no cause for anger or for fear, for You surround me. And in every need that I perceive, Your grace suffices me.” **
W 348 Title

“Father, let me remember You are here, and I am not alone. Surrounding me is everlasting Love. I have no cause for anything except the perfect peace and joy I share with You. What need have I for anger or for fear? Surrounding me is perfect safety. Can I be afraid, when Your eternal promise goes with me? Surrounding me is perfect sinlessness. What can I fear, when You created me in holiness as perfect as Your Own?” **
W 348 Para 1 L

“I am safe today because there is no will but God's. I can become afraid only when I believe there is another will.” **
W 87 Para 3 L 2 - 3 Gd

“The light has come. I can but choose the light, for it has no alternative. It has replaced the darkness, and the darkness has gone.” **
W 88 Para 1 L 6 - 8

“This cannot show me darkness, for the light has come.” **
W 88 Para 2 L 2

“And so each instant given unto God in passing, with the next one given Him already, is a time of your release from sadness, pain and even death itself.” **
W 194 Para 3 L 4 Gd

“I am under no laws but God's. Here is the perfect statement of my freedom. I am under no laws but God's. I am constantly tempted to make up other laws and give them power over me. I suffer only because of my belief in them. They have no real effect on me at all. I am perfectly free of the effects of all laws save God's. And His are the laws of freedom.” **
W 88 Para 3 Gd

“My perception of this shows me I believe in laws that do not exist.” *
W 88 Para 4 L 2

“There is no fear in the present when each instant stands clear and separated from the past, without its shadow reaching out into the future.” **
Ch. 15 I Para 8 L 3

“Let me allow God's laws to work in this, and not my own.” *
W 88 Para 4 L 4 Gd

“I am entitled to miracles because I am under no laws but God's. His laws release me from all grievances, and replace them with miracles. And I would accept the miracles in place of the grievances, which are but illusions that hide the miracles beyond.” **
W 89 Para 1 L 2 - 4 Gd

“Behind this is a miracle to which I am entitled.” **
W 89 Para 2 L 2

“You always choose between your weakness and the strength of Christ in you. And what you choose is what you think is real. Simply by never using weakness to direct your actions, you have given it no power. And the light of Christ in you is given charge of everything you do. For you have brought your weakness unto Him, and He has given you His strength instead.” **
Ch. 31 VIII Para 2 L 3 - 7 Ch

“Father, You promised You would never fail to answer any call Your Son might make to You. It does not matter where he is, what seems to be his problem, nor what he believes he has become. He is Your Son, and You will answer him. The miracle reflects Your Love, and thus it answers him.” **
W 356 Para 1 L 1 - 4 L

“Seen truly, this offers me a miracle.”

W 89 Para 2 L 4

**

“Let miracles replace all grievances. By this idea do I unite my will with the Holy Spirit's, and perceive them as one. By this idea do I accept my release from hell. By this idea do I express my willingness to have all my illusions be replaced with truth, according to God's plan for my salvation. I would make no exceptions and no substitutes. I want all of Heaven and only Heaven, as God wills me to have.”

W 89 Para 3

HS Gd

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“Beyond this is the miracle by which all my grievances are replaced.” W 89 Para 4 L 4

“I do not see the problem and the answer as simultaneous in their occurrence. That is because I do not yet realize that God has placed the answer together with the problem, so that they cannot be separated by time. The Holy Spirit will teach me this, if I will let Him. And I will understand it is impossible that I could have a problem which has not been solved already.” W 90 Para 3 L 4 - 7

HS Gd

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“The answer to this problem is already given me, if I will accept it.” W 90 Para 4 L 3

**

“When you have felt the strength in you, which makes all miracles within your easy reach, you will not doubt. The miracles your sense of weakness hides will leap into awareness as you feel the strength in you.”

W 91 Para 4 L 4 - 5

**

“If I am bound in any way, I do not know my Father nor my Self. And I am lost to all reality. For truth is free, and what is bound is not a part of truth. Father, I ask for nothing but the truth. I have had many foolish thoughts about myself and my creation, and have brought a dream of fear into my mind. Today, I would not dream. I choose the way to You instead of madness and instead of fear. For truth is safe, and only love is sure.” W 278 Para 1 L 3 – Para 2

L

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“If you are not a body, what are you? 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. Say, for example:

*

I am not weak, but strong.

I am not vulnerable, but invulnerable.

I am not helpless, but all powerful.

I am not limited, but unlimited.

I am not doubtful, but certain.

I am not an illusion, but a reality.

I cannot see in darkness, but in light.”

W 91 Para 8

B

“Remember that all sense of weakness is associated with the belief you are a body, a belief that is mistaken and deserves no faith. Try to remove your faith from it, if only for a moment. You will be accustomed to keeping faith with the more worthy in you as we go along.”

W 91 Para 9 L 3 – 5

B

*

“Where is an idol? Nowhere! Can there be a gap in what is infinite, a place where time can interrupt eternity? A place of darkness set where all is light, a dismal alcove separated off from what is endless, *has* no place to be. An idol is beyond where God has set all things forever, and has left no room for anything to be except His Will. Nothing and nowhere must an idol be, while God is everything and everywhere.”

Ch. 29 VIII Para 7

Gd

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“And now I place you in His (your Self) hands, to be His faithful follower, with Him as Guide through every difficulty and all pain that you may think is real.” W EPILOGUE Para 4 L 1

“Strength comes from truth, and shines with light its Source has given it; weakness reflects the darkness of its maker. It is sick and looks on sickness, which is like itself. Truth is a savior and can only will for happiness and peace for everyone. It gives its strength to everyone who asks, in limitless supply.” Find strength in River not in body/ego. W 92 Para 5 L 1 – 4 **

“Relax...confident that your efforts, however meager, are fully supported by the strength of God and all His Thoughts. It is from Them that your strength will come. It is through Their strong support that you will feel the strength in you. They are united with you in this practice period, in which you share a purpose like Their Own. Theirs is the light in which you will see miracles, because Their strength is yours. Their strength becomes your eyes, that you may see.” W 91 Para 10 **

Gd

“In darkness you perceive a self that is not there. Strength is the truth about you; weakness is an idol falsely worshipped and adored that strength may be dispelled, and darkness rule where God appointed that there should be light.” W 92 Para 4 L 6 - 7 **

Gd

“Weakness, which looks in darkness, cannot see a purpose in forgiveness and in love. It sees all others different from itself, and nothing in the world that it would share. It judges and condemns, but does not love. In darkness it remains to hide itself, and dreams that it is strong and conquering, a victor over limitations that but grow in darkness to enormous size. *

It fears and it attacks and hates itself, and darkness covers everything it sees, leaving its dreams as fearful as itself. No miracles are here, but only hate. It separates itself from what it sees, while light and strength perceive themselves as one. The light of strength is not the light you see. It does not change and flicker and go out. It does not shift from night to day, and back to darkness till the morning comes again.

The light of strength is constant, sure as love, forever glad to give itself away, because it cannot give but to itself. No one can ask in vain to share its sight, and none who enters its abode can leave without a miracle before his eyes, and strength and light abiding in his heart.”

W 92 Para 6, 7 & 8

C L

“The strength in you will offer you the light, and guide your seeing so you do not dwell on idle shadows that the body's eyes provide for self-deception. Strength and light unite in you, and where they meet, your Self stands ready to embrace you as Its Own. Such is the meeting place we try today to find and rest in, for the peace of God is where your Self, His Son, is waiting now to meet Itself again, and be as One.” W 92 Para 9 Find strength in River not in body/ego. B Gd **

“Let yourself be brought unto your Self. Its strength will be the light in which the gift of sight is given you. Leave, then, the dark a little while today, and we will practice seeing in the light, closing the body's eyes and asking truth to show us how to find the meeting place of self and Self, where light and strength are one.” W 92 Para 10 L 2 - 4 **

“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.” W 93 Para 2 L 3 **

“If you give no power to the fog to obscure the light, it has none. For it has power only if the Son of God gives power to it. He must himself withdraw that power, remembering that all power is of God.” Ch. 12 II Para 2 L 2 - 4 **

Gd

“I will awaken you as surely as I awakened myself, for I awoke for you. In my resurrection is your release. Our mission is to escape from crucifixion, not from redemption. Trust in my help, for I did not walk alone, and I will walk with you as our Father walked with me. Do you not know that I walked with Him in peace? And does not that mean that peace goes with *us* on the journey?”

Ch. 12 II Para 7 L 2 - 7

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“In truth is innocence the only thing there is. 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.

**

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. They are not kept to swell and bluster, and to terrify the foolish dreamer who believes in them. He has been gently wakened from his dream by understanding what he thought he saw was never there. And now he cannot feel that all escape has been denied to him.”

W 134 Para 10 L 3 - 4 – Para 11

F L

“To be in the Kingdom is merely to focus your full attention on it. As long as you believe you can attend to what is not true, you are accepting conflict as your choice. Is it really a choice? It seems to be, but seeming and reality are hardly the same. You who *are* the Kingdom are not concerned with seeming. Reality is yours because you are reality. This is how *having* and *being* are ultimately reconciled, not in the Kingdom, but in your mind. The altar there is the only reality. The altar is perfectly clear in thought, because it is a reflection of perfect Thought.”

**

Ch. 7 III Para 4 L 1 - 9

M

“You still want what God wills, and no nightmare can defeat a child of God in his purpose. For your purpose was given you by God, and you must accomplish it because it is His Will. Awake and remember your purpose, for it is your will to do so. What has been accomplished for you must be yours.”

**

Ch. 12 II Para 6 L 1 - 4

Gd

“For to recognize fear is not enough to escape from it, although the recognition is necessary to demonstrate the need for escape. The Holy Spirit must still translate the fear into truth. If you were left with the fear, once you had recognized it, you would have taken a step away from reality, not towards it. Yet we have repeatedly emphasized the need to recognize fear and face it without disguise as a crucial step in the undoing of the ego.”

**

Ch. 12 I Para 8 L 2 – 5

HS

“Little child, you are hiding your head under the cover of the heavy blankets you have laid upon yourself. You are hiding your nightmares in the darkness of your own false certainty, and refusing to open your eyes and look at them.

*

Let us not save nightmares, for they are not fitting offerings for Christ, and so they are not fit gifts for you. Take off the covers and look at what you are afraid of. Only the anticipation will frighten you, for the reality of nothingness cannot be frightening.”

Ch. 12 II Para 4 L 6 to Para 5 L 3

Ch

“Our Father knows our needs. He gives us grace to meet them all. And so we trust in Him to send us miracles to bless the world, and heal our minds as we return to Him.”

W 349 Para 2

M

**

“God's answer is some form of peace. All pain
Is healed; all misery replaced with joy.
All prison doors are opened. And all sin
Is understood as merely a mistake.”

**

W 359 Title

Gd

“Learn to be quiet in the midst of turmoil, for quietness is the end of strife and this is the journey to peace. Look straight at every image that rises to delay you, for the goal is inevitable because it is eternal. The goal of love is but your right, and it belongs to you despite your dreams.”

Ch. 12 II Para 5 L 5 – 7

L

**

“You have been told not to make error real, and the way to do this is very simple. If you want to believe in error, you would have to make it real because it is not true. But truth is real in its own right, and to believe in truth *you do not have to do anything.*”

Ch. 12 I Para 1 L 1 – 3

**

“You who have tried to banish love have not succeeded, but you who choose to banish fear must succeed. The Lord is with you, but you know it not. Yet your Redeemer liveth, and abideth in you in the peace out of which He was created. Would you not exchange this awareness for the awareness of fear? When we have overcome fear—not by hiding it, not by minimizing it, and not by denying its full import in any way—this is what you will really see. You cannot lay aside the obstacles to real vision without looking upon them, for to lay aside means to judge against. If you will look, the Holy Spirit will judge, and He will judge truly. Yet He cannot shine away what you keep hidden, for you have not offered it to Him and He cannot take it from you.”

Ch. 12 II Para 9

HS L

**

“Through Him (Holy Spirit) you stand before God's altar, where He gently translates hell into Heaven. For it is only in Heaven that God would have you be.”

Ch. 15 II Para 2 L 7 – 8

HS Gd

**

“We bring glad tidings to the Son of God, who thought he suffered.”

W 14. What Am I? Para 5 L 3

Gd

**

“Whatever is given Him (Holy Spirit) that is not of God is gone. Yet you must look at it yourself in perfect willingness, for otherwise His knowledge remains useless to you. Surely He will not fail to help you, since help is His only purpose. Do you not have greater reason for fearing the world as you perceive it, than for looking at the cause of fear and letting it go forever?”

Ch. 12 II Para 10 L 4 – 7

HS

**

“What is an idol? Do you think you know? For idols are unrecognized as such, and never seen for what they really are. That is the only power that they have. Their purpose is obscure, and they are feared and worshipped, both, *because* you do not know what they are for, and why they have been made.”

Ch. 29 VIII Para 1 L 1 – 5

**

“An idol is established by belief, and when it is withdrawn the idol ‘dies.’ This is the anti-Christ; the strange idea there is a power past omnipotence, a place beyond the infinite, a time transcending the eternal.”

Ch. 29 VIII Para 6 L 1 – 2

**

“Do you really believe that you can kill the Son of God? The Father has hidden His Son safely within Himself, and kept him far away from your destructive thoughts, but you know neither the Father nor the Son because of them.”

Ch. 12 VIII Para 1 L 1 – 2

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“What God did not give you has no power over you, and the attraction of love for love remains irresistible.”

Ch. 12 VIII Para 7 L 10

Gd L

**

“The miracle does not restore the truth, the light the veil between has not put out. It merely lifts the veil, and lets the truth shine unencumbered, being what it is. It does not need belief to be itself, for it has been created; so it *is*.”

Ch. 29 VIII Para 5 L 5 – 7

*

“When you made visible what is not true, what is true became invisible to you.”

Ch. 12 VIII Para 3 L 1

**

“What is an idol? Nothing! It must be believed before it seems to come to life, and given power that it may be feared. Its life and power are its believer's gift, and this is what the miracle restores to what *has* life and power worthy of the gift of Heaven and eternal peace.”

Ch. 29 VIII Para 5 L 1 – 4

**

“No one believes in idols who has not enslaved himself to littleness and loss. And thus must seek beyond his little self for strength to raise his head, and stand apart from all the misery the world reflects. This is the penalty for looking not within for certainty and quiet calm that liberates you from the world, and lets you stand apart, in quiet and in peace.”

Ch. 29 VIII Para 2 L 5 - 7

**

“Confusion is not limited. If it occurs at all it will be total. And its presence, in whatever form, will hide Their (Father and Son) Presence. They are known with clarity or not at all. Confused perception will block knowledge. It is not a question of the size of the confusion, or how much it interferes. Its simple presence shuts the door to Theirs, and keeps Them there unknown.”

Ch. 26 X Para 1 L 5 - 11

**

“The death penalty is the ego's ultimate goal, for it fully believes that you are a criminal, as deserving of death as God knows you are deserving of life. The death penalty never leaves the ego's mind, for that is what it always reserves for you in the end. Wanting to kill you as the final expression of its feeling for you, it lets you live but to await death. It will torment you while you live, but its hatred is not satisfied until you die. For your destruction is the one end toward which it works, and the only end with which it will be satisfied.”

Ch. 12 VII Para 13 L 2 - 6

*

“All aspects of fear are untrue because they do not exist at the creative level, and therefore do not exist at all. To whatever extent you are willing to submit your beliefs to this test, to that extent are your perceptions corrected.”

Ch. 1 VI Para 5 L 1 - 2

“An idol is a false impression, or a false belief; some form of anti-Christ, that constitutes a gap between the Christ and what you see. An idol is a wish, made tangible and given form, and thus perceived as real and seen outside the mind. Yet it is still a thought, and cannot leave the mind that is its source. Nor is its form apart from the idea it represents. All forms of anti-Christ oppose the Christ. And fall before His face like a dark veil that seems to shut you off from Him, alone in darkness. Yet the light is there. A cloud does not put out the sun. No more a veil can banish what it seems to separate, nor darken by one whit the light itself.”

Ch. 29 VIII Para 3 Ch M

*

“Father, what You have given cannot hurt, so grief and pain must be impossible. Let me not fail to trust in You today, accepting but the joyous as Your gifts; accepting but the joyous as the truth.”

W 284 Para 2

**

“God would reunite you with yourself, and did not abandon you in your distress.”

Ch. 12 VIII Para 4 L 5

Gd

**

“Where is this place where what is everywhere has been excluded and been kept apart? What hand could be held up to block God's way? Whose voice could make demand He enter not? The ‘more-than-everything’ is not a thing to make you tremble and to quail in fear. Christ's enemy is nowhere. He can take no form in which he ever will be real.”

Line 1 – 2 in Darkness to Light

Ch. 29 VIII Para 4 L 4 – 9

Gd

**

“You looked upon the unreal and found despair. Yet by seeking the unreal, what else could you find?”

Ch. 12 VIII Para 7 L 6 - 7

**

“Here the deathless come to die, the all-encompassing to suffer loss, the timeless to be made the slaves of time. Here does the changeless change; the peace of God, forever given to all living things, give way to chaos.”

Ch. 29 VIII Para 6 L 4 - 5

Gd

**

“Pain is impossible. There is no grief with any cause at all. And suffering of any kind is nothing but a dream. This is the truth, at first to be but said and then repeated many times; and next to be accepted as but partly true, with many reservations. Then to be considered seriously more and more, and finally accepted as the truth. I can elect to change all thoughts that hurt. And I would go beyond these words today, and past all reservations, and arrive at full acceptance of the truth in them.”

W 284 Para 1 L 2 - 8

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“Your ‘evil’ thoughts that haunt you now will seem increasingly remote and far away from you. And they go farther and farther off, because the sun in you has risen that they may be pushed away before the light. They linger for a while, a little while, in twisted forms too far away for recognition, and are gone forever. And in the sunlight you will stand in quiet, in innocence and wholly unafraid. And from you will the rest you found extend, so that your peace can never fall away and leave you homeless. Those who offer peace to everyone have found a home in Heaven the world cannot destroy. For it is large enough to hold the world within its peace.”

Ch. 25 IV Para 4 L 4 - 10

**

“In sorting out the false from the true, the miracle proceeds along these lines:

Perfect love casts out fear.

If fear exists,

Then there is not perfect love. But:

Only perfect love exists.

If there is fear,

It produces a state that does not exist.

Believe this and you will be free. Only God can establish this solution, and this faith is His gift.”

Ch. 1 VI Para 5 L 3 - 9

Gd L

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“Pain is a wrong perspective. When it is experienced in any form, it is a proof of self-deception. It is not a fact at all. There is no form it takes that will not disappear if seen aright.”

W 190 Para 1 L 1 - 4

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“Pain is but witness to the Son's mistakes in what he thinks he is.” W 190 Para 2 L 3

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“It is your thoughts alone that cause you pain. Nothing external to your mind can hurt or injure you in any way. There is no cause beyond yourself that can reach down and bring oppression. No one but yourself affects you. There is nothing in the world that has the power to make you ill or sad, or weak or frail. But it is you who have the power to dominate all things you see by merely recognizing what you are. As you perceive the harmlessness in them, they will accept your holy will as theirs. And what was seen as fearful now becomes a source of innocence and holiness.”

W 190 Para 5

Be the River.

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“Pain is the thought of evil taking form, and working havoc in your holy mind. Pain is the ransom you have gladly paid not to be free. In pain is God denied the Son He loves.”

W 190 Para 8 L 1 - 3

M

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“Lay down your arms, and come without defense into the quiet place where Heaven's peace holds all things still at last. Lay down all thoughts of danger and of fear. Let no attack enter with you. Lay down the cruel sword of judgment that you hold against your throat, and put aside the withering assaults with which you seek to hide your holiness.” W 190 Para 9 **

“My holy brother, think of this awhile: The world you see does nothing. It has no effects at all. It merely represents your thoughts. And it will change entirely as you elect to change your mind, and choose the joy of God as what you really want. Your Self is radiant in this holy joy, unchanged, unchanging and unchangeable, forever and forever. And would you deny a little corner of your mind its own inheritance, and keep it as a hospital for pain; a sickly place where living things must come at last to die?” W 190 Para 6 CGd M **

“You who know not what you do can learn what insanity is, and look beyond it. It is given you to learn how to deny insanity, and come forth from your private world in peace.” Ch. 13 V Para 7 L 6 - 7 **

“In pain does fear appear to triumph over love, and time replace eternity and Heaven. And the world becomes a cruel and a bitter place, where sorrow rules and little joys give way before the onslaught of the savage pain that waits to end all joy in misery.” W 190 Para 8 L 4 - 5 *

“Here will you understand there is no pain. Here does the joy of God belong to you. This is the day when it is given you to realize the lesson that contains all of salvation's power. It is this: Pain is illusion; joy, reality. Pain is but sleep; joy is awakening. Pain is deception; joy alone is truth.” W 190 Para 10 Gd **

“And so again we make the only choice that ever can be made; we choose between illusions and the truth, or pain and joy, or hell and Heaven. Let our gratitude unto our Teacher fill our hearts, as we are free to choose our joy instead of pain, our holiness in place of sin, the peace of God instead of conflict, and the light of Heaven for the darkness of the world.” W 190 Para 11 Gd **

“No one wants madness, nor does anyone cling to his madness if he sees that this is what it is. What protects madness is the belief that it is true. It is the function of insanity to take the place of truth.” Ch. 23 II Para 14 L 1 - 3 **

“Who can resolve the senseless conflicts which a dream presents? What could the resolution mean in truth? What purpose could it serve? What is it for? Salvation cannot make illusions real, nor solve a problem that does not exist. Perhaps you hope it can. Yet would you have God's plan for the release of His dear Son bring pain to him, and fail to set him free?” W 96 Para 6 L 2 - 8 Gd **

“Learn that even the darkest nightmare that disturbs the mind of God's sleeping Son holds no power over him. He will learn the lesson of awaking. God watches over him and light surrounds him.” Ch. 13 XI Para 9 L 6 - 7 CGd M **

“Be quiet in your faith in Him Who loves you, and would lead you out of insanity. Madness may be your choice, but not your reality. Never forget the Love of God, Who has remembered you. For it is quite impossible that He could ever let His Son drop from the loving Mind wherein he was created, and where his abode was fixed in perfect peace forever.” Ch. 14 III Para 15 L 5 - 8 Gd L M **

“Brother, take not one step in the descent to hell. For having taken one, you will not recognize the rest for what they are. And they *will* follow. Attack in any form has placed your foot upon the twisted stairway that leads from Heaven. Yet any instant it is possible to have all this undone. How can you know whether you chose the stairs to Heaven or the way to hell? Quite easily. How do you feel? Is peace in your awareness? Are you certain which way you go? And are you sure the goal of Heaven can be reached? If not, you walk alone. Ask, then, your Friend to join with you, and give you certainty of where you go.” Ch. 23 II Para 22

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“Nothing can hurt you unless you give it the power to do so.” Ch. 20 IV Para 1 L 1

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“These things (sickness, death, misery and pain) have not occurred because the Holy Spirit sees them not, and gives no power to their seeming source. Thus would He keep you free of them.”

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Ch. 20 IV Para 1 L 6 – 7

HS

“As you look with open eyes upon your world, it must occur to you that you have withdrawn into insanity. You see what is not there, and you hear what makes no sound. Your manifestations of emotions are the opposite of what the emotions are. You communicate with no one, and you are as isolated from reality as if you were alone in all the universe. In your madness you overlook reality completely, and you see only your own split mind everywhere you look. God calls you and you do not hear, for you are preoccupied with your own voice. And the vision of Christ is not in your sight, for you look upon yourself alone.” Ch. 13 V Para 6

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Ch Gd M

“Beyond your darkest dreams He (Christ) sees God's guiltless Son within you, shining in perfect radiance that is undimmed by your dreams. And this *you* will see as you look with Him, for His vision is His gift of love to you, given Him of the Father for you.” Ch. 13 V Para 10 L 5 - 6

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Ch L

“The Holy Spirit is the light in which Christ stands revealed. And all who would behold Him can see Him, for they have asked for light. Nor will they see Him alone, for He is no more alone than they are. Because they saw the Son, they have risen in Him to the Father. And all this will they understand, because they looked within and saw beyond the darkness the Christ in them, and recognized Him. In the sanity of His vision they looked upon themselves with love, seeing themselves as the Holy Spirit sees them. And with this vision of the truth in them came all the beauty of the world to shine upon them.” Ch. 13 V Para 11

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Ch HS L

“When you are weary, remember you have hurt yourself. Your Comforter will rest you, but you cannot. You do not know how, for if you did you could never have grown weary. Unless you hurt yourself you could never suffer in any way, for that is not God's Will for His Son. Pain is not of Him, for He knows no attack and His peace surrounds you silently. God is very quiet, for there is no conflict in Him. Conflict is the root of all evil, for being blind it does not see whom it attacks. Yet it always attacks the Son of God, and the Son of God is you.” Ch. 11 III Para 1

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Gd

“The way is not hard, but it is very different. Yours is the way of pain, of which God knows nothing. That way is hard indeed, and very lonely. Fear and grief are your guests, and they go with you and abide with you on the way. But the dark journey is not the way of God's Son. Walk in light and do not see the dark companions, for they are not fit companions for the Son of God, who was created *of* light and *in* light. The Great Light always surrounds you and shines out from you. How can you see the dark companions in a light such as this? If you see them, it is only because you are denying the light. But deny them instead, for the light is here and the way is clear.”

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Ch. 11 III Para 4

Gd

“Guard carefully His temple, for He Himself dwells there and abides in peace. You cannot enter God's Presence with the dark companions beside you, but you also cannot enter alone.” **

Ch. 11 III Para 7 L 7 - 8

Gd

“Disturbance of his peace can never be. In perfect sanity he looks on love, for it is all about him and within him. He must deny the world of pain the instant he perceives the arms of love around him. And from this point of safety he looks quietly about him and recognizes that the world is one with him.” **

Ch. 13 VII Para 7 L 5 - 7

“God hides nothing from His Son, even though His Son would hide himself. Yet the Son of God cannot hide his glory, for God wills him to be glorious, and gave him the light that shines in him. You will never lose your way, for God leads you. When you wander, you but undertake a journey that is not real. The dark companions, the dark way, are all illusions. Turn toward the light, for the little spark in you is part of a light so great that it can sweep you out of all darkness forever.” **

Ch. 11 III Para 5 L 1 - 6

Gd L

“The children of light cannot abide in darkness, for darkness is not in them. Do not be deceived by the dark comforters, and never let them enter the mind of God's Son, for they have no place in His temple. When you are tempted to deny Him remember that there *are* no other gods to place before Him, and accept His Will for you in peace. For you cannot accept it otherwise.” **

Ch. 11 III Para 6

M

“Only God's Comforter can comfort you. In the quiet of His temple, He waits to give you the peace that is yours. Give His peace, that you may enter the temple and find it waiting for you. But be holy in the Presence of God, or you will not know that you are there. For what is unlike God cannot enter His Mind, because it was not His Thought and therefore does not belong to Him. And your mind must be as pure as His, if you would know what belongs to you.” **

Ch. 11 III Para 7 L 1 - 6

Gd M

“There is no darkness that the light of love will not dispel, unless it is concealed from love's beneficence.” **

Ch. 14 VI Para 2 L 3

L

I choose the joy of God instead of pain. Pain is a wrong perspective. When it is experienced in any form, it is a proof of self-deception. It is not a fact at all. There is no form it takes that will not disappear if seen aright. For pain proclaims God cruel. How could it be real in any form? It witnesses to God the Father's hatred of His Son, the sinfulness He sees in him, and His insane desire for revenge and death. **

W 190 Title 7 Para 1

Gd

“Today I lay aside all sick illusions of myself, and let my Father tell me Who I really am.” **

W 120 Para 2 L 3

Gd

“He (God) has not hid Himself from you, while you have wandered off a little while from Him. He does not cherish the illusions which you hold about yourself. He knows His Son, and wills that he remain as part of Him regardless of his dreams; regardless of his madness that his will is not his own.” **

W 125 Para 5 L 2 - 4

Gd

“There is no fear in one who has been truly healed, for love has entered now where idols used to stand, and fear has given way at last to God.” **

Song of Prayer 3 Healing III Para 6 L 6

Gd L

“Now the cause of every malady has been revealed exactly as it is. And in that place is written now the holy Word of God. Sickness and separation must be healed by love and union. Nothing else can heal as God established healing. Without Him there is no healing, for there is no love.”

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Song of Prayer 3 Healing III Para 5 L 5 - 9 **Gd L**

“Today we try to loose its weakened hold still further, and to realize that pain is purposeless, without a cause and with no power to accomplish anything. It cannot purchase anything at all. It offers nothing, and does not exist. And everything you think it offers you is lacking in existence, like itself. You have been slave to nothing. Be you free today to join the happy Will of God.”

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W 102 Para 2

Gd

“The key you threw away God gave your brother, whose holy hands would offer it to you when you were ready to accept His plan for your salvation in the place of yours. How could this readiness be reached save through the sight of all your misery, and the awareness that your plan has failed, and will forever fail to bring you peace and joy of any kind? Through this despair you travel now, yet it is but illusion of despair. The death of specialness is not your death, but your awaking into life eternal. You but emerge from an illusion of what you are to the acceptance of yourself as God created you.”

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Ch. 24 II Para 14

Gd

“If God knows His children as wholly without pain, it is blasphemous to perceive suffering anywhere. If God knows His children to be wholly joyous, it is blasphemous to feel depressed.”

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Ch. 10 V Para 12 L 2 - 3

“The joy of learning that darkness has no power over the Son of God is the happy lesson the Holy Spirit teaches, and would have you teach with Him. It is His joy to teach it, as it will be yours.”

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Ch. 14 III Para 6 L 6 - 7

HS

“Joy is just, and pain is but the sign you have misunderstood yourself.” W 101 Para 6 L 2

“I share God's Will for happiness for me. You do not want to suffer.” W 102 Title & Para 1 L 1 **Gd**

“I share God's Will for happiness for me, and I accept it as my function now.” W 102 Para 4 L 2 **Gd**

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“Be happy, for your only function here is happiness. You have no need to be less loving to God's Son than He Whose Love created him as loving as Himself.” W 102 Para 5 L 1 - 2 **L**

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“God, being Love, is also happiness. Happiness is an attribute of love. It cannot be apart from it. Nor can it be experienced where love is not. Love has no limits, being everywhere. And therefore joy is everywhere as well. Yet can the mind deny that this is so, believing there are gaps in love where sin can enter, bringing pain instead of joy. This strange belief would limit happiness by redefining love as limited, and introducing opposition in what has no limit and no opposite.”

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W 103 Title & Para 1

Gd L

“But this you surely want; you can exchange all suffering for joy this very day. Practice in earnest, and the gift is yours.”

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W 164 Para 9 L 4 - 5

“I am the holy Son of God Himself. I cannot suffer, cannot be in pain; I cannot suffer loss, nor fail to do all that salvation asks. And in that thought is everything you look on wholly changed.”

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W 191 Para 7 L 3 - 5

“It is His (God’s) Will you share His Love for you, and look upon yourself as lovingly as He conceived of you before the world began, and as He knows you still.” Ch. 24 VII Para 3 L 4 **Gd L** **

“What worry can beset the one who gives his future to the loving Hands of God? What can he suffer? What can cause him pain, or bring experience of loss to him? What can he fear? And what can he regard except with love? For he who has escaped all fear of future pain has found his way to present peace, and certainty of care the world can never threaten.” **

W 194 Para 7 L 1 – 6

Gd L

“Now a quiet time has come, in which we put away the toys of guilt, and lock our quaint and childish thoughts of sin forever from the pure and holy minds of Heaven’s children and the Son of God.” *

“We pause but for a moment more, to play our final, happy game upon this earth. And then we go to take our rightful place where truth abides and games are meaningless. So is the story ended. Let this day bring the last chapter closer to the world, that everyone may learn the tale he reads of terrifying destiny, defeat of all his hopes, his pitiful defense against a vengeance he can not escape, is but his own deluded fantasy. God’s ministers have come to waken him from the dark dreams this story has evoked in his confused, bewildered memory of this distorted tale. God’s Son can smile at last, on learning that it is not true.” W 153 Para 13 L 3 thru Para 14 **M**

“In no one instant is depression felt, or pain experienced or loss perceived. In no one instant sorrow can be set upon a throne, and worshipped faithfully. In no one instant can one even die. And so each instant given unto God in passing, with the next one given Him already, is a time of your release from sadness, pain and even death itself.” W 194 Para 3 **Gd** **

“Who entrusts himself to God has also placed the world within the Hands to which he has himself appealed for comfort and security. He lays aside the sick illusions of the world along with his, and offers peace to both.” **

“Now are we saved indeed. For in God’s Hands we rest untroubled, sure that only good can come to us. If we forget, we will be gently reassured. If we accept an unforgiving thought, it will be soon replaced by love’s reflection. And if we are tempted to attack, we will appeal to Him Who guards our rest to make the choice for us that leaves temptation far behind. No longer is the world our enemy, for we have chosen that we be its friend.” W 194 Para 8 L 4 – 5 thru Para 9 **Gd L**

“*Because* reality is changeless is a miracle already there to heal all things that change, and offer them to you to see in happy form, devoid of fear. It will be given you to look upon your brother thus.” **

Ch. 30 VII Para 5 L 1 - 2

C

“In every difficulty, all distress, and each perplexity Christ calls to you and gently says, ‘My brother, choose again.’ He would not leave one source of pain unhealed, nor any image left to veil the truth. He would remove all misery from you whom God created altar unto joy. He would not leave you comfortless, alone in dreams of hell, but would release your mind from everything that hides His face from you. His Holiness is yours because He is the only power that is real in you. His strength is yours because He is the Self that God created as His only Son.” **

Ch. 31 VIII Para 3 L 2 - 7

Ch Gd M

“There is no darkness that the light of love will not dispel, unless it is concealed from love’s beneficence.” **

Ch. 14 VI Para 2 L 3

L

“You will succeed today, the time appointed for the release of the Son of God from hell and from all idle wishes. His will is now restored to his awareness. He (Son of God) is willing this very day to look upon the light in him and be saved.” W 73 Para 9 L 4 - 6 **

“His (Holy Spirit’s) plan for your awaking is as perfect as yours is fallible. You know not what you do, but He Who knows is with you. His gentleness is yours, and all the love you share with God He holds in trust for you. He would teach you nothing except how to be happy.” **

Ch. 14 V Para 2 L 5 – 8

Gd HS L

“When the Son of God accepts the laws of God as what he gladly wills, it is impossible that he be bound, or limited in any way. In that instant he is as free as God would have him be. For the instant he refuses to be bound, he is not bound.” Ch. 15 VI Para 5 L 10 – 12 **

Gd

“We said you can begin a happy day with the determination not to make decisions by yourself. This seems to be a real decision in itself. And yet, you *cannot* make decisions by yourself. The only question really is with what you choose to make them.... For they are made with idols or with God. And you ask help of anti-Christ or Christ, and which you choose will join with you and tell you what to do.” Ch. 30 I Para 14 L 1 – 4 & L 8 - 9 **

Ch Gd

“You are part of reality, which stands unchanged beyond the reach of your ego but within easy reach of spirit. When you are afraid, be still and know that God is real, and you are His beloved Son in whom He is well pleased.” Ch. 4 I Para 8 L 5 – 6 **

C Gd

“When you are sad, *know this need not be*. Depression comes from a sense of being deprived of something you want and do not have. Remember that you are deprived of nothing except by your own decisions, and then decide otherwise.” Ch. 4 IV Para 3 **

“Watch your mind for the temptations of the ego, and do not be deceived by it. It offers you nothing. When you have given up this voluntary dis-spiriting, you will see how your mind can focus and rise above fatigue and heal. Yet you are not sufficiently vigilant against the demands of the ego to disengage yourself. *This need not be*.” Ch. 4 IV Para 6 M **

“The Holy Spirit asks of you but this; bring to Him every secret you have locked away from Him. Open every door to Him, and bid Him enter the darkness and lighten it away. At your request He enters gladly. He brings the light to darkness if you make the darkness open to Him. But what you hide He cannot look upon. He sees for you, and unless you look with Him He cannot see. The vision of Christ is not for Him alone, but for Him with you. Bring, therefore, all your dark and secret thoughts to Him, and look upon them with Him. He holds the light, and you the darkness. They cannot coexist when both of You together look on them. His judgment must prevail, and He will give it to you as you join your perception to His.” Ch. 14 VII Para 6 Ch HS **

“Suffering is not happiness, and it is happiness you really want. Such is your will in truth. And so salvation is your will as well.” W 73 Para 6 L 5 - 7 **

“Everyone here has entered darkness, yet no one has entered it alone. Nor need he stay more than an instant. For he has come with Heaven's Help within him, ready to lead him out of darkness into light at any time. The time he chooses can be any time, for help is there, awaiting but his choice.” Ch. 25 III Para 1 **

“My sinlessness ensures me perfect peace, eternal safety, everlasting love, freedom forever from all thought of loss; complete deliverance from suffering. And only happiness can be my state, for only happiness is given me. What must I do to know all this is mine? I must accept Atonement for myself, and nothing more. God has already done all things that need be done. And I must learn I need do nothing of myself, for I need but accept my Self, my sinlessness, created for me, now already mine, to feel God's Love protecting me from harm, to understand my Father loves His Son; to know I am the Son my Father loves.” W 337 Para 1 **Gd L** **

“You are a mirror of truth, in which God Himself shines in perfect light. To the ego's dark glass you need but say, ‘I will not look there because I know these images are not true.’ Then let the Holy One shine on you in peace, knowing that this and only this must be.” Ch. 4 IV Para 9 L 1 – 3 **Gd** **

“When I am healed I am not healed alone. And I would bless my brothers, for I would be healed with them, as they are healed with me.” W 137 Para 15 L 5 - 6 **

“I will there be light. Let me behold the light that reflects God's Will and mine. Then let your will assert itself, joined with the power of God and united with your Self. Put the rest of the practice period under Their guidance. Join with Them as They lead the way.” W 73 Para 10 L 2 - 6 **Gd** *

“You do not walk alone. God's angels hover near and all about. His Love surrounds you, and of this be sure; that I will never leave you comfortless.” W Epilogue Para 6 L 6 - 8 **L** **

“How foolish, Father, to believe Your Son could cause himself to suffer! Could he make a plan for his damnation, and be left without a certain way to his release? You love me, Father. You could never leave me desolate, to die within a world of pain and cruelty. How could I think that Love has left Itself? There is no will except the Will of Love. Fear is a dream, and has no will that can conflict with Yours. Conflict is sleep, and peace awakening. Death is illusion; life, eternal truth. There is no opposition to Your Will. There is no conflict, for my will is Yours.” W 331 Para 15 L 5 - 6 **L** **

“The light in them shines as brightly regardless of the density of the fog that obscures it. If you give no power to the fog to obscure the light, it has none. For it has power only if the Son of God gives power to it. He must himself withdraw that power, remembering that all power is of God. You can remember this for all the Sonship. Do not allow your brother not to remember, for his forgetfulness is yours. But your remembering is his, for God cannot be remembered alone. *This is what you have forgotten.* To perceive the healing of your brother as the healing of yourself is thus the way to remember God. For you forgot your brothers with Him, and God's Answer to your forgetting is but the way to remember.” Ch. 12 II Para 2 **Gd** **

“How foolish are our fears! Would You allow Your Son to suffer? Give us faith today to recognize Your Son, and set him free. Let us forgive him in Your Name, that we may understand his holiness, and feel the love for him which is Your Own as well.” W 240 Para 2 **F L** **

“I need but look upon all things that seem to hurt me, and with perfect certainty assure myself, ‘God wills that I be saved from this,’ and merely watch them disappear.” W 235 Para 1 L 1 **Gd**

“*Only you can deprive yourself of anything.* Do not oppose this realization, for it is truly the beginning of the dawn of light. Remember also that the denial of this simple fact takes many forms, and these you must learn to recognize and to oppose steadfastly, without exception. This is a crucial step in the reawakening.” Ch. 11 IV Para 4 L 1 – 4 **

There is extra space here. Two lines can fit here.

“If your brothers are part of you and you blame them for your deprivation, you are blaming yourself. And you cannot blame yourself without blaming them. That is why blame must be undone, not seen elsewhere. Lay it to yourself and you cannot know yourself, for only the ego blames at all. Self-blame is therefore ego identification, and as much an ego defense as blaming others. *You cannot enter God's Presence if you attack His Son.*” Ch. 11 IV Para 5 L 1 – 6 Gd

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“Very simply, your lack of faith in the power that heals all pain arises from your wish to retain some aspects of reality for fantasy. If you but realized what this must do to your appreciation of the whole! What you reserve for yourself, you take away from Him Who would release you. Unless you give it back, it is inevitable that your perspective on reality be warped and uncorrected.”

Ch. 17 I Para 3 L 1 – 6

Be not concerned with darkness; look away from it and toward your brother. And let the darkness be dispelled by Him Who knows the light, and lays it gently in each quiet smile of faith and confidence with which you bless your brother.”

Ch. 22 VI Para 9 F HS

“And love would prove all suffering is but a vain imagining, a foolish wish with no effects.”

Ch. 27 II Para 7 L 6

Excerpts from A Course of Love

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“Nothing happens to the Son of God by accident. This observation will help to put the responsibility of your life back into your hands, where it belongs. You are not helpless, nor are you at the whim of forces beyond your control. The only force beyond your control is your own mind, and this need not be. When you begin to ask yourself, What choice might lead to happiness instead of this, you will begin to see a difference in your body's response to what appear to be external events, and then a change in the external events themselves.” Ch 10 p.84 10.17

“When you find yourself in a situation you do not like, again offer your willingness to find some happiness within it. These instructions to your heart will begin to make a difference to your state of mind.”

Ch 10 p.84 10.18

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“Separation is painful only to those who believe it can occur in truth.” Ch 12 p.98 12.23

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“What you need rather do is strive for a place of stillness from which what needs review can arise as if it were a reflection arising from a deep pool. Here what is in need of healing will but briefly come to the surface and leave the hidden depths where light could not reach it and healing could not come. What comes forth for healing needs but a nod of love from your heart, a passing glance of compassion, the merest moment of reflection, before it will dissipate and show a new reflection.”

Ch 19 p.134 19.21

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“The first step in remembering this holiness is forgetting. Let yourself forget that you do not feel holy and that the world does not appear to be sacred. Let your heart remember that you are holy and that the world is sacred.”

Ch 20 p.140 20.23

“It will immediately make the world a kinder, gentler place. And it is only a beginning.”

Ch 20 p.144 20.44

“When you remove yourself from the self-held position of “meaning-giver,” you let things be what they are and, allowed to be what they are, their meaning is naturally revealed.”

Ch 22 p.151 22.15

“What you are going to realize from this time of seeming difficulty is an end to difficulty and the growth of your ability to do whatever you do peacefully and to be who you are in any situation in which you find yourself.”

Day 6 p.533 6.30

“As was said in “A Treatise on the Art of Thought,” the idea of love can replace the idea of suffering but it is chosen not because of the suffering that seems to make no sense of love. Bitterness is the cause of this inability to make a new choice and what keeps the cycle of suffering in motion.”

Ch 8 p.300 8.7

L

“When senseless thoughts fill your mind, when resentments arise, when worry comes, repeat the thought that comes to open your heart and clear your mind: ‘I dedicate all thought to union.’ As often as you need to replace senseless thoughts, think of this and say it to yourself not once but a hundred times a day if needed.”

Ch 5 p.41 5.20

“To live in relationship is to live in harmony even with conflict. It is an understanding that if conflict arises in your present there is something to be learned from your relationship with conflict.”

Ch 27 p.174 27.14

“All those frustrations you currently feel have a purpose: To move you through them and beyond them—to acceptance.”

Day 8 p.538 8.2

“You cannot realize your true identity while you hang on to wounds of any kind. All wounds are evidence of your belief that you can be attacked and hurt.”

Ch 25 p.163 25.13

“Individuals can be encouraged here to “watch the parade go by” as what has gone unhealed is brought forward for acceptance, forgiveness, and letting-go. With the letting-go of each old pattern or situation that seems fraught with peril, a cloud of despair will lift, a little more of darkness recedes, and a little more light is available to show the way.”

Addendum p.671 A.32

“To live in relationship is to live in harmony even with conflict. It is an understanding that if conflict arises in your present there is something to be learned from your relationship with conflict.”

In “Unity”

Ch 27 p.174 27.14

“As long as the void of the loveless self exists within the spacious Self, they exist in harmony. It is only in attempting to eject the loveless self from the spacious Self that disharmony occurs. Thus holding the loveless self within the spacious Self of love is the answer to the question of evil and the final lifting of the last veils of fear.

“The same is true of all you would fear, such as the suffering self. A suffering self, held within the spacious Self, exists in harmony with the spacious Self.” Day 13 p.564 13.6 – 7 **L**

“To accept me is to accept the end of suffering. To accept the end of suffering is to accept your true Self.”

Day 2 p.499 2.27

“Attempts to eject the self of suffering from the spacious Self create disharmony. It is only by this holding within that the loveless self and the suffering self are rendered ineffective. It is only in this way that you realize that all exist within. It is only in this way that you become completely fearless and totally spacious, for fear is part of the density of form, being a lack of love.” Day 13 p.563 13.7

“It is not the height you have attained that causes your fear of falling. It is the depths to which you feel you once descended that calls forth your fear here.”

Day 2 p.496 2.8

“We will take it (suffering) away once and for all. We will crucify it upon the cross of time and space, bury it, so that it need be no more, and demonstrate that new life follows the choice to end suffering.”

Day 2 p.498 2.23

“Here, then, is where you need to make the choice that those in my time could not make, the choice to end suffering. This is the choice I made “for all.” This is a choice you make for all as well.”

Day 2 p.498 2.25

“Bring bitterness no longer to the dwelling place of Christ and we will seal the place of its entrance with the sweetness of love so that bitterness will be no more.”

Ch 6 p.295 6.6

“Could suffering really have gone on for countless ages simply due to your inability to birth the idea of an end to suffering?

“Has not a part of you always known that suffering does not have to be even while you have accepted that it is? Let us now put an end to this acceptance through the birth of a new idea.”

Ch 8 p.300 8.12 - 13

“You must choose to leave this blaming of yourself behind, no matter what it is you feel you have need to blame yourself for. You would not be here if you had not already felt regret and sorrow for the hurts you have caused others. Whatever actions you have not previously brought to love to be seen in a new light, are now revealed in the light of truth.”

Ch 14 p.319 14.10

“The choice now is whether you want suffering to continue or want to abolish it for all time.”

Ch 14 p.320 14.11

“Your body can correct or heal itself, and so can your mind and heart—if they are allowed to do so.”

Ch 14 p.320 14.12

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“How can you leave behind all you fear without seeing all you fear for what it is and choosing to lay it aside?

“This does not have to be done right now if your fear is mightier than your willingness. But hold this thought within your mind. What is needed to convince you will be provided. Such is the

urgency of your return to unity. If not now, then soon, you will be asked to make this final choice, this choice to leave fear behind for good and to become who you are.” Ch 3 p.209 3.13 -14

This is a call to move now into my embrace and let yourself be comforted. Let the tears fall and the weight of your shoulders rest upon mine. Let me cradle your head against my breast as I stroke your hair and assure you that it will be all right. Realize that this is the whole world, the universe, the all of all in whose embrace you literally exist. Feel the gentleness and the love. Drink in the safety and the rest. Close your eyes and begin to see with an imagination that is beyond thought and words.

Ch 20 p.137 20.2