

Christ strength where image of self	p6 B	Same	p7 T5
God my Identity	p11T4, p12 T3	Separate out second>not separate	p8 T6
I am the thing I seek	p9 T6	Things which seem quite solid here	p9 T4
If remember eternity look on eternal.	P8 B3	Time/Changeless	p1 B6, p7 - 8
My heart beating in the peace of God	P11 B2		

- Br: Brothers
- B: The Body
- C: The Changeless
- Ch: Christ
- G: Giving=Receiving
- Gd: God
- GI: God Identity
- GS: God's Son
- HS: Holy Spirit
- J: Jesus
- L: Love
- M: Mind
- MS: Same Self or One Son
- P: Portal
- S: The Same
- Social Media- Possible
- Social Media- Good
- Social Media- Used

MOVING INTO THE CHRIST

The Freedom of Being

Excerpts from A Course in Miracles

Reading: W 159, 168, 182, 313, 337,
 Ch 12 VIII Attraction of Love for Love
 Ch 13 VI Finding the Present Para 6-to end
 Ch 13 VII Attainment of the Real World
 Ch 17 II The Forgiven World
 Ch 18 VI Beyond the Body
 Ch 27 III Beyond All Symbols
 Ch 29 V The Changeless Dwelling Place
 Ch 29 VIII The Anti-Christ
 Ch 31 VIII Choose Once Again



- “There is nothing about me that you cannot attain. I have nothing that does not come from God. The difference between us now is that I have nothing else.” (In Glory and Light) Ch. 1 II Para 3 L 10 – 12 **
- “What you are is not established by your perception, and is not influenced by it at all.” Ch. 7 VI Para 9 L 3 **
- “It is invisible to you because you are looking at something else.” Ch. 12 VIII Para 3 L 3 **
- “Reality is changeless. It does not deceive at all, and if you fail to see beyond appearances you *are* deceived.” Ch. 30 VIII Para 1 L 2 – 3 **
- “You believe that what your physical eyes cannot see does not exist. This leads to a denial of spiritual sight.” Ch. 1 II Para 22 L 2 – 3 **
- “Judge not what is invisible to you or you will never see it, but wait in patience for its coming.” Ch. 20 V Para 3 L 5 **
- “You will first dream of peace, and then awaken to it.” Ch. 13 VII Para 9 L 1 **
- “Why wait for Heaven? It is here today. Time is the great illusion it is past or in the future. Yet this cannot be, if it is where God wills His Son to be. How could the Will of God be in the past, or yet to happen? What He wills is now, without a past and wholly futureless.” W 131 Para 6 L 1 – 6 Gd GS **
- “Why wait for Heaven? Those who seek the light are merely covering their eyes. The light is in them now. Enlightenment is but a recognition, not a change at all.” W 188 Para 1 L 1 – 4 **

“This light can not be lost. Why wait to find it in the future, or believe it has been lost already, or was never there? It can so easily be looked upon that arguments which prove it is not there become ridiculous.” **

W 188 Para 2 L 1 – 3

You have believed that you are without the Kingdom, and have therefore excluded yourself from it in your belief. It is therefore essential to teach you that you must be included, and that the belief that you are not is the only thing that you must exclude. **

Ch. 6 V Para 6 L 4 – 5

“Simply do this: Be still, and lay aside all thoughts of what you are and what God is; all concepts you have learned about the world; all images you hold about yourself. Empty your mind of everything it thinks is either true or false, or good or bad, of every thought it judges worthy, and all the ideas of which it is ashamed. Hold onto nothing. Do not bring with you one thought the past has taught, nor one belief you ever learned before from anything. Forget this world, forget this course, and come with wholly empty hands unto your God.” **

W 189 Para 7

Gd

“Is it not He Who knows the way to you? You need not know the way to Him. Your part is simply to allow all obstacles that you have interposed between the Son and God the Father to be quietly removed forever. God will do His part in joyful and immediate response.” **

W 189 Para 8 L 1 – 4

FR GS Gd

“And so today we do not choose the way in which we go to Him. But we do choose to let Him come. And with this choice we rest. And in our quiet hearts and open minds, His Love will blaze its pathway of itself. What has not been denied is surely there, if it be true and can be surely reached.” **

W 189 Para 9 L 1 – 5 L

“Ask and receive. But do not make demands, nor point the road to God by which He should appear to you. The way to reach Him is merely to let Him be. For in that way is your reality proclaimed as well.” **

W 189 Para 8 L 5 – 8

Gd

“God knows His Son, and knows the way to him. He does not need His Son to show Him how to find His way. Through every opened door His Love shines outward from its home within, and lightens up the world in innocence.” *

W 189 Para 9 L 6 – 8

Gd L

“Father, we do not know the way to You. But we have called, and You have answered us. We will not interfere. Salvation's ways are not our own, for they belong to You. And it is unto You we look for them. Our hands are open to receive Your gifts.” **

W 189 Para 10 L 1 – 6

FR

“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 6 – 7

Ch

“It (creation) is not made of little bits of glass, a piece of wood, a thread or two, perhaps, all put together to attest its truth. Reality does not depend on this. There is no gap that separates the truth from dreams and from illusions. Truth has left no room for them in any place or time. For it fills every place and every time, and makes them wholly indivisible.” **

Ch. 28 V Para 6 L 2 – 6

“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 Gd Ch GS

“I said before that you are the Will of God. His Will is not an idle wish, and your identification with His Will is not optional, since it is what you are. Sharing His Will with me is not really open to choice, though it may seem to be. The whole separation lies in this error. The only way out of the error is to decide that you do not have to decide anything. Everything has been given you by God’s decision. That is His Will, and you cannot undo it.” **

Ch. 7 X Para 6 L 4 – 10 Gd

“Even the relinquishment of your false decision-making prerogative, which the ego guards so jealously, is not accomplished by your wish. It was accomplished for you by the Will of God, Who has not left you comfortless.” **

Ch. 7 X Para 7 L 1 – 2 Gd

“There is no confusion in the mind of a Son of God, whose will must be the Will of the Father, because the Father’s Will is His Son.” *

Ch. 7 X Para 7 L 4 FR

“There is a resting place so still no sound except a hymn to Heaven rises up to gladden God the Father and the Son. Where Both abide are They remembered, Both. And where They are is Heaven and is peace.” **

Ch. 29 V Para 1 L 3 – 5 Gd

“The still infinity of endless peace surrounds you gently in its soft embrace, so strong and quiet, tranquil in the might of its Creator, nothing can intrude upon the sacred Son of God within.” **

Ch. 29 V Para 2 L 4 GS Gd

“Peace is the bridge that everyone will cross, to leave this world behind. But peace begins within the world perceived as different, and leading from this fresh perception to the gate of Heaven and the way beyond.” **

W 200 Para 8 L 1 – 2

“There is no gift the Father asks of you but that you see in all creation but the shining glory of His gift to you. Behold His Son, His perfect gift, in whom his Father shines forever, and to whom is all creation given as his own. Because he has it is it given you, and where it lies in him behold your peace. The quiet that surrounds you dwells in him, and from this quiet come the happy dreams in which your hands are joined in innocence.” **

Ch. 29 V Para 5 L 1 – 4 FR GS

“Release is given you the instant you desire it.” **

Ch. 18 VII Para 4 L 3

“Who needs do nothing has no need for time. To do nothing is to rest, and make a place within you where the activity of the body ceases to demand attention. Into this place the Holy Spirit comes, and there abides.” **

Ch. 18 VII Para 7 L 6 – 8 HS B

“This quiet center, in which you do nothing, will remain with you, giving you rest in the midst of every busy doing on which you are sent.” *

Ch. 18 VII Para 8 L 3

“To do anything involves the body. And if you recognize you need do nothing, you have withdrawn the body's value from your mind.”

Ch. 18 VII Para 7 L 1 – 2

B

“...the light is here and the way is clear.”

Ch. 11 III Para 4 L 10

**

“For peace is union, if it be of God.”

W 200 Para 11 L 6

Gd

**

“...you have but to look with open eyes to find that Heaven lies before you, through a door that opens easily to welcome you?”

W 200 Para 3 L 6

“...His peace surrounds you silently.”

Ch. 11 III Para 1 L 5

**

“The Great Light always surrounds you and shines out from you.”

Ch. 11 III Para 4 L 7

**

“First, how can the peace of God be recognized? God's peace is recognized at first by just one thing; in every way it is totally unlike all previous experiences. It calls to mind nothing that went before. It brings with it no past associations. It is a new thing entirely. There is a contrast, yes, between this thing and all the past. But strangely, it is not a contrast of true differences. The past just slips away, and in its place is everlasting quiet. Only that. The contrast first perceived has merely gone. Quiet has reached to cover everything.”

M No. 20 What Is the Peace of God Para 2 Gd

**

“Between the future and the past the laws of God must intervene, if you would free yourself. Atonement stands between them, like a lamp shining so brightly that the chain of darkness in which you bound yourself will disappear.”

Ch. 13 IX Para 1 L 7 – 8

*

* “Now is the mighty Will of God Himself His gift to you. He does not seek to keep it for Himself. Why would you seek to keep your tiny frail imaginings apart from Him? The Will of God is One and all there is. This is your heritage. The universe beyond the sun and stars, and all the thoughts of which you can conceive, belongs to you. God's peace is the condition for His Will. Attain His peace, and you remember Him.”

In Glory and Light

M No. 20 What Is the Peace of God Para 6 L 6 - 13 Gd

**

“God shares His Fatherhood with you who are His Son, for He makes no distinctions in what is Himself and what is still Himself. What He creates is not apart from Him, and nowhere does the Father end, the Son begin as something separate from Him.”

W 132 Para 12 L 3 – 4

Gd

**

“Yet you can ask as easily for love, for happiness, and for eternal life in peace that has no ending. Ask for this, and you can only win. To ask for what you have already must succeed.”

W 200 Para 3 L 1 – 3 L

**

“In this equality is Christ restored as one Identity, in which the Sons of God acknowledge that they all are one.”

W 9. What Is the Second Coming Para 4 L 3 Ch

*

“He (God) makes no attempt to hide from us. We try to hide from Him, and suffer from deception. He remains entirely accessible. He loves His Son. There is no certainty but this, yet this suffices. He will love His Son forever.”

W 168 Para 1 L 4 – 9

Gd L

**

“Would He not gladly give the means by which His Will is recognized? His grace is yours by your acknowledgment.”

W 168 Para 2 L 4 – 5

**

“God loves His Son. Request Him now to give the means by which this world will disappear, and vision first will come, with knowledge but an instant later. For in grace you see a light that covers all the world in love, and watch fear disappear from every face as hearts rise up and claim the light as theirs. What now remains that Heaven be delayed an instant longer? What is still undone when your forgiveness rests on everything?” **

W 168 Para 4

Gd L

“It is a new and holy day today, for we receive what has been given us. Our faith lies in the Giver, not our own acceptance. We acknowledge our mistakes, but He to Whom all error is unknown is yet the One Who answers our mistakes by giving us the means to lay them down, and rise to Him in gratitude and love.”

W 168 Para 5

L

“And He (God) descends to meet us, as we come to Him. For what He has prepared for us He gives and we receive.” *

W 168 Para 6 L 1 – 2

Gd

“Sit silently and wait upon your Father. He has willed to come to you when you have recognized it is your will He do so. And you could have never come this far unless you saw, however dimly, that it is your will.” **

W Part II Intro Para 5 L 5 – 7

Gd

“Instead of words, we need but feel His Love. Instead of prayers, we need but call His Name. Instead of judging, we need but be still and let all things be healed.” **

W Part II Intro Para 10 L 3 – 5

L

“Now do we wait in quiet. God is here, because we wait together.” **

W 221 Para 2 L 1 – 2

Gd

“Our minds are joined. We wait with one intent; to hear our Father's answer to our call, to let our thoughts be still and find His peace, to hear Him speak to us of what we are, and to reveal Himself unto His Son.” **

W 221 Para 2 L 5 – 6

Gd_M

“Christ has no doubt, and from His certainty His quiet comes. He will exchange His certainty for all your doubts, if you agree that He is One with you, and that this Oneness is endless, timeless, and within your grasp because your hands are His. He is within you, yet He walks beside you and before, leading the way that He must go to find Himself complete. His quietness becomes your certainty. And where is doubt when certainty has come?” **

Ch. 24 V Para 9 L 3 – 7

Ch

“The Christ in you is very still. He looks on what He loves, and knows it as Himself. And thus does He rejoice at what He sees, because He knows that it is one with Him and with His Father.” **

Ch. 24 V Para 1 L 1 – 3

Ch Gd L

“Father, we have no words except Your Name upon our lips and in our minds, as we come quietly into Your Presence now, and ask to rest with You in peace a while.” *

W 222 Para 2

Gd

“Now I know my life is God's, I have no other home, and I do not exist apart from Him.” **

W 223 Para 1 L 2

Gd

“Identify with Him (Christ), and what has He that you have not? He is your eyes, your ears, your hands, your feet. How gentle are the sights He sees, the sounds He hears.” **

Ch. 24 V Para 3 L 4 – 6

Ch

“Look for it (salvation) where it waits for you, and there it will be found.” *

W 76 Para 2 L 4

- “Now we attempt to let the exercise be merely a beginning. For we wait in quiet expectation for our God and Father. He has promised He will take the final step Himself. And we are sure His promises are kept. We have come far along the road, and now we wait for Him.” W Part II Intro Para 2 L 1 – 5 Gd **
- “God is with me. I live and move in Him.” W 222 Title Gd **
- “Can it be difficult for us to walk past barriers together, when you have joined the limitless?” Ch. 19 IV B Para 5 L 6 **
- “Words will mean little now. We use them but as guides on which we do not now depend. For now we seek direct experience of truth alone.” W Part II Intro Para 1 L 1 – 3 *
- “He (God) covers me with kindness and with care, and holds in love the Son He shines upon, who also shines on Him. How still is he who knows the truth of what He speaks today!” W 221 Para 1 L 4 – 5 Gd L **
- “Yet we will not content ourselves with simple practicing in the remaining holy instants which conclude the year that we have given God. We say some simple words of welcome, and expect our Father to reveal Himself, as He has promised. We have called on Him, and He has promised that His Son will not remain unanswered when he calls His Name.” W Part II Intro Para 3 L 2 – 4 Gd *
- “The ego can accept the idea that return is necessary because it can so easily make the idea seem difficult. Yet the Holy Spirit tells you that even return is unnecessary, because what never happened cannot be difficult.” Ch. 6 II Para 11 L 1 – 2 HS **
- “Why is it strange to you that faith can move mountains? This is indeed a little feat for such a power. For faith can keep the Son of God in chains as long as he believes he is in chains. And when he is released from them it will be simply because he no longer believes in them, withdrawing faith that they can hold him, and placing it in his freedom instead.” Ch. 21 III Para 3 L 1 – 4 **
- “He (Holy Spirit) tells you to return your whole mind to God, because it has never left Him. If it has never left Him, you need only perceive it as it is to be returned. The full awareness of the Atonement, then, is the recognition that *the separation never occurred*. The ego cannot prevail against this because it is an explicit statement that the ego never occurred.” Ch. 6 II Para 10 L 5 – 8 M Gd HS **
- “Yet it is surely clear that the perfect need nothing, and you cannot experience perfection as a difficult accomplishment, because that is what you are.” Ch. 6 II Para 11 L 4 **
- “Be willing, for an instant, to leave your altars free of what you placed upon them, and what is really there you cannot fail to see.” Ch. 21 II Para 8 L 1 **
- “And I stand ready to receive Your (Father) Word alone for what I really am.” W 228 Para 2 L 6
- “All you are asked to do is *let it (truth) in*; only to stop your interference with what will happen of itself; simply to recognize again the presence of what you thought you gave away.” Ch. 21 II Para 7 L 8
- “Be never fearful of temptation, then, but see it as it is; another chance to choose again, and let Christ's strength prevail in every circumstance and every place you raised an image of yourself before. For what appears to hide the face of Christ is powerless before His majesty, and disappears before His holy sight.” Ch. 31 VIII Para 4 L 1 – 3 Ch **

“What is the holy instant but God’s appeal to you to recognize what He has given you? Here is the great appeal to reason; the awareness of what is always there to see, the happiness that could be always yours. Here is the constant peace you could experience forever. Here is what denial has denied revealed to you.” **

Ch. 21 VIII Para 5 L 1 – 4 Gd

“In peace I was created. And in peace do I remain. It is not given me to change my Self. How merciful is God my Father, that when He created me He gave me peace forever. Now I ask but to be what I am. And can this be denied me, when it is forever true?” **

W 230 Para 1 Gd

“Father, I seek the peace You gave as mine in my creation. What was given then must be here now, for my creation was apart from time, and still remains beyond all change.” **

W 230 Para 2 L 1 – 2 C

“Father, Your Holiness is mine.” **

W 235 Para 2 L 1

* “I am surrounded by the Love of God. Father, You stand before me and behind, beside me, in the place I see myself, and everywhere I go. You are in all the things I look upon, the sounds I hear, and every hand that reaches for my own.” **

W 264 Title & Para 1 L 1 – 2 Gd L

“True light that makes true vision possible is not the light the body’s eyes behold. It is a state of mind that has become so unified that darkness cannot be perceived at all. And thus what is the same is seen as one, while what is not the same remains unnoticed, for it is not there.” **

W 108 Para 2 S

“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?” **

Ch. 29 VIII Para 4 L 4 – 5 Gd

“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.” **

Ch. 29 VIII Para 5 L 5 – 6

* “Reality is changeless. It is this that makes it real, and keeps it separate from all appearances. It must transcend all form to be itself. It cannot change.” **

Ch. 30 VIII Para 1 L 6 – 9 C

“This instant is the only time there is.” **

W 308 Title

“...the whole of Heaven lies in this instant, borrowed from eternity and set in time for you.” **

Ch. 17 IV Para 11 L 8

“Christ is still there, although you know Him not. His Being does not depend upon your recognition. He lives within you in the quiet present, and waits for you to leave the past behind and enter into the world He holds out to you in love.” **

Ch. 13 VII Para 8 L 7 – 9 Ch L

“The present offers you your brothers in the light that would unite you with them, and free you from the past.” **

Ch. 13 VI Para 7 L 1 MS Br

“I (Jesus) stand within the holy instant, as clear as you would have me. And the extent to which you learn to accept me is the measure of the time in which the holy instant will be yours. I call to you to make the holy instant yours at once, for the release from littleness in the mind of the host of God depends on willingness, and not on time.” **

Ch. 15 IV Para 5 L 1 – 3 M J

“Reality is changeless. Miracles but show what you have interposed between reality and your awareness is unreal, and does not interfere at all.” **

Ch. 30 VIII Para 4 L 1 – 2

C

“Yet in the holy instant you unite directly with God, and all your brothers join in Christ. Those who are joined in Christ are in no way separate. For Christ is the Self the Sonship shares, as God shares His Self with Christ.” **

Ch. 15 V Para 10 L 8 – 10

MS Ch Br Gd

“Time stands still in his (God’s Son) holiness, and changes not. And so it is no longer time at all. For caught in the single instant of the eternal sanctity of God’s creation, it is transformed into forever.” **

Ch. 15 I Para 15 L 7 – 9

C GS

“For a miracle is *now*. It stands already here, in present grace, within the only interval of time that sin and fear have overlooked, but which is all there is to time.” *

Ch. 26 VIII Para 5 L 8 - 9

“The Christ as revealed to you now has no past, for He is changeless, and in His changelessness lies your release.” **

Ch. 13 VI Para 3 L 2

Ch C

* “To learn to separate out this single second, and to experience it as timeless, is to begin to experience yourself as not separate.” **

Ch. 15 II Para 6 L 3

MS

“The holy instant is this instant and every instant. The one you want it to be it is. The one you would not have it be is lost to you. You must decide when it is. Delay it not. For beyond the past and future, where you will not find it, it stands in shimmering readiness for your acceptance. Yet you cannot bring it into glad awareness while you do not want it, for it holds the whole release from littleness.” **

Ch. 15 IV Para 1 L 4 - 9

* “If you would remember eternity, you must look only on the eternal. If you allow yourself to become preoccupied with the temporal, you are living in time. As always, your choice is determined by what you value. Time and eternity cannot both be real, because they contradict each other. If you will accept only what is timeless as real, you will begin to understand eternity and make it yours.” **

Ch. 10 V Para 14 L 5 - 9

* “The little breath of eternity that runs through time like golden light is all the same; nothing before it, nothing afterwards. You look upon each holy instant as a different point in time. It never changes. All that it ever held or will ever hold is here right now. The past takes nothing from it, and the future will add no more. Here, then, is everything.” **

Ch. 20 V Para 5 - 6 L 8 – 5

C S

“...look quite slowly about you, applying the idea specifically (My holiness envelopes everything I see.) to whatever you note in your casual survey. Say, for example: **

My holiness envelops that rug.

My holiness envelops that wall.

My holiness envelops these fingers.

My holiness envelops that chair.

My holiness envelops that body.

My holiness envelops this pen.”

W 36 Para 3 L 2 – 9

“In You time disappears, and place becomes a meaningless belief.” W 264 Para 1 L 3 **

“My holiness envelops everything I see. From my holiness does the perception of the real world come.” **

W 58 Para 1 L 1 - 2

(Have holiness expand out to more and more objects until it encompasses everything you see. Behold the dream in a holy mind.)

“For what could be more foolish than to seek and seek and seek again for hell, when you have but to look with open eyes to find that Heaven lies before you, through a door that opens easily to welcome you?” **

W 200 Para 3 L 6

“Christ's vision is the bridge between the worlds. And in its power can you safely trust to carry you from this world into one made holy by forgiveness. Things which seem quite solid here are merely shadows there; transparent, faintly seen, at times forgot, and never able to obscure the light that shines beyond them. Holiness has been restored to vision, and the blind can see.” W 159 Para 5 Ch **

“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.” W 348 Para 1 L 1 - 3 L **

“I was created as the thing I seek. I am the goal the world is searching for. I am God's Son, His one eternal Love. I am salvation's means and end as well.” W 318 Para 1 L 5 - 8 GS L **

“God's peace is the condition for His Will. Attain His peace, and you remember Him.” Gd **

M No. 20 What Is the Peace of God? Para 6 L 12 - 13

* “You cannot walk the world apart from God, because you could not be without Him. He is what your life is. Where you are He is. There is one life. That life you share with Him. Nothing can be apart from Him and live.” W 156 Para 2 L 4 - 9 Gd **

“What has been given you? The knowledge that you are a mind, in Mind and purely mind, sinless forever, wholly unafraid, because you were created out of love. Nor have you left your Source, remaining as you were created. This was given you as knowledge which you cannot lose. It was given as well to every living thing, for by that knowledge only does it live.” W 158 Para 1 L M

“See him through the Holy Spirit in his mind, and you will recognize Him in yours.” Ch. 5 III Para 3 L 4 HS *

“The birth of Christ is now, without a past or future. He has come to give His present blessing to the world, restoring it to timelessness and love. And love is ever-present, here and now.” W 308 Para 1 L 6 - 8 Ch L **

* “To be in the Kingdom is merely to focus your full attention on it.” Ch. 7 III Para 4 L 1 **

“Today I wake with joy, expecting but the happy things of God to come to me.” W 285 Para 1 L 1 Gd **

“There is a peace that Christ bestows on us. Who uses but Christ's vision finds a peace so deep and quiet, undisturbable and wholly changeless, that the world contains no counterpart.” W 305 Title & Para 1 L 1 C Ch **

“Your holiness is the salvation of the world. It lets you teach the world that it is one with you, not by preaching to it, not by telling it anything, but merely by your quiet recognition that in your holiness are all things blessed along with you.” W 37 Para 3 **

“The hush of Heaven holds my heart today. Father, how still today! How quietly do all things fall in place! This is the day that has been chosen as the time in which I come to understand the lesson that there is no need that I do anything. In You is every choice already made. In You has every conflict been resolved. In You is everything I hope to find already given me. Your peace is mine. My heart is quiet, and my mind at rest. Your Love is Heaven, and Your Love is mine.” W 286 Title & Para 1 L

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* “And finally you will learn that there is no limit to where you are, so that your peace is everywhere, as you are.” W Review I Intro Para 5 L 2

**

“It (what is true) is invisible to you because you are looking at something else.” Ch. 12 VIII Para 3 L 3

“The stillness of today will give us hope that we have found the way, and travelled far along it to a wholly certain goal. Today we will not doubt the end which God Himself has promised us. We trust in Him, and in our Self, Who still is One with Him.” W 286 Para 2 Gd

**

* “God is still everywhere and in everything forever. And we who are part of Him will yet look past all appearances, and recognize the truth beyond them all.” W 56 Para 4 L 5 – 6 Gd

**

“There is no time, no place, no state where God is absent.” Ch. 29 I Para 1 L 1 Gd

**

“Glory is God's gift to you, because that is what He is. See this glory everywhere to remember what you are.” Ch. 8 III Para 8 L 7 – 8 Gd

**

“Your peace surrounds me, Father. Where I go, Your peace goes there with me.” W 245 Para 1 L 1 – 2

**

“The vision of Christ is given the very instant that it is perceived. Where everything is clear, it is all holy. The quietness of its simplicity is so compelling that you will realize it is impossible to deny the simple truth. For there is nothing else. God is everywhere, and His Son is in Him with everything. Can he sing the dirge of sorrow when this is true?” Ch. 14 II Para 8 L 3 – 8 Ch Gd

**

“We do not ask for what we do not have. We merely ask for what belongs to us, that we may recognize it as our own.” W 107 Para 7 L 1 – 2

*

“Truth does not come and go nor shift nor change, in this appearance now and then in that, evading capture and escaping grasp. It does not hide. It stands in open light, in obvious accessibility. It is impossible that anyone could seek it truly, and would not succeed. Today belongs to truth.” W 107 Para 6 L 1 – 5 C

*

“For the instant he refuses to be bound, he is not bound.” Ch. 15 VI Para 5 L 12

“In you is all of Heaven. Every leaf that falls is given life in you. Each bird that ever sang will sing again in you. And every flower that ever bloomed has saved its perfume and its loveliness for you. What aim can supersede the Will of God and of His Son, that Heaven be restored to him for whom it was created as his only home? Nothing before and nothing after it. No other place; no other state nor time. Nothing beyond nor nearer. Nothing else. In any form.” Ch. 25 IV Para 5 L 1 – 10

“You are surrounded only by Him. What limits can there be on you whom He encompasses?” Ch. 18 VI Para 10 L 6 – 7

*

- * “What loveliness we look upon today! What holiness we see surrounding us! And it is given us to recognize it is a holiness in which we share; it is the Holiness of God Himself.” W 291 Para 1 L 4 – 6 Gd **
- “Only the light they love is in awareness, and only love shines upon them forever. It is their past, their present and their future; always the same, eternally complete and wholly shared. They know it is impossible their happiness could ever suffer change of any kind.” Ch. 23 IV Para 8 L 4 – 6 L **
- “The stillness and the peace of *now* enfold you in perfect gentleness. Everything is gone except the truth.” Ch. 16 VII Para 6 L 5 – 6 **
- “I live in God. In Him I find my refuge and my strength. In Him is my Identity. In Him is everlasting peace. And only there will I remember Who I really am.” (In Glory and Light) W 261 Para 1 L 4 – 8 Gd **
- “I will go with you to the Holy One, and through my perception He can bridge the little gap. Your gratitude to your brother is the only gift I want. I will bring it to God for you, knowing that to know your brother is to know God. If you are grateful to your brother, you are grateful to God for what He created. 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.” Ch. 4 VI Para 7 L 1 – 5 Br Gd **
- “Oneness is simply the idea God is. And in His Being, He encompasses all things. No mind holds anything but Him. We say ‘God is,’ and then we cease to speak, for in that knowledge words are meaningless.” W 265 Para 5 L 1 – 4 Gd M **
- “There is a way of living in the world that is not here, although it seems to be.” W 155 Para 1 L 1 **
- “The peace of God is shining in me now. I will be still, and let the earth be still along with me. And in that stillness we will find the peace of God. It is within my heart, which witnesses to God Himself.” W 208 Para 1 L 1 – 4 Gd *
- “Let us not let littleness lead God's Son into temptation. His glory is beyond it, measureless and timeless as eternity.” (In Glory and Light) Ch. 23 Intro Para 5 L 1 – 2 GS **
- “God is with me. I live and move in Him.” W 222 Title Gd **
- “What loveliness we look upon today! What holiness we see surrounding us! And it is given us to recognize it is a holiness in which we share; it is the Holiness of God Himself.” W 291 Para 1 L 4 – 6 Gd **
- “I rest in God today, and let Him work in me and through me, while I rest in Him in quiet and in perfect certainty.” W 120 Para 1 L 1 Gd **
- “My heart is beating in the peace of God. Surrounding me is all the life that God created in His Love. It calls to me in every heartbeat and in every breath; in every action and in every thought. Peace fills my heart, and floods my body with the purpose of forgiveness. Now my mind is healed, and all I need to save the world is given me.” W 267 Title & Para 1 L 1 – 4 Gd L M **
- “I am surrounded by Your Love, forever still, forever gentle and forever safe.” W 272 Para 1 L 7 L **

“If God’s Will for you is complete peace and joy, unless you experience only this you must be refusing to acknowledge His Will. His Will does not vacillate, being changeless forever. When you are not at peace it can only be because you do not believe you are in Him. Yet He is All in all. His peace is complete, and you must be included in it.”

Ch. 8 IV Para 1 L 1 - 5

C Gd

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“Your list of subjects should therefore be as free of self-selection as possible. For example, a suitable list might include:

God is in this coat hanger.

God is in this magazine.

God is in this finger.

God is in this lamp.

God is in that body.

God is in that door.

God is in that waste basket.”

W 29 Para 5 L 1 - 9

B Gd

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“I am sure my treasure waits for me, and I need but reach out my hand to find it. Even now my fingers touch it. It is very close. I need not wait an instant more to be at peace forever. It is You I choose, and my Identity along with You. Your Son would be Himself, and know You as his Father and Creator, and his Love.”

W 355 Para 1 L 3 - 8

L GI

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“To join in close relationship with Him (God) is to accept relationships as real, and through their reality to give over all illusions for the reality of your relationship with God. Praise be to your relationship with Him and to no other. The truth lies there and nowhere else. You choose this or nothing.”

Ch. 16 VII Para 11 L 4 - 7

Gd

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“Everyone has experienced what he would call a sense of being transported beyond himself. This feeling of liberation far exceeds the dream of freedom sometimes hoped for in special relationships. It is a sense of actual escape from limitations. If you will consider what this ‘transportation’ really entails, you will realize that it is a sudden unawareness of the body, and a joining of yourself and something else in which your mind enlarges to encompass it. It becomes part of you, as you unite with it. And both become whole, as neither is perceived as separate. What really happens is that you have given up the illusion of a limited awareness, and lost your fear of union. The love that instantly replaces it extends to what has freed you, and unites with it. And while this lasts you are not uncertain of your Identity, and would not limit It. You have escaped from fear to peace, asking no questions of reality, but merely accepting it. You have accepted this instead of the body, and have let yourself be one with something beyond it, simply by not letting your mind be limited by it.

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This can occur regardless of the physical distance that seems to be between you and what you join; of your respective positions in space; and of your differences in size and seeming quality. Time is not relevant; it can occur with something past, present or anticipated. The ‘something’ can be anything and anywhere; a sound, a sight, a thought, a memory, and even a general idea without specific reference. Yet in every case, you join it without reservation because you love it, and would be with it. And so you rush to meet it, letting your limits melt away, suspending all the ‘laws’ your body obeys and gently setting them aside.

There is no violence at all in this escape. The body is not attacked, but simply properly perceived.

It does not limit you, merely because you would not have it so. You are not really ‘lifted out’ of it; it cannot contain you. You go where you would be, gaining, not losing, a sense of Self. In these instants of release from physical restrictions, you experience much of what happens in the holy instant; the lifting of the barriers of time and space, the sudden experience of peace and joy, and, above all, the lack of awareness of the body, and of the questioning whether or not all this is possible.

It is possible because you want it. The sudden expansion of awareness that takes place with your desire for it is the irresistible appeal the holy instant holds. It calls to you to be yourself, within its safe embrace. There are the laws of limit lifted for you, to welcome you to openness of mind and freedom. Come to this place of refuge, where you can be yourself in peace. Not through destruction, not through a breaking out, but merely by a quiet melting in. For peace will join you there, simply because you have been willing to let go the limits you have placed upon love, and joined it where it is and where it led you, in answer to its gentle call to be at peace.”

Ch. 18 VI Para 11, 12, 13, & 14

[B](#) [L](#) [M](#)