

Those <i>born in the time of Christ</i>	p20 B2,3
<i>Death of self</i>	p23 B3,2 p24 T2 p9 T4 p19 T
<i>End of Holy Spirit to Self in Truth</i>	p17 T2
<i>You are experience</i>	p23 B3,2 p24 T2
<i>Experience and God one</i>	p23 B, p24
<i>Your feelings sense organs of space</i>	p15 T4

We are clear pools <i>flowing into each</i>	p17 B4
To see is to see the <i>formless</i>	p9 B
Imagine being <i>air around you</i>	p15 T3 1
<i>Mary</i> relationship within	p18 B, p19 B3
Observation, vision, revelation	p27 T3
Space consciousness	p15-16 p35 T, B3

The CHRIST - The SELF

And the Self of Form, the One Self

Excerpts from A Course of Love

A: The Accomplished
 B: The Body/Ego Self
 Dr: The Dream
 NE: Non-Effort
 Gd: God
 Gl: God Identity
 HS: Holy Spirit
 J: Jesus
 L: Love
 M: Mind
 OS: Same/One Son/Oneness
 SC: Space Consciousness



“The Christ in you is that which is capable of learning in human form what it means to be a child of God. The Christ in you is that which is capable of bridging the two worlds. This is what is meant by the second coming of Christ.” ******

Prelude p.6 P.7 **Gd**

You refuse to recognize that the Christ in you provides the bridge that you need only walk across to bridge the distance between heaven and hell, between your separated self and union with God and all your brothers and sisters.” ******

In “Obstacles” Prelude p.9 P.20 **Gd**

“The way to overcome the dualism that threatens even the most astute of learners is through the Christ in you, through the One who knows what it is to be God’s child and also to walk the earth as child of man. This is not your helper, as the Holy Spirit is, but your identity. While the Holy Spirit was properly called upon to change your perception and show you the false from the true, your recognition of the Christ in you is proper in this time of identification of your undivided Self.” ******

Prelude p.10 P.25 **HS**

“Jesus accepted his power and so brought the power of heaven to earth. This is what the Christ in you can teach you to do. This is miracle-mindedness. This is love. ******

This is oneness. The Christ in you teaches only in the sense of imparting knowledge that you already have and once again have access to as you join with your own real Self. Once this is accomplished, you are accomplished. Because you are complete.” First line in “Jesus” Prelude p.13 P37 - 38 **L A**

“The Christ in you is your shared identity. This shared identity made Jesus one with Christ. The two names mean the same thing, as oneness is what was always shared and always will be. You are eternally one with Christ.” *****

Prelude p.14 P.39

“Yet this Self that you hold so dear that you will never let it go is precisely what you must be willing to freely give away. This is the only Self that holds the light of who you are in truth, the Self that is joined with the Christ in you.” ******

Ch 7 p.52 7.7

“You are the prodigal sons and daughters welcomed constantly to return home to your Father’s safe embrace.” *****

Ch 9 p.72 9.29

“Your home is here. You think this is incongruous with the truth as I’m revealing it, the truth that heaven is your home, but it is not. There is no here in the terms that you would think of it, the terms that set your reality in a location, on a planet, in a body. God is here and you belong to God. This is the only sense in which you can or should accept the notion that you belong here. When you realize God is here, then and only then can you truthfully say here is where I belong.” Ch 8 p.61 8.17 Gd B

**

“The only replacement that can occur that will accomplish what you seek is the replacement of illusion with the truth, the replacement of fear with love, the replacement of your separated self with your real Self, the Self that rests in unity.” Ch 9 p.70 9.24

**

“You see your body as your self, and your self as “source” of all that you have done and felt in all your days upon this earth. Yet your real Source is at the center of your Self, the altar to your Creator, the Self you share in unity with Christ. Christ is the “part” of God that resides in you, not in separation but in the eternal wholeness in which God and you together exist in truth.” Ch 10 p.80 10.4 B Gd

**

“Christ was born. Nowhere in the mystery of faith is it stated that Christ became a body.”

*

In “The Body”

Ch 10 p.83 10.15

B

“Uncertainty of any kind is doubt about your self. This is why this Course aims to establish your identity, for from it all the rest will come. As such, this Course seems to ask for change at every level, and yet from one change alone will all the others follow—and through no effort on your part at all. And even this one change is not a change at all, for it merely seeks to remove all the changes you but think that you have made to God’s creation. This change seeks but to restore you to your Self.”

*

Ch 12 p.94 12.8

NE

“Your Self rests totally unchanged within the Christ in you. Re-establishing your relationship with your brother is what will show your Self to you.”

*

Ch 12 p.94 12.9

“His son remains with him in his eternal home, joined with him as always in eternal completion.”

Ch 12 p.98 12.23

“What further objections can you have, for here we ask you not to follow any instruction other than that of your own Self? We invite the return of what you know, and let your real Self guide you gently back to where you want to be and already are in truth.” Ch 13 p.101 13.9

**

“Power is possessed by those who claim it. By those who cry I am. For the beginning of power comes from the rejection of powerlessness. The rejection of powerlessness is but a step toward your identity achieved through the awakening of love of Self.” Ch 16 p.118 16.21

**

“This removal of the personal ‘I’ is but a first step to returning you to the consciousness of unity, a first step in going beyond meaning as definition to meaning as truth. As odd and impersonal as it will seem at first, I assure you the feeling of impersonality will be replaced quickly with an intimacy with your surroundings that you never felt before.” Ch 22 p.153 22.22

**

“Let’s just say the space that you would fill as your own Self is held for you by another part of your consciousness that has never left it. It is the reunion of these two selves that will bring about the completion of the universe and the return of heaven. Where two are joined together can be used rightly here as well as in regard to relationship. Your choice to separate from God is but a separation from your own Self, and this is truly the separation that needs to be healed to return you to God.”

Ch 17 p.120 17.2

Gd

“In unity, all that you desired was participated in fully by a mind and heart combined in wholeheartedness. You knew your Self to be the creator, and loved all that you created. You did not desire and fear something at the same time, and your desires did not change from moment to moment. What you desired you experienced fully with your whole being, making it one with you.”

Ch 18 p.127 18.14

**

“A wholehearted choice to abandon all ideas of glorifying the separated self and to let the world be what it is will begin the transformation. This requires the first unification, the unification of mind and heart, after which unification with God is naturally returned to your awareness, for this unification returns you to the Christ in you and the one mind united with God which you have never left. Creation’s power then returns to you to help all the separated ones remember union.”

Ch 19 p.130 19.4

M Gd

**

“You are no longer the object viewing the subjects of the kingdom. You are the heart of the kingdom. The kingdom’s beauty revealed.”

In “Heart – Love”

Ch 20 p.137 20.3

**

“No “I” resides here. You have given up the vision of your eyes and the “I” of your ego. You are loosed of bounds, no longer a thing of beauty, but beauty itself.”

Ch 20 p.137 20.3

B

**

“‘Thingness’ is over, and your identity no longer stands in form but flows from life itself. Your beauty is the gathering of the atoms, the order in chaos, the silence in solitude, the grace of the cosmos. Our heart is the light of the world.”

Ch 20 p.137 20.4

**

“Here, rest comes to weariness and gently lays it aside. Time has ended and there is nothing you must do. Being replaces identity and you say, I am. I am, and there is nothing outside of me. Nothing outside of the embrace.”

Ch 20 p.138 20.9

**

“From here your life becomes imaginal, a dream that requires you not to leave your home, your place of safety and of rest. You are cradled gently while your spirit soars, dreaming happy dreams at last. With love surrounding you in arms that hold you close, you feel the heartbeat of the world just beneath your resting head. It thunders in your ears and moves through you until there is no distinction. We are the heartbeat of the world.

“This is creation. This is God. This is our home.”

Ch 20 p.138 20.10 – 11

Dr L Gd

**

“Forget yourself and memory will return to you. Beyond your personal self and the identity you have given your personal self is your being. This is the face of Christ where all being resides. This is your true identity.”

Ch 20 p.140 20.24

**

“Begin to imagine life passing through you rather than getting stopped for examination at its intersection with you. Begin to imagine seeing the world without the emphasis on your personal self.” *

Ch 22 p.152 22.20

“This intimacy itself will allow you to see your ‘self’ as an integral part of all that exists within your world rather than as the small and insignificant personal self you generally accept as your ‘self.’ By eliminating the personal, the universal becomes available.” *

Ch 22 p.153 22.23

“I repeat: Belief of another kind can foster the creation of form of another kind. A wholehearted belief in the truth about your Self is what is required to cause this to be so. It is what is necessary now. It will change the world.

“Belief of another kind is what miracles are all about. It is what you are all about as a miracle worker. For you to change your beliefs is the miracle that we are after, the result we seek from this Course.”

Ch 23 p.156 23.13 - 14

“Freeing your perception from your nearly immutable belief in form will allow for all changes in form required by the miracle.” **

Ch 23 p.156 23.16

“Imagination is linked to true vision, for it exercises the combined capabilities of mind and heart. It is akin to perception, and can lead the way in changing how you perceive of yourself and the world around you.

“Beyond imagination is the spark that allows you to conceive of what never was conceived of before. This spark is inspiration, the infusion of spirit. Taking the creation of form backward, it leads to this conclusion: Spirit precedes inspiration, inspiration precedes imagination, imagination precedes belief, and belief precedes form.”

Ch 23 p.156 23.18 - 19

“True invulnerability can only be claimed by those who recognize it as part of their true identity. Invulnerability will then serve you and your brothers and sisters. Its service is one of conquering fear and allowing love to reign.” *

Ch 25 p.164 25.14

L

“Comprehension of the whole is aided by a return to wholeness of the Self.” **

Ch 25 p.165 25.21

“Your story is one of glory. Your greatness can no longer be denied, unless you deny it.” *

Ch 26 p.168 26.5

“All this frustration and impatience has been building. This buildup has been necessary. Now, like an explosion waiting to happen, it only needs a trigger to be released. With its release the new can begin.” **

“This Course is but a trigger. These words the prelude to the explosion. It is as if you have been waiting for someone to whisper: Now! The whisper has come. The time is now.”

Ch 26 p.169 26.14 - 15

“Can you let the worries of today leave your mind? Can you let the disappointments of yesterday go and be no more? Can you let the planning for the future cease? Can you be still and know your Self?” **

Ch 26 p.169 26.16

“And I assure you, there is no need to sit about and wait for the time of the celebration to come. This is the invitation to the celebration. This is the invitation to greet this day with no worry, disappointment, or planning. This is the invitation to greet your Self and to find your Self within this day.” **

Ch 26 p.170 26.18

“In God’s idea of you is the pattern of the universe, much as within a novel, movie, piece of music, invention or artistic idea is the completion of the pattern that will make that idea a masterpiece. An idea is irrevocably linked with its source and one with its source. There was no God separate from you to have this idea of you. You were birthed in unison with God’s idea of you.” **

Ch 26 p.170 26.22 Gd

“Acceptance of your birth in unison with God’s idea of you is acceptance of your Self as co-creator of the pattern of the universe, acceptance of the idea or the story that is you. Can you not see that you were birthed into a place in the pattern of God’s creation? Or that you not only can know but have always known of this place?” Gd

Ch 26 p.170 26.23

“This is not a place of physical form but a place of holiness, an integral place in the pattern that is oneness with God. It is a place you have never left but that you long for, believing that you know it not.” Gd

Ch 26 p.171 26.24

“As a being birthed by a thought of God, you grew simultaneously with God’s thought. You knew your place in the pattern of creation from the outset. A full life is quite simply a fulfillment of that thought and that pattern. The only way to know it is to think it once again. The only way to think it once again is to be wholehearted, for a split mind and heart do not think clearly.” **

Ch 26 p.171 26.25 Gd

“Being is. As love is.” **

Ch 27 p.172 27.1

L

“There is no being alive and being dead, being human or being divine. There is only being. Being is.” **

Ch 27 p.172 27.2

“Yet being, like love, is in relationship. Thus, your purpose here, rather than being one of finding meaning, is one of coming to know through relationship. It is in coming to know through relationship that you come to know your Self.” **

Ch 27 p.172 27.3

“We have already stated that relationship is the only “known” in an unknowable world. We have already stated that the only being who is not beyond the limits of total knowing is the Self. Thus it is in knowing the Self that all is known.” **

Ch 27 p.173 27.6

“There is a trust that goes beyond proof, and beyond the need for any witnessing at all.”

Ch 28 p.176 28.5

“If you can only come to know your Self through relationship, you can only come to know God through relationship. Christ is the holy relationship that exists between all and God, providing the bridge that spans the very concept of *between* and provides for the connection of unity.”

**

Ch 27 p.173 27.8

Gd

“Just as you can look about and see that no two bodies on this earth are exactly the same, the Self you are is a unique Self. A Self of relationship does not imply a Self that is the same as all the rest. But it does imply a Self that is integral to all the rest. You matter, and you matter as an interactive part of the relationship that is life. You are already accomplished as who you are. All is accomplished in unity. In separation you merely strive for all that is yours in relationship. Relationship is unity, and relationship is your natural state. It is who you are.”

Ch 27 p.173 27.11 A

“Where you are is where you are supposed to be. The path to follow to all changes will be shown to you if you will but be attentive. If you follow the way that is shown to you, all uncertainty will end.”

*

Ch 28 p.178 28.13

“Universal consciousness is being in relationship. It is the true Self, the known Self, in all its glorious relationship with life. All matter is born and dies. All life is forever. The known Self realizes this and begins to act in accordance with this knowing.”

Ch 30 p.185 30.6

**

“The person who knows, truly knows, the simplest truth of the identity of the Self no longer lives in a dualistic position with God, but in a monistic state with Him. The difference is in realizing relationship with the infinite instead of the finite, with life as opposed to matter.”

Ch 30 p.185 30.7 Gd

*

“Give up this notion of losing your Self to God, and you will be done for all time with resisting God. Only in God can you find your Self.”

Ch 31 p.188 31.10

Gd

**

“Not looking to God to find your Self would be akin to searching everywhere but the Earth for humankind.”

Ch 31 p.189 31.10

Gd

**

“If you can look for your Self within your brothers and sisters, however, they must also be able to look for their Selves in you.”

Ch 31 p.192 31.29

*

“The difference between Father, Son, and Holy Spirit is but the same difference of which we speak when we assure you that you are of one Mind and one Heart, and that regardless of this truth you will not, in coming to know and experience this, lose your Self.”

Ch 32 p.194 32.2

HS M

“As The Accomplished, you now are able to access universal mind.”

Ch 1 p.202 1.9

A

**

“In this same way, then, Christ can be seen as the seed of your identity. Christ is the continuous and on-going expansion of the same thought of love that brought life into existence. Christ is your identity in the broadest sense imaginable. Christ is your identity within the unity that is creation.”

Ch 3 p.244 3.8

L

“To experience what is and to acknowledge what is as being a gift of God is to be present as a divine being having a human experience.” Ch 2 p.206 2.21 Gd **

“Revelation is direct communication with God in the sense that it is direct communication from a Self you have known not, the Self that is one with the Creator.” Ch 4 p.216 4.23 Gd

“So what happens when memories of past experiences are revisited under the all-encompassing umbrella of a new way of thought? The different personalities become one, the different paths become one path, the future experiences become one. And in this oneness is peace everlasting.

“What happens when this oneness is accomplished is that divine memories arise to replace perception. This is miracle-mindedness. The accomplishment of this state of being is the reason for which you are here. It is your return to your Self. It heralds the return of heaven through the second coming of Christ, the energy that will bridge the two worlds.” Ch 6 p.222 6.8 - 9

“The new pattern of life is the ability to resurrect in form. The ability to resurrect in life. The ability to resurrect now.” Ch 8 p.227 8.14 **

“Your mind exists in unity. Your heart exists where you think you are, thus providing the means for union between where you think you are and where your being actually resides. Remember always that your heart is where the Christ in you abides and that the Christ is your identity. Remember that it is the Christ in you that learns and raises learning to the holiest of levels. It is the Christ in you that learns to walk the earth as child of God, as who you really are.” Ch 3 p.243 3.3 M **

“You have felt the peace and love of the embrace. You know that you are experiencing something real and learning something that is of relevance even within the daily life you currently move through. Now you must fully recognize the distinction between the ego-self that previously was the self of learning and experience, and the Christ-Self that is now the Self of learning and experience. You must take on the mantle of your new identity, your new Self. **

It is this recognition that you are now acting and living in the world as your Christ-Self rather than as your ego-self that will aid you in expression. Without expression, the return to unity that has been accomplished will not be realized.” Ch 3 p.244 3.4 - 5 L

“You forget constantly that the Christ in you is the learner here. What need is there for a computer brain or for the ego to be teacher when the learner in you is the all-powerful? The learner in you is the unifying force of the universe. The learning you are in need of is the learning that will call who you are back to your united mind and heart. This is the knowing that already exists, the memory that is swatted away by the ego.” Ch 10 p.267 10.10 **

“How can it be that we speak both of the Christ in you and of Christ as being relationship itself? How can it be that we have spoken of Christ being both wholly human and wholly divine? These statements can only be true if there is no division between you and relationship, if there is no division between the human and the divine.” Ch 11 p.272 11.11 **

“Here that relationship (relationship one with your creator) is being called Christ in order to keep the holiness and importance of this relationship forever and foremost in your mind. Here, that relationship has been given a name, as we have given your relationship with your separate identity the name of ego. Here, we are asking you to choose the one real relationship and to vanquish the one unreal relationship.” Ch 11 p.272 11.14

“The Christ in you is the real you. The Christ in you is the Self who you become when you have united heart and mind once again in wholeheartedness. Thus the union of mind and heart is, as was stated previously, the first union, the union that must proceed all the rest. You are in a state of unity when you have achieved wholeheartedness. You are in a state in which you are able to learn. I am here to show you the way to the Christ in you. I began my teaching by appealing to your heart so as to ready you for the return of wholeheartedness, the state of union in which all that you learn is shared, first by mind and heart, and then in unity with your brothers and sisters. You achieve this state only by listening to one voice, or, in other words, by ending the separated state which is the state in which the ego exists. The end of the separated state or the ego, is the beginning of your ability to hear only one voice, the voice we all share in unity.” Ch 10 p.268 10.13 J

“The Christ in you has no need to plan. A need to come to know...yes. But a need to plan...no. The Christ in you needs not for you to choose a lesson plan, but to let life itself be your chosen way of learning.” Ch 10 p.269 10.19

“Realize that when you think that this total reversal of thought concerning yourself and your world will be difficult you are listening to your ego. The Christ in you knows not of difficulty.” Ch 11 p.272 11.10 **

“Knowing is knowing the truth. Knowing is right-thinking. Your return to knowing or right-thinking is both the miracle and the end for the need of miracles. For as you live in the world as who you are, you become a miracle and the constant expression of the miracle.” Ch 12 p.274 12.6 **

“If Christ is relationship, and if the Christ in you is the real you, then this all-encompassing relationship, both within you and without you, both you and all you are in relationship with, is that third something that is the holy relationship.” Ch 12 p.275 12.9 **

“While the Christ in you has been compared to the seed of all you are, what you have had revealed to you here is that the Christ is also the relationship of all that would bring the seed to fruition.” Ch 12 p.275 12.11 *

“This change that is in the process of coming about has to do with awareness. When you become aware of the personal self as a representation, you become aware of the Self whom the personal self is representing. To have believed that the personal self, as a representation of the ego, was who you were, was an illusion that blocked awareness of your true Self from your mind. Your true Self is now ready to come out of the mist of illusion in which it was hidden and to be represented in truth by the form you occupy and have previously seen as the reality of yourself.” 3rd sentence in Bodys Ch 1 p.281 1.9 **

“You may wonder why it should matter whether this power be called Buddha or Allah, Muhammad or God. **

“It matters not. The power of God is not what is being spoken of here. It is our power that is being spoken of here. The power of the god man. The power of God brought into form. The power of who we are rather than the power of who God is.” Day 1 p.292 1.11 – 12 Gd

“Acceptance of your Self is acceptance of me. Acceptance of your Self is acceptance of your inheritance. Now is the time to come into full acceptance of the human self as well as the Self of unity. It is time for the final merging of the two into one Self, the elevated Self of form.” **

First two lines in “Jesus.”

Day 2 p.495 2.1

“Active acceptance is what allows the great transformation from life as you have known it, to death of that old life, to rebirth of new life. By clinging to some of the old, you prevent its death and you prevent the rebirth of the new. You prevent the very life-giving resurrection you await. You prevent the elevation of the self of form.”

Day 3 p.511 3.60

“Now the choice is before you to do one of two things...to proceed toward love or fear. If you proceed with fear you will assemble a new ego-self, an ego-self that perhaps will seem superior to the old, but which will nonetheless still be an ego-self. If you proceed with love, you will come to know your Christ-Self.” **

Ch 4 p.291 4.8

L

“While God remains unknown to you and you remain unknown to your Self, so too does heaven remain concealed. Thus, in turning your back on heaven, you turn your back on your Self and God as well.”

Prelude p.8 P.17

Gd

“If you cannot see yourself ‘other than’ as man or woman living in a particular place in a particular time, you cannot see your Self.” **

Prelude p.14 P.39

“You are complete only within God, where you endlessly abide. Striving to be that which you can never be is the hell you have created.” **

Ch 1 p.19 1.13

Gd

“Child of God, you are alien here but need not be alien to your Self. In your knowledge of your Self, all threat of time and space and place dissolves.” *

Ch 4 p.32 4.6

“Just as true knowledge cannot be learned, love cannot be learned and you cannot be learned. All that you desire and cannot learn is already accomplished. It is accomplished in you. It is you. Imagine the ocean or the cheetah, the sun or the moon or God Himself, attempting to learn what they are. They are the same as you.” *

Ch 3 p.26 3.2

L

“All exist within you. You are the universe itself.” **

Ch 3 p.26 3.2

“To seek the “face” of God, even in the form of Christ, is to seek for what is forever without form. To truly see is to begin to see the formless. To begin to see the formless is to begin to understand what you are.” **

Ch 3 p.26 3.4

Gd

“Recognize who you are and God’s light goes before you, illuminating every path and shining away the fog of dreams from which you waken undisturbed.” Ch 4 p.32 4.6 Dr Gd *

“As I once was, you are both human and divine. What your human self has forgotten, your real Self retains for you, waiting only for your welcome to make it known to you once more.” Ch 5 p.43 5.29 *

“Your purpose now is the holiest possible and all of heaven is with you. All that is needed is your continuing willingness.” Ch 10 p.80 10.8 *

“You will soon develop an ability to see without your body’s eyes. This, too, will seem like a silly game at first, a trick of your imagination. You will, at first, observe only that which you can ‘see’—your arms and legs, your shadow falling as you walk—but more and more you will come to see the body as a whole. You will see it from behind as you follow it about its day, without, at first even being aware that this is happening. And you will find that as you observe, you are more aware of your surroundings, and more aware that your body is part of everything that is happening. There is your body and six more crossing the street. There is your body sitting at a desk in a building with many others. You will realize how seldom before you were aware of the street you walked down, of the buildings it traveled between, of the open sky above, of all the ‘others’ traveling it with you. You will feel more a part of everything rather than less, and be surprised by this feeling.”

Ch 10 p.86 10.27

B

*

“Play at observing yourself from above. Can you look ‘down’ upon yourself? And can you skip along and get in front to see your body coming toward you?” Ch 10 p.86 10.28 B

“What you will be feeling as you proceed is the feeling of the tunnel vision of the separated self giving way to the expanded vision of the unified Self. As you feel this happening, you will begin to be aware of feelings too that are not bound to the body. Like the thoughts you neither see nor hear with your body’s eyes or ears, these feelings too will not depend upon your body’s senses.” **

Ch 10 p.86 10.30

B

“A door has been reached, a threshold crossed. What your mind still would deny your heart cannot. A tiny glimmering of memory has returned to you and will not leave you to the chaos you seem to prefer. It will keep calling you to acknowledge it and let it grow. It will tug at your heart in the most gentle of ways. Its whisper will be heard within your thoughts. Its melody will play within your mind. “Come back, come back,” it will say to you. “Come home, come home,” it will sing. You will know there is a place within yourself where you are missed and longed for and safe and loved. A little peace has been made room for in the house of your insanity.” Ch 10 p.87 10.32

“Willingness and faith go together. What you have faith in, you will see. This Course asks for your willingness to have faith in something new.” Ch 11 p.89 11.6

“You have been brought here (the mountain top) for revelation.... Here is where you say, I want it all, desire it all, accept it all—for you cannot have of this in parts. Once full access has been revealed, what is yours is everything. But you will be different.” Day 4 p.519 4.44

“It is a call that comes not from weakness but from strength, and that goes out to truth and not illusion. It is a call whose answer will come to you quickly on the wings of angels, a fluttering your heart will feel, for angels too are one with you. It may feel like loneliness compounded for the brief instant you await its coming and feel the emptiness that has been opened for its coming.”

Ch 11 p.92 11.16

“God’s will for you is happiness, and of this you can be certain. To align your will with God’s is but to make this certain state your home. This is but a wish come true, and when it is all you wish for it will come to be. And in the granting of this wish will come your rest and the laying down of every heavy burden you have carried.”

Ch 12 p.94 12.6

Gd

“As you observe, always with your heart and not your mind, and begin to include others in your observation, I ask you to concentrate on one thing only. This is a simple exercise, and enjoyable too. It but calls for you to ask one thing: Ask yourself what you already know of the spirit of the person you observe. You will be amazed at the knowledge you already have and the joy it brings you to remember it.”

Ch 13 p.99 13.2

**

“Now your united purpose must change to that of remembering who you are within God’s creation, rather than in the world that you have made.”

Ch 14 p.102 14.1

**

“It (this choice to be the Self) means you will be as I am. It means you will live from love rather than from fear. It means that you will demonstrate what living from love is. It means that you will resurrect to eternal life here and now. It means no turning back, no return to fear or anger, no return to separation, no return to judgment. It means no longer trying to leave these things behind for they will be gone. It will mean no longer striving. It will mean no specialness. It will mean the individual is gone, and the self of union all that continues to exist. It will mean peace, certainty, safety, and joy with no price.”

Day 4 p.519 4.46

J L

“It (the choice for the Self of unity) does not come at the end but at the beginning of our time together for a reason. This is simply because this choice is the beginning. This is the choice that allows us to continue our dialogue as one. To talk heart to heart. To have the kind of discourse that can only be had without fear. To truly experience relationship. It is from this beginning that you will come to be as I am.”

Day 4 p.521 4.56

*

The gift of redemption was the gift of an end to pain and suffering and a beginning of resurrection and new life. It was a gift meant to empty the world of the ego-self and to allow the personal self to live on as the one true Self, the one true son of God. The gift of redemption was given once and for all. It is the gift of restoration to original purpose. Without there having been an original purpose worthy of God’s son, the crucifixion would have ended life in form and returned the sons of man to the formless. Instead, the sons of man were freed to pursue their original purpose.”

Ch 5 p.293 5.7 OS

*

“This representation of the true Self within the house of illusion was like an explosion happening there.”

Ch 7 p.297 7.6

**

**

“„the Source cannot be found within the house of illusion. The Source can only be found from within the House of Truth.

“The home of truth is within you and we have just unlocked its doors.” Ch 7 p.297 7.9 - 10

“You are not separate now from who you will be when you reach completion!” Day 6 p.528 6.12 **

“Acceptance of your Self is the precondition for the time of acceptance. You are no longer denying your Self. You are no longer denying unity. You have replaced fear with love. Love is life giving and life supporting.” Day 7 p.534 7.3 L **

“The singular self you once believed yourself to be was not capable of true expansion and true sharing. The singular self withdrew into its own little world and created its own universe. The elevated Self of form will expand into the world and create a new universe.” Day 7 p.534 7.3

“When your natural state is fully returned to you and sustained within Christ-consciousness, the conditions of the time of acceptance, like the conditions of the time of learning, will pass. There are no conditions in the state of union as there are no attributes to love. The natural created Self is all that is. Reverence prevails.” Day 7 p.536 7.16 L **

“There will be, however, a new stage following the time of acceptance in which the elevated Self of form will be created and come into full manifestation.” Day 7 p.536 7.17 **

“The only choice that has been made is that of attachment to the human form as the self. The choice that hasn’t been made is the choice to leave this idea behind.... The choice that has not been made is the choice to believe in the Christ-Self who is the only savior, rather than the ego-self, which is all you have needed saving from.” First line in “The Body” Ch 8 p.299 8.5 B **

“As the representations of the true Self within the house of illusion caused explosions and a fallout of treasure, the representation of the true Self within the House of Truth will cause the creation of the new.” Ch 8 p.300 8.9 *

“Remember always that we work now to unite the Self of union with the self of form. The self of form cannot be denied now.” Day 8 p.543 8.23 **

“Unity and your access to unity will be your certainty. Trust in your own abilities—the abilities of the self of form joined with the Self of union—will be your confidence. Only these combined abilities will release your power.” Day 9 p.550 9.33 **

“Thoughts of the Christ-mind will hold a certainty that cannot be disguised. Remember that all doubt is doubt about yourself and that you are no longer called to doubt yourself. Your Self is now your Christ-Self.” Ch 10 p.306 10.9 M **

“Consciousness is a state of awareness. The statement “I am” is a statement of awareness.” Ch 11 p.308 10.1 **

“You will feel for a while as if constant certainty is impossible. This feeling will remain only as long as you remember your past uncertainty. Uncertainty, like all the rest of the ego’s thought system, was learned. Your true Self has no cause for uncertainty. Thus you are called, as well, to forget the uncertainty of the past.”

Ch 10 p.306 10.10

**

“Those existing within the House of Truth also feel an awareness of Self. Without necessarily being able to put it into words, they no longer feel the statement of “I am” as a statement of the personal self or the self alone. For those existing in the House of Truth, “I am” has become something larger, an all-encompassing recognition of the unity of all things with which the Self coexists in truth and peace and love.”

Ch 11 p.308 10.2

L

**

“The power of creation, harnessed by form in the service of form is the next step in the expansion of the power of creation. It is the power of the elevated Self of form.”

Day 10 p.551 10.1

**

“See you now why the certainty of union must be combined with the confidence of the self of form? Certainty is knowing that this power (the power of the elevated Self of form) exists. Confidence is the expression of your reliance upon it. To rely on your own power is to rely on the connection that exists between the self of form and the Self of union and to, through this reliance, tie the two together so that there is no seam, no boundary, no remaining separation.”

Day 10 p.551 10.2

**

“Confidence in your feelings will lead to confidence in your Self.”

Day 10 p.552 10.6

**

“...the certainty that comes from access to unity may be less difficult for you to become aware of and accept than the confidence in the self of form that must accompany it.”

Day 10 p.553 10.12

**

“When I call you to replace conviction with reliance, I call you to replace belief in an outside source with reliance upon your Self.”

Day 10 p.554 10.16

**

“You have “learned” the distinction between Christ-consciousness and the man Jesus. You have “learned” the distinction between your Self and the man or woman you are. Now you are called to forget what you have “learned” and to let all distinctions slip away. You are called to forget what you have learned and to realize what you know.”

Day 10 p.554 10.18

**

“This sameness of the person you are and Christ-consciousness, of union and presence, of the individual and the universal, is what the elevated Self of form must encompass.”

Day 10 p.554 10.19

**

“That you, as man or woman, existing in this particular time and space, can join with Christ-consciousness. You can be both/and, rather than either/or.”

Day 10 p.555 10.21

**

“The only extreme measure called for now is the same extreme measure that I called for during my life. It is the call to embrace your power.”

Day 10 p.557 10.32

**

“The power you must come to rely upon is the power of your own Self to create and express the cause and effect that is the power of love.” *
Day 10 p.557 10.34 L

“We are one Self. How else could we be capable of receiving what we give? How else could our lives be capable of experiencing no loss but only gain? Why else would we have to share ourselves to know ourselves?” *
Day 11 p.559 11.1

“The elevation of the self of form is nothing but the recognition of the One Self (Oneness) within the Self.” **
Day 11 p.559 11.3

“The One Self exists within the many in order to know Its Self through sharing in union and relationship.” **
Day 11 p.559 11.4

“It is only through the means of separate relationships joining in union that the One Self is capable of being either the observer or the observed.” *
Day 11 p.559 11.5

“Christ-consciousness is the awareness of existence through relationship. It is not God. It is not man. It is the relationship that allows the awareness that God is everything. It has been called wisdom, Sophia, spirit. It is that without which God would not know God. It is that which differentiates all from nothing. Because it is that which differentiates, it is that which has taken form as well as that from which form arose. It is the expression of oneness in relationship with Its Self.” **
Day 11 p.560 11.7 Gd

“Life is the connecting tissue of the web of form with the divine All. Life is consciousness. Christ-consciousness is awareness of what is. It is the awareness of connection and relationship of All to All. It is the merging of the unknowable and the knowable through movement, expression, and being.” **
Day 11 p.560 11.8

“Consciousness is a state of awareness. The statement “I am” is a statement of awareness of consciousness. Awareness preceded the statement of “I am.” “I am” preceded the creation of the Self. The Self preceded the establishment of the personal self.” **
Ch 12 p.311 12.1

“You exist within the time of consciousness of the personal self. Thus we begin our work with the personal self while also realizing that the personal self is a step in the chain of consciousness.” **
Ch 12 p.311 12.2

“The creation of time was simultaneous with the creation of the personal self. Because the steps that came before that of the personal self did not come in time, they are eternal, eternal levels of consciousness that still exist and have always existed.” *
Ch 12 p.311 12.2

“We are writing a new first page, a new Genesis. It begins now. It begins with the rebirth of a Self of love. It begins with the birth of Christ in you and in your willingness to live in the world as the Christ-Self.” **
Ch 14 p.320 14.14 L

“What would be a greater step in all of creation than a physical self able to choose to express the Self within the laws of love? A physical self, able to express itself from within the House of Truth in ways consistent with peace and love is the next step in creation, the rebirth of the Son of God known as the resurrection.” **

Ch 12 p.312 12.10 L OS

“What we are about to do is move the human experience out of the realm of time. For this to happen, we must remove the time-bound temptations of the human experience of the personal self. **

“Matter or form is bound by time. Spirit is not. The House of Truth cannot be bound by time and be a House of Truth. How then can the personal self begin to realize the human experience outside of time? The answer is thus: by changing the consciousness of the personal self from a time-bound state of consciousness to an eternal state of consciousness. This change, as has been said before, is the miracle. This miracle is the goal toward which we now work.” Ch 12 p.311 12.3 - 4

“Imagine the air around you being visible and your form an invisible space within the visible surroundings. This is the reality of Christ-consciousness. Consciousness may seem to be embodied by form but the reverse is true and has always been true. The body is now ready to know that it is embodied, enclosed, surrounded, taken up, by consciousness.” **

Day 12 p.561 12.2 SC B

“It is your feelings that now will be the sense organs of this spaciousness.... Feelings of love of Self are now what hold open the space of the Self, allowing the space to be.” **

Day 12 p.561 12.2 SC L

“The merging of form with Christ-consciousness is this merging of the Self with the unconditional love of the One Self. The One Self loves Its Self. There is nothing else to love. The One Self is the All.” **

Day 12 p.561 12.3 L

“All you must do is listen to your Self. Your Self is now a feeling, conscious space, unhindered by any obstacles of form.” **

Day 12 p.561 12.5 SC

“All obstacles of form are only real in the world of form, a world that is perceived rather than known. Christ-consciousness replaces perception with knowing, form with space.” **

Day 12 p.562 12.7 SC

“The feeling that is the sense organ of the spacious Self then remembers its spaciousness and calls upon it.” **

Day 12 p.562 12.8

“The perceiver knows not of the enfolding but feels no hurt nor lessening of spirit by becoming invisible within the space. The solidity of the perceiver is, in this manner, deflected from the One Self, becoming not an obstacle. The open space of the perceiver who sees not with perception only, and holds not his or her boundaries solid, is joined rather than deflected. The open perceiver may or may not know of this enfolding, but may realize a sense of comfort or of safety, a feeling of love or of attraction.” *

Day 12 p.562 12.8 SC L

“The invisible or spacious Self is the Self through which pass-through naturally occurs because there are no blocks or boundaries, no holding patterns, no mental interferences.” **

Day 14 p.566 14.8 SC

“A seeming obstacle of non-human form is easily enfolded in the space of the One Self and can be moved or passed through. *

“This is joining in relationship.”

Day 12 p.562 12.9 – 10 SC

“Solid form is actually a void, a substance devoid of spaciousness, a form that is form only. These forms are still encompassed by the loving space of Christ-consciousness and thus are easily rendered ineffective.” **

Day 13 p.563 13.5 SC

“Imagine the spacious Self as an invisible Self, a Self whose form is transparent. Through this transparency, the reality of the One Self being also the many, or the all, is apparent.” **

Day 13 p.563 13.6 SC

“The spaciousness of love, the lovely complexity of form, the awesome majesty of nature, all are visible within the One Self because of the invisibility of the one boundary-less Self of form. All of creation is present and apparent in this boundary-less Self of form. This Self is everything and everyone.” **

Day 13 p.563 13.6 L

“All, all you are doing here is accepting your relationship to the unexplainable. Acceptance is the creator of invisibility, the creator of the spacious Self.” **

Day 14 p.566 14.11

“The spacious Self no longer ejects or forgets because all feelings are accepted as those of the One Self. *

“All feelings are accepted as those of the many as well.” Day 14 p.565 14.3 - 4

“This is why, after learning to disclaim all that you have called your “own,” you are now given the task of claiming your power as your own. All that is within your power is within your power. Your power is the power of the many and the one that exist in wholeness within the spacious Self.”

Day 14 p.566 14.6

“Since your true Self could not learn the untrue, a new self, which we have called the ego-self, was made.”

Ch 17 p.330 17.5

“You were told in “A Treatise on the Art of Thought” that the time of the Holy Spirit has ended and the time of the second coming of Christ is here.” **

Ch 17 p.330 17.7 HS

“Why would you ever have chosen to obscure the truth? As we have already shown, to have chosen to express the Self in physical form was a choice consistent with the laws of love. There was no need for the Self to be separate in order for this to be so, but there was a need for the Self to have an observable form and to exist in relationship with others with observable forms. This was simply so that expressions of love could be created and observed within the realm of physicality.” **

Ch 17 p.329 17.1 L

To heal is to make whole. To make whole is to become the spacious Self. To become the spacious Self is to become ready to be informed and to inform with the spirit of creation.” **

Day 15 p.571 15.15

“...being your true Self is being in union, undivided and inseparable from God, the All of All. God is only the all-knowing because God is in everything and everyone. Consciousness itself is not knowing but awareness.”

Day 17 p.580 17.2

Gd

**

“The Holy Spirit, unlike God the Creator, has known the existence of the illusion and the thought system of the ego-self and been able to communicate within that illusion. Without this means of communication with the ego-self the ability to learn the truth could not have returned to you. The “time” of the Holy Spirit has now ended because the time of illusion is now called to an end. What is finite has an end point and this is that end point for the time of illusion. The return of Christ, or your ability and willingness to live as your true Self, to live in the House of Truth rather than the house of illusion, is what will end the time of illusion.”

Ch 17 p.330 17.8

HS

**

“This power cannot be misused because it is unavailable to those who have not realized their oneness with the creative force. Thus while it is not the self who informs and is informed by the creative force, it is the Self joined in union with the creative force that informs and is informed. In other words, in union there is no distinction between the Self and the creative force of the universe, the animator and informer of all things.”

Day 15 p.569 15.10

**

“This greater level of neutrality will not be reached until those who are the forerunners have practiced and mastered this interaction with the creative force long enough to realize their oneness with it. While there is division remaining between the self and the spacious Self, the self and the creative force, you remain in the state of maintenance rather than sustenance of Christ-consciousness.”

Day 15 p.570 15.11

**

“What does it mean to practice informing and being informed? It means to join together with others who have the ability to maintain Christ-consciousness in your company. This creates the joining together of spacious Selves. It is a joining without boundaries. You become clear pools flowing into each other. You make your spirits known.”

Day 15 p.570 15.12

**

“Remember that this journey has not been about becoming self-less but about realizing your true identity. We have now debunked your myths about your true identity being an idealized form of the self. Now are you ready, through your ability to view your own Self as well as that which you observe with a neutrality that embraces the unknown as well as the known, to reclaim your Self and your purpose here.”

Day 15 p.574 15.28

**

“There is also no escape, however, because in Christ-consciousness, you must become fully aware of the present.”

Day 16 p.576 16.9

**

“As what was ejected or rejected and became “real” is returned to the Self, the physical manifestation dissolves, because the source, which was separation, is no more. In other words, illness is no longer observable once what was rejected rejoins the spacious Self. The illness was but is no more.”

Day 16 p.576 16.6

“There is also no escape, however, because in Christ-consciousness, you must become fully aware of the present.” **

Day 16 p.576 16.9

“You have been told Christ-consciousness is neither God nor man but the relationship that allows the awareness that God is everything.” **

Day 17 p.579 17.2

Gd

“You realize that you have no feelings that are bad. You embrace sadness, grief, anger, and all else that you feel because these feelings are part of who you are in the present moment. When you remain in the present moment you remain within Christ-consciousness where all that is exists in harmony..... There is no escape for there is only the embrace. The embrace is Christ-consciousness.” **

Day 16 p.577 16.10

“The thought system of the truth sees no value in suffering and so sees it not in truth. The thought system of the truth is a thought system that is not split by varying goals and desires. It is a thought system of unity. It is a thought system of one thought, one goal. That goal is the original thought that began the experience in physical form, the thought of expressing the Self in observable form.” *

Ch 19 p.335 19.9

“We have spoken of life-consciousness and Christ-consciousness as the merging of the human and the divine into observable form. **

“It (Christ-consciousness) is both the feminine and masculine, the ‘identity’ of God, or in other words, the All of All given an identity.”

Day 17 p.579 17.1 &2

Gd

“God holds you within Himself. Christ is held within you as the center or heart of yourself—as your identity and God’s identity. Christ is the “I Am” of God, the expression of “I Am” in form, the animator and the animated, the informer and the informed, the movement, being, and expression of creation. Christ is that which anointed form with the “I Am” of God.” **

Day 17 p.579 17.2

Gd

“Christ in you is what was created to inspire movement beyond simple awareness to knowing.” **

Day 17 p.580 17.4

“Those like Jesus, who fully expressed Christ-consciousness in form, did so as individuals, by not negating their being as they realized this connection. Many others with realization of Christ-consciousness as strong as that of the man, Jesus, did not express that realization but negated the individual in favor of the ‘spiritual.’” **

Day 17 p.580 17.5

“Christ-consciousness is not the second coming of Christ but the first coming—the movement of being into form.” **

Day 17 p.580 17.7

“Mary represents the relationship that occurs within, Jesus the relationship that occurs with the world. So do each of you. These two ways also represent God and Christ-consciousness, the extension of God. God is everything in heaven and on earth and is in everything on heaven and on earth. Thus, God represents the world without. Christ-consciousness is God within you, your particular manifestation of God and relationship with the God within.” **

Day 18 p.583 18.2

Gd

“They (Those who accept completion of the way of Jesus) accept the death of the self and the resurrection of the One Self, the end of the individual and the individuation of the One Self amongst the many.”

Also in “Jesus”

Day 18 p.584 18.5

**

“These example lives are evidenced through the individuation of the One Self among the many. In other words, to choose to be an example life is to choose to be made known by, and to, the many. It is full acceptance of the Self in a form that can be distinguished, or individuated from the rest. It is full acceptance of difference as well as sameness and of the necessity of each.”

Day 18 p.584 18.4

“The new visual pattern is that of spirit resurrected in form. It is the ascension of the body, or elevation of the self of form. You are called to demonstrate this pattern. The choice is to demonstrate this pattern through interaction with the world, or through incarnation through relationship.”

Day 18 p.585 18.10

B

**

“The truth is not a concept. It is real. It is all that is real.

“Your real Self exists in truth. It does not exist in illusion.”

Ch 21 p.343 21.4 - 5

“And yet, what might seem contradictory is that I have said that we can also use the certainty you have felt about your identity for our new purpose, the purpose of the miracle that will allow you to exist as who you are in human form.”

Ch 21 p.346 21.19

“Those who use their gifts to create the truth they see are those who in “doing” find their way to true contentment and true creation. They become who they are to be through their acts of creation. Those called to the way of Mary are called to be what they want to see reflected in the world and to the realization that this reflection is the new way of creation. In their being they become what they want to create.”

Day 19 p.587 19.4

“Those who, in relationship with the unknown, through unity and imagination, create the new by means other than doing, open a way previously unknown, and as all forerunners do, anchor that way within consciousness by holding open this door to creation. They, in truth, create a new pattern and begin to weave it into the web of reality, anchoring it for discovery by their brothers and sisters.”

Day 19 p.589 19.13

**

“Those following the way of Mary become mirrors of the truth they discover, reflecting the way to their brothers and sisters. This is why this is not a place or state of non-interaction but of great interaction. It is a state that facilitates knowing through relationship. This occurs through the one Self of form.”

Day 19 p.590 19.14

**

“Without those pursuing the way of Jesus, those pursuing the way of Mary would have a much more difficult task. There would be little space in which to anchor the new. Those following the way of Jesus create the openness of the spacious Selves who allow for the anchors of the new to be cast and thus to ride out the many storms of this time of transition.”

Day 19 p.590 19.17

**

“The truth is the truth. It doesn’t change.”

Day 20 p.591 20.5

“The only thing there is to know is the One Self in its many expressions. You are the known and the unknown.” *
Day 20 p.591 20.7

“The first transition, as you have probably already realized, is about a letting-go of any of the ideas that you may still have that an outside source exists. There is no such thing as an outside source. There are no outside sources of wisdom, guidance, or even information.” **
Day 21 p.593 21.1

“You have now been told to own this dialogue and to realize that its wisdom is your own. Are you accepting this? Are you beginning to ready yourself to hear this voice as your own? To express the voice of Christ-consciousness as only ^{they} you can express it?”
Day 21 p.594 21.9

“Wherever you go, whatever you do, the truth will go with you.” Ch 22 p.349 22.3

“Realize that what we have called “closed eyes” observation is really the observation of a Self beyond the personal self.”
Ch 22 p.351 22.17

“To call forth observance is to call forth the sight of your true Self. To call forth the sight of your true Self is to call your true Self into observable form. Calling the true Self forth into observable form is the end of the old and the beginning of the new.” **
Ch 22 p.351 22.17

“The question asked throughout this Course is if you are willing to make the choice to come to know your Self and God now. This is the same as being asked if you are willing to be the chosen of God.” **
Ch 1 p.356 1.11 Gd

“You have completed God’s act of choosing you by choosing God. This is all the chosen people are in time—those who have chosen God as God has chosen them. That you have chosen God and chosen a new means of coming to know the truth—the means of Christ-consciousness, is what has ushered in the new time.”
Ch 1 p.357 1.18 Gd

“Those born into the time of Christ will settle for nothing less than the truth and will soon begin looking earnestly for it. Even the ego-self will be perceived clearly by these, and they will not want it for their identity but only will accept it until another identity is offered.” Ch 1 p.359 1.26

“What I am saying is that it is not impossible for those who remain unaware of the new consciousness to come to know themselves and God, and to continue to pass their learning on indirectly, or through indirect communication and contrast. But this also means that the great majority will become aware of the new state of consciousness and that learning will pass through them directly through observation and direct communication or experience. It means that the last generation born into the time of the Holy Spirit will live out their lives and that soon all who remain on earth will be those born into the time of Christ.” **
Ch 1 p.359 1.26 HS Gd

“You must realize that if you were to see into the eyes and hearts of any human from any time with true vision, you would see the accomplished Self there.” *
Ch 2 p.362 2.8 A

“The ability to observe what the Self expresses was among the original reasons for this chosen experience.... Who you are now was there when you were a child, and there in all the years since then, and there before you began your learning of this Course. Your awareness of the Self that you are now was not present in the past, but you can truly now, with the devotion of the observant, see that the Self you are now was indeed present, and the truth of who you were always.”

Ch 2 p.364 2.15

“How, then, could you possibly observe any others without knowing that the truth of who they are is present even though it might seem not to be? This is the power of the devotion of the observant that you are called to, the power of cause and its effect. This is the power you now have within you, the power to observe the truth rather than illusion. This is the power to observe what is. This is Christ-consciousness.

**

“.... The power to observe what is is what will keep you unified with your brothers and sisters rather than separating you from them. There is no power without this unity.” Ch 2 p.364 2.16 - 17

“There is not a “mindful” Self living separately from a “soulful” Self. There is not a “worker” Self living separately from a “prayerful” Self. All Selves are joined in wholeheartedness. The one Self is solely involved in living love.”

Ch 25 p.164 25.17

L

**

“Your brothers and sisters are as holy as your Self. Holiness is the natural harmony of all that was created as it was created.”

Ch 2 p.365 2.20

**

“Seeing with the vision of Christ-consciousness is already upon you. You are in the process of learning what it means. This Treatise is here to help you do so. Learning to see anew is the precursor of learning to create anew. Creating anew is the precursor of the coming of the new world.”

Ch 2 p.367 2.33

**

“The original intent of this chosen experience was the expression of the Self of love in observable form. This original intent or cause formed the true nature of the personal self capable of being observed in relationship.”

Ch 3 p.369 3.4

L

**

“You are the caterpillar, the cocoon, and the butterfly. This is the way that you are many Selves as well as one Self. You are a Self with many forms. The form you occupy contains all of your potential manifestations as the form of the caterpillar contains all of its potential manifestations.”

Day 24 p.601 24.1

**

“Now it is up to you whether you allow your true nature to be revealed.” Day 24 p.601 24.3

**

“If you allow your potential to be released, your true nature in all its wholeness will be revealed.”

Day 24 p.601 24.4

**

“Now let’s speak a moment of the Self as guide. This simply means that you turn to the Self as the source of coming to know of the unknown.”

Day 26 p.605 26.1

**

“The Self *will* guide you if you will allow it to. Your Self will lead you down from the mountain top and through the valleys of level ground. There is no other guide. We are One Self.”

Day 26 p.605 26.4

**

“You can trust in your Self.”

Day 26 p.605 26.5

**

“This alchemical transition, this passing of the unknown into the known, this moment when the unknown becomes the known *within the Self*, is the birth of creation. It is the culmination of all that has come before, the All of Everything realized in a single heartbeat, a single instant of knowing. This is the One Self knowing itself. This is not knowing that comes with a great ah ha, but knowing that comes with the awe of reverence. Creator and created are one and the homecoming experienced is that of union.”

Day 26 p.605 26.7

**

“Life, your humanity, is the variability. Spirit, your oneness, is the constant. Life is oneness extended into separation and variability through experience. The elevated Self of form will be the expression of new life lived within the constant of wholeness but continuing to experience the variability of separation.”

Day 27 p.609 27.15

“This is why this time is spoken of as the time of fullness. It is the time during which you have within your awareness the ability to come into your time of fullness by accepting the inheritance of your Father. You have the awareness and thus the ability to accept the continuity of life-everlasting.”

Ch 4 p.373 4.8

*

“I am calling you to the new. I am calling you to transform. I am calling you to Christ-consciousness. I am calling you to everlasting consciousness even while you still abide in form. To be cognizant or aware of everlasting consciousness while you still abide in form is to be fully aware that you have life everlasting.”

Ch 4 p.374 4.12

**

“This knowing will come from the return of true vision. True vision sees life-everlasting where perception but saw finite life and mortal bodies. Once vision and Christ-consciousness has returned to you, the means of life-everlasting will be understood as a choice.”

Ch 4 p.374 4.14

**

“To believe that you are mortal is to believe that you must die to the personal self of form in order to be reborn as a true Self. This is an old way of thinking.”

Ch 4 p.374 4.16

“The joining of heart and mind in relationship is the joining of the personal self with the true Self in the reality in which you exist now. Remember, the heart must abide in the reality where you think you are. Only through your mind’s acceptance of your new reality has the heart been freed to exist in the new reality that is the state of unity and relationship.”

Ch 4 p.374 4.16

“You are the substance of the universe. The same energy exists in the stars of the heavens and the waters of the ocean that exists in you. This energy is the form and content of the embrace. It is within you and It surrounds and It encompasses you. It is you and all who exist with you. It is the body of Christ.”

Ch 5 p.377 5.5

SC

**

“Form has been but a representation of singular consciousness. As form becomes a representation of Christ-consciousness, it will take on the nature of Christ-consciousness, of which my life was the example life. To sustain Christ-consciousness in form is creation of the new.” **

Ch 4 p.375 4.18

“Your “self” will no longer be divided into a spirit Self and a human self, living under different conditions, at times complementing and at times opposing one another.” **

Day 29 p.615 29.2

“Your familiarity with your spacious Self has also been part of the process and part of the experience of merging wholeness and separation.” **

Day 29 p.616 29.6

“A new state of being is a new reality. It is linked with your notion of who and where you are, for who you are and where you find yourself, and experience yourself, are your reality.”

Day 29 p.616 29.7

“The many forms are made one body through Christ-consciousness. The one body is one energy given many expressions in form. The same life-force courses through all that exists in matter in the form of this energy. Awareness of this one Source of energy, and thus this one energy existing in everything, and creating the life in everything, is Christ-consciousness. It is also what we have been referring to as heart, as the center of your being.” *

Ch 5 p.376 5.3

“God can thus be seen as the All of everything and life, or the Body of Christ, as all that makes up the seemingly individual parts of the All of everything. Christ-consciousness is your awareness of this.” *

Ch 5 p.377 5.6

Gd

“Just as your finger is but one part of your body, without being separate from your body, or other than your body, you are part of the body of Christ, the body of energy that makes up the universe.” **

Ch 5 p.377 5.7

“To align your will with the Will of God is to make the choice for Christ-consciousness, to make the choice to be aware of who you truly are.” **

Ch 5 p.378 5.19

Gd

“At the time of death you are assisted in ways not formerly possible to you in form, to make the choice to be who you are. You are shown in ways that the body’s eyes were unable to see, the glory of your true nature. You are given the chance, just as you are being given the chance now, to choose your true nature with your free will.” *

Ch 5 p.378 5.11

“The Self must be the knower and the known, the experience and the experiencer. The quest to join with God is this quest. The quest to be the knower and the known, the experience and the experiencer. The culmination of this quest then, is joining.” **

Day 30 p.618 30.5

Gd

“The truth that you are the experience escapes you.” **

Day 31 p.619 31.2

“For the individuated Self to experience separately from God is to negate the purpose of the experience of the Self which is God.”

Day 31 p.620 31.8

Gd

“But I tell you truly; it is no different than the time that is upon you right now. The afterlife has simply been a time of increased choice because it has been a time of increased awareness. Loosed of the body and the body’s limited vision, real choice has been revealed to those having experienced death. At that time it is your judgment of yourself and your ability to believe in the glory that is yours, that determines the way in which your life will continue. The same is true right now! For this is the time of Christ and thus of your ability to choose Christ-consciousness, the consciousness returned to those loosed of the body by death.” Ch 5 p.378 5.13 **B** **

“What the mountain top experience is helping you to see is that you are the experience. The mountain top experience did not happen to you or happen separately from you. It has happened and is happening within you. You are the experience and the experienter, the knower and the known. This joining is the point of the experience and the key to experiencing wholeness.” Day 31 p.619 31.3

“To know the One Self within the individuated Self is to join the two. The two are thus joined in the relationship of experience. Experience is not known separately from the Self. Self and God are one and experiencing together in wholeness.” Day 31 p.620 31.8 **Gd**

“The experience of the Self is God. It is not from God. It is not of God. It is God.” Day 31 p.621 31.1 **Gd** **

“In this time of Christ, this time of direct revelation and direct sharing, the probable future you imagine, envision, desire, will be what you create. This is the power of the devotion of the observant. A shared vision of unity and a return of all to the state natural to all is what I ask you to imagine, envision and desire.” Ch 6 p.380 6.4 **

“I ask you to share a vision of what is, the very vision of what is that is Christ-consciousness. It is a vision of the perfection of creation. It is a vision of unity and relationship in harmony. It excludes no one and no one’s choice and no one’s vision.” Ch 6 p.381 6.5 *

“...they did not sustain Christ-consciousness, primarily because they were unable to share Christ-consciousness directly due to individual and collective choice.” Ch 6 p.381 6.7 **

“You have the unequalled opportunity now, because you exist in the Time of Christ, to directly share Christ-consciousness and thus sustain Christ-consciousness. You can pass on the inheritance you accept in this fullness of time. In this time of unity, dedicate all thought to unity. Accept no separation.” Ch 6 p.381 6.8 **

“Christ-consciousness will be temporary or sustainable depending on your ability to refrain from judgment. What flows from Love and knows not judgment.” Ch 7 p.382 7.1 **L** **

“Those who allow themselves to experience revelation will enter Christ-consciousness.” Ch 7 p.383 7.3 **

“Those who sustain Christ-consciousness will abide within it free of judgment.” Ch 7 p.383 7.4 *

“They (those who sustain Christ-consciousness) will not seek to create their version of a perfect world and to force it upon others, but will abide within the perfect world that is in the vision of Christ-consciousness. This perfect world will be observable to them and in them. It will be revealed to them and through them. It will be revealed to them through what they can envision, imagine and desire without judgment. It will not take the effort of their bodies, but the freedom of a consciousness joined in unity, a consciousness able to envision, imagine and desire without judgment and without fear.”

Ch 7 p.383 7.4

NE

**

“You cannot sustain Christ-consciousness while fear remains in you, just as you cannot sustain Christ-consciousness while judgment remains in you. Why? Because it is not in the nature of Christ, it is not in the nature of the Christ-Self to know fear or judgment.”

Ch 7 p.383 7.5

*

“...being in harmony with poor health and learning the lesson that it has come to impart to you, will return you to good health. Your poor health is no cause for judgment, as it is the perfect health, now, in the past, and in the future, to bring you the lessons you would learn in order to return you to your Self and the unity of Christ-consciousness. The same is true of all conditions of all learning everywhere. The conditions are perfect for optimal learning. This is the nature of the universe. These conditions are perfect not only for individual learning, but for shared learning, learning in community and learning as a species.”

Ch 7 p.384 7.7

“Yet the fact that you are being does not define who you are any better than the earlier example of your experiences would define who you are, because being, by itself, does not differentiate or individuate you.”

Day 37 p.639 37.2

*

“Because we are all one being, we must either extend or project in order to individuate and be in relationship. You are an extension of I Am into form.”

Day 39 p.648 39.3

**

“There is a subtle and loving difference between I Am and who I Am. Who is an acknowledgment of individuated or differentiated being in union and relationship.”

Day 38 p.647 38.11

“When you relate to anyone, Christ is there, bridging the distance that would keep you separate and holding you in relationship. Christ has provided the necessary link between the separate and each other, between all and God. Yet if the time of Christ is about the end of the need for the intermediary, what becomes of the intermediary relationship Christ seems to offer? Are you ready to hold relationship on your own?”

Day 39 p.648 39.3

Gd

**

“An intermediary stands between as well as links. It is a totally unnecessary requirement in unity because the boundaries of separation have fallen. To be individuated being in union and relationship is to be Christ, to realize that what we call Christ is the integration of relationship into the Self.”

Day 39 p.649 39.8

**

“It (separated self) doesn’t understand, until joining with the Christ Self, before becoming one with holy relationship itself, that relationship is an identity.”

Day 40 p.658 40.20

**

“With the acceptance of the Christ in you, you are returned to relationship and need no longer strive against the “opposing” force of separation, for you no longer know it. The creative tension that now remains in our relationship is the tension of individuation or the individuation and differentiation process.”

Day 40 p.656 40.8

**

“Recall what was said earlier: Christ-consciousness is the awareness of existence through relationship. It is not God. It is not man. It is the relationship that allows the awareness that God is everything.... It is the expression of oneness in relationship with Its Self.”

Day 40 p.657 40.13 Gd

**

“You know this “I” because you have a relationship with yourself. If you did not have a Self to have a relationship with, you would not know that you have an identity apart from the separate identities of your separate relationships.”

Day 40 p.658 40.19

“Now, as you recognize, acknowledge, and accept the Christ as the Self you have been in relationship with, you are returned to relationship with me and with love. You end your separated state and become for the final time. You “become” being in union and relationship.”

Day 40 p.659 40.23 J L

**

“Drift from knowing to unknowing, close your eyes, and you can experience the stillness of not knowing, the rest and calmness of nothingness. You can experience non-being and in a similar fashion, drift as gently and as your own desire arises, into all-being. Mainly you will enjoy being—being who you are. You will be happy. You will be content. And you will know, unerringly, how to act naturally from your being.”

Epilogue p.662 E.9

**

“What will there be to strive for? What quest will replace this quest for being? The quest for love’s expression—the quest to see, experience, and share, as many of love’s expressions as the world needs to be returned, along with you, to its own Self.”

Epilogue p.664 E.27

L

“The way of learning in the Time of Christ brings with it a new kind of evidence, an evidence demonstrated clearly and plainly with every willingness to end reliance on the ego-mind and to leave the hell of the separate self behind.”

Addendum p.669 A.22

**

“It is appropriate to remember and to be reminded at this level, that being true to your Self is not about reaching an ideal state or a state of identity exactly the same as another’s. It is also not about being selfless.”

Addendum p.669 A.24

**

“But consciousness of what is, the Christ-consciousness that allows you to be in communion with God, is not a static state. While consciousness of the truth is never-changing, consciousness of the truth is also ever-expanding.”

Ch 8 p.388 8.14

Gd

**

“Does one know love in one burst of knowing and never know more of love? Does one grasp beauty and thereafter remain ever unstirred by it? Is not the very essence of consciousness itself this ability to come to know continuously? To be aware constantly of what is, is to continuously come to know and yet to never not know.”

Ch 8 p.388 8.15

L

**

**

“Learning, dear brothers and sisters, does come to an end, and that end is fast approaching. Coming to know through learning will be of the past as soon as Christ-consciousness is sustainable and you begin to come to know through constant revelation of what is. True learning has had only one purpose—the purpose of returning you to awareness of your true identity. Be done with learning now as you accept who you truly are.”

Ch 8 p.388 8.17

“But now the time is upon you to leave learned works behind in favor of observation, vision and revelation. Now is the time to leave behind study for imagining, envisioning, and desire. Now is the time to move out of the time of becoming who you are to the time of being who you are.”

Ch 9 p.390 9.4

“You have entered the final stages of revelation of Who You Are. When Who You Are is fully revealed you will realize that it is time to leave the classroom and live as Who You Are in the world. You will realize that your participation in the world as Who You Are is part of an on-going dialogue, and that it is an on-going aspect of creation by which the new will be created.”

**

Addendum p.673 A.42

“This Course has led you through resigning as your own teacher, to becoming a true student, and to now leading you beyond the time of being a student to the realization of your accomplishment.”

*

Ch 10 p.392 10.1

“Expression of the Self of love in form is not something that can be learned. It is something that can only be lived.”

**

Ch 10 p.394 10.12

L

“You who have provided a service cherished by God, and who have risen in the esteem of your brothers and sisters, be beacons now to the new. You who have gained so much through your learning and your study and your sharing of the same may find it difficult to leave it behind. A choice made by you to stay with learning rather than to move beyond it would be an understandable choice, but you are needed now. Needed to help establish the covenant of the new. Be not afraid, for the glory that has been yours will be as nothing to the glory that awaits you in the creation of the new. You will always be honored for what you have done. But do you want this to be forever the cause of your honor? Be willing to be the forerunners still, to join your brothers and sisters in this next phase of the journey, the journey out of the time of learning that will usher in the fullness of time.”

**

Ch 9 p.391 9.9

“Welcome, my new brothers and sisters in Christ, to the creation of the future through the sustainability of Christ-consciousness. Today we join together to birth the new.”

**

Ch 12 p.396 12.1

“You, as a being joined in Christ-consciousness, must share this consciousness in order to know it. It cannot be grasped by the singular consciousness.”

**

Ch 12 p.400 12.23

“Learning has had to do with what is perceived. No longer learning has to do with what is revealed. Learning has had to do with what is unknown. No longer learning has to do with what is and can only be known through revelation. Learning has had to do with supplying a lack. No longer learning has to do with the realization that there is no lack. Learning was what was necessary in order to allow you to fulfill the desired experience of expressing the Self of love in form. No longer

**

learning is the revelation that the time of accomplishment is upon you and the expression of the Self of love in form is what you are now ready to do. Learning was what was necessary in order to know who you are and how to express who you are. No longer learning, or being accomplished, is synonymous with knowing who you are and the ability to express who you are in truth.”

Ch 10 p.393 10.11

L A

“You have arrived! The long journey that brought you here is over. Grow not impatient or desirous of a return to journeying before you begin to experience the joy of sharing and the new challenges of creating the new! This will be joyous journeying and your challenges will be joyous challenges!”

Ch 12 p.398 12.15

**

“Again let me remind you that we are speaking of the new. There has always been a state of consciousness that we are here calling Christ-consciousness. There has never been a sustained Christ-consciousness in form. The Christ-consciousness that has always existed, a consciousness of what is, is an all-inclusive consciousness, the consciousness of the embrace. It is not a learned state, as was the singular consciousness of the human form. It is your innate consciousness, a consciousness far too vast to be learned but one easily shared by all.”

Ch 12 p.400 12.22

**

“...Christ-consciousness is not available to the separated self. Christ-consciousness is the consciousness of unity for unity is what is.”

Ch 12 p.401 12.23

**

“Free will continues in the pattern of Christ-consciousness. Love continues. The individual or singular consciousness that was appropriate to the time of learning does not continue. Thus the new pattern is one of creation in relationship and unity rather than learning.”

Ch 12 p.402 12.28 L

**

“This is a prelude to but one form of these dialogues. Sharing in unity is automatic. It is the nature of Christ-consciousness. Once you have adapted to this nature you will realize that what is communicated through our dialogues and those you share with your brothers and sisters, is simply communication of what already is. This will help you to adapt to the revelations that replace learning. This will help you to adapt to the truth of a sharing you will have received even before it is communicated through the means to which you are accustomed.”

Ch 12 p.402 12.31

**

“What this means (to claim your Self) in practical terms is that you let the personal self step back and the true Self step forward.”

Ch 1 p.407 1.2

**

“You do not “see” the new, the new Self of elevated form or the true Self of divine union. You “see” the separated self still “trying,” still “struggling,” still fumbling along. You do not see the natural grace and order of the universe extending into the realm of the elevated Self, the space of the elevated Self.”

Ch 1 p.407 1.3

**

The ego is gone but the true Self has not been allowed as yet to dwell within the personal self, thus elevating the personal self. You have thus been self-less for a time and the personal self has floundered from this lack of identity. A person could literally die during this time from lack of identity, lack of cause. To die to the personal self is not what is required any longer as we work

**

instead to elevate the personal self. This elevation occurs through the acceptance of your true identity, not through being identity-less. The reign of the ego began during just such a time of identity-less-ness. You cannot go on in such a way.”

Ch 1 p.408 1.10

“Be what you have been called to be. Open your dwelling place to your true Self, your true identity. Imagine this opening and this replacement occurring with every fiber of your being. Imagine the separate self being enfolded, embraced, and finally consumed—taken into the Self of union. The body of Christ becomes real through this indwelling of Christ in form.”

Ch 1 p.408 1.11 E

**

“I am no longer the personal self who was separate and alone. I am my Christ Self. I dwell in unity. My identity is certain. This is the truth.”

Ch 1 p.409 1.14 J

**

“As you have been shown, this (the transformation to the elevated Self) will not occur by means of preparation but by means of acceptance. This will not occur by means of trying but by means of surrender.”

Ch 1 p.410 1.18

**

“If you fully accepted your true identity, you would no longer look outside of yourself for guidance for you would realize that your Self is all there is. We are one body, one Christ. We are one Self.”

Ch 1 p.411 1.23

**

“Your Self is not the person you have been since birth. Your body does not contain you. What you are going to find happening, as you accept your true identity, is a transference of purpose concerning your body. What once you saw as yourself, you now must come to see only as a representation of your Self. You are everything and everyone. All that you see is you. You stand not separate and apart from anything.”

In “The Body” Ch 1 p.411 1.24 B

**

“You are asked to accept or receive the truth of who you are and the revelations that will show you how to live as who you are within the world—and you are asked to refuse to accept who you are not and the ways of life that allowed you to live within the world as a false self.”

Ch 2 p.413 2.2

**

“If you do not realize that you have learned all that you need to learn, you will retain the consciousness of the separated self rather than sustaining Christ-consciousness.”

Ch 2 p.414 2.8

**

“Because we are working now for the integration of your true identity into the self of form, or the elevation of the personal self, new patterns are needed.”

Ch 2 p.415 2.15

**

“Looking within is turning to the real Self and the consciousness shared by all for the creation of a new answer, the answer to the only remaining question; that of how to sustain Christ-consciousness in form.”

Ch 2 p.417 2.22

**

“Within is where the real world and all your brothers and sisters exist in the unity of Christ-consciousness.”

Ch 2 p.417 2.22

“Within is where you find the knowing of Christ-consciousness, the consciousness of unity. Within is where you find the power of creation, the power to create the patterns of the new.” Ch 2 p.417 2.22

“This is the agreement God asks of you, your part of the shared agreement that will fulfill the promises of your inheritance. This is the Covenant of the New in which you honor your agreement to bring heaven to earth and to usher in the reign of Christ.” Ch 2 p.417 2.23 Gd

“The Covenant of the New is simply our agreement to proceed together on the palm-strewn path of Christ-consciousness. It is a path upon which joy triumphs over sorrow and victory triumphs over defeat. All that it requires is the acceptance of the new and the denial of the old that will allow for the sustainability of Christ-consciousness in form.” Ch 3 p.418 3.1

“The mending of the rift between heart and mind returned you to your Self. In the same way, the mending of the rift of duality will return the world to its Self. The mending of the rift of duality was accomplished in you when you joined mind and heart and returned to the oneness and unity of Christ-consciousness. Sustaining Christ-consciousness will accomplish the same thing in your world.” Ch 3 p.418 3.5

“These are new ideas to you because you have recently learned them and through the art of thought begun to integrate them into the elevated Self of form. These are really not new ideas, however, but rather ideas of who you truly are birthed within the self of form so that the Self and the elevated Self of form are able to work with ideas birthed from the same source.” Ch 3 p.419 3.8

“Ideas of who you truly are, birthed by the wholehearted self in union with all, are the ideas that will allow new patterns to emerge and the design of the future to be created.” Ch 3 p.420 3.9

“You, as the elevated Self of form, are a continual representation of what is continuously being given and received, what is continuously being shared. You are a representation, for instance, of this dialogue. You are a representation of all of your brothers and sisters in Christ. You are a representation of the truth. You are a representation of all that is given and received in truth. You are a representation of creation. A representation of union. You are a representation of the Self.” Ch 3 p.421 3.15

“As the Self, you are giver and receiver. Your Self is a full participant in this dialogue. You as the Self are the truth. You as the Self are the creator and the created. You as the Self are union itself. This is what awareness is about. Consciousness has to do with that of which you are aware. To know what you now know, and remain aware only of the reality of the separated self, would not sustain Christ-consciousness in form.” Ch 3 p.421 3.16

“The Self is not separate from anything, not from anything in the physical world or anything in the state of unity.” Ch 14 p.470 14.3

“The power of the universe is given and received constantly in support of the creation of the new. This is what creation is! The entire universe, the All of All, giving and receiving as one. This is our

power. And our power is needed for the creation of the Covenant of the New in this time of Christ.”

Ch 3 p.422 3.23

“This is not meant to convey any division between the Self and the elevated Self of form, but to demonstrate that there is a difference in form between the Self and the elevated Self of form. The Self was and will always remain more than the body. The body, however, is also newly the Self. The body is also, newly, one body, one Christ.”

“It is this difference that exists between the Self and the elevated Self of form that makes of us creators of the new, because the elevated Self of form is new. The Self is eternal.”

Ch 3 p.421 3.18

B

“What you need remember now is that your separated self already learned this concept of giving and receiving, and that for the elevated Self of form it is simply a shared quality of oneness. It is not in need of learning or even understanding. It is. Awareness of what is, is a quality of Christ-consciousness. Thus you are already aware of the truth of giving and receiving being one.”

Ch 3 p.422 3.21

“Each of you has had an imprisoned personal self. Each of you who have entered Christ-consciousness has had the cell door and the prison gate thrown open and a new world offered.”

Ch 4 p.423 4.5

“Just as obviously, all we are left with is divine design. All we are left with is what was given: A divine universe, a divine existence. That divine universe, our divine existence, is now recreating the patterns that served the time of learning. What was learned in the instant in which you came to know your Self is all that learning was for.”

Ch 4 p.426 4.18

“Beloved brothers and sisters, You are The Accomplished.”

Addendum p.674 A.50

A

“What then is the call to creation that has been spoken of? This is the acceptance of the new you—acceptance that you are going beyond simple recognition and acceptance of the Self as God created the Self—to the living of this Self in form. This is an acceptance that recognizes that while the Self that God created is eternal and the self of form as ancient as the sea and stars, the elevated Self of form is new and will create a new world.”

Ch 5 p.432 5.15

Gd

“When Christ-consciousness is sustained, time will collapse and the sun may not need to rise or set to separate day into night. Resting and waking will be part of the same continuum of being.”

Ch 7 p.442 7.3

“We have redefined the miracle as the art of thought, or the continual act of prayer that sustains the unity of Christ-consciousness.”

Ch 6 p.441 6.27

“We have talked of but one replacement for the pattern of learning—the pattern of acceptance. What might the body be called to accept? This is an easy answer, as you have already called upon the body to accept the indwelling of Christ. You have replaced the personal self, the self of learning, with the true Self. You have accepted your true identity. How could the body now be the same as it once was?”

Ch 6 p.440 6.24

B

“Outside of time and form your Self has always existed in the perfect harmony in which it was created. Now that your Self has joined the elevated Self of form, you exist together both in time and outside of time. Remember, the elevated Self of form will never be all that you are. This does not imply however, that there are portions of your Self missing from this new experience in form you now enter into, but that the elevated Self of form is now able to join with the Self in the unity of shared consciousness. You are whole once again and your form will merely represent one aspect of your wholeness in the field of time.”

Ch 6 p.440 6.26

“The self of form, as form, could never truly experience the All of Everything that is the natural state of the formless. But the true Self cannot cease to experience its natural state, the state of Christ-consciousness, sharing in unity, the All of Everything. So these two states, the state of form and the state of unity, are both in existence right now. In the state of unity, your true Self is fully aware of the elevated Self of form and is fully participating in its experiences and feelings. The elevated Self of form, however, being a form that still exists in time, must realize the consciousness of the true Self in time. What this means is that the elevated Self of form may still need “time” to come to know the changes that only occur in “time” although they are already accomplished in unity.”

Ch 6 p.440 6.27

A

“Action is the bridge between form and the formless because action is the expression of the self in form. “Right” action comes from the unity in which doing and being are one, or in other words from the state in which there is no division between who you are and what you do. “Right” action comes from the state of wholeness. Being whole is being all you are. Being all you are is what the elevated Self of form represents.”

Ch 7 p.443 7.6

“The self and the expression of self that comes from any place other than wholeheartedness is not the true Self or the true expression of the Self but the self-expression that arises from separation. Self-expression that arises from separation is still valuable, as it is a sign of yearning toward the true Self and the true expression of the Self.”

Ch 8 p.450 8.10

“Expand your reach! Step outside of the dot of the separated self and into the circle of unity where all you desire is already accomplished in the fullness and wholeness of the undivided Self.”

Ch 8 p.450 8.11

A

“In other words, the elevated Self of form does not remain contained within the dot of the body but draws its sustenance from the larger circle, the circle of unity.”

Ch 11 p.460 11.14

B

“Creation is our coming into our true identity, and is the extension or expression of that identity into the creation of wholeness in form.”

Ch 16 p.479 16.2

“It is your joyous acceptance of the already accomplished state of these givens (talents, ideas, imagination, inspiration, instinct, intuition, vision, or calling) that allows expression of what is given to truly come through you and express the Self, because joyous expression expresses the Self of unity rather than the self of separation, the Self of elevated form rather than the personal self.”

Ch 10 p.455 10.3

“You thus must begin to realize that the bringing forth of the accomplishment that already exists in unity is your new work, the work of the Self of union, the work that can fill you with the true joy of true accomplishment, because it is your real work—work with what is.” Ch 10 p.456 10.4

“Working with what is in unity is not work but relationship. You are called to realize your relationship with what is given from unity. It is in that relationship, the relationship between what is and the expression of what is by the elevated Self of form, that the new is created. What is becomes new by becoming sharable in form—or in other words, what is continues to become through the continuation of relationship and the creation of new relationships. In this way, sharing in relationship becomes the goal and the accomplishment of the elevated Self of form, the means through which the Self of union is known even in the realm of separation, and thus what draws others from separation to union.” Ch 10 p.456 10.5

“What then becomes the contribution, the unique contribution of each elevated Self of form? The contribution becomes a contribution from the well of spirit, from the shared consciousness of unity that finds its expression, its unique expression, through the elevated Self of form. Why would you retain your desire to make an individual contribution, when you can now make a contribution such as this? Is not your unique expression of the whole enough for you? Is it not infinitely greater than the contributions that are possible for the individual, separated self to make? Is not the history of your world filled with individual contributions of incredible scope?” Ch 11 p.460 11.15

“I am not saying that your ego is still at work because you still think in the same way as before. I am about to make the two main points of this discussion: The first is that thinking, with or without the ego, is a pattern of the separated self and does not serve you. The way in which you think may seem vastly improved since the ego ruled or may seem only minimally improved, but it is the pattern, not the ego, that is still with you. The second point is that although thinking does not serve you, you do have, right now, and have always had, true thoughts that come to you from your Self, the Self joined in unity.” Ch 12 p.463 12.11

“What I am striving to help you see, once again, is that union isn’t achieved with a flash of light from above, but that it quietly infiltrates the dot of the self in its unguarded moments. I am attempting to help you to become aware and comfortable with the idea that, released of old patterns, the self will join with unity more and more frequently, until finally you will sustain Christ consciousness and live in the world as the elevated Self of form.” Ch 12 p.463 12.12

“We are not leaving the Self to explore, because the Self is the source and cause of exploration as well as the source and cause of discovery. And yet the Self is far more than you have experienced as yourself in the past.” Ch 14 p.470 14.2

“This wholeness of being is what lies beyond body and mind, form and time. Becoming the elevated Self of form is becoming whole, and will be the way in which source and cause transform body and mind, form and time.” Ch 14 p.473 14.17

“This reality begins with awareness of what is beyond body and mind, form and time. It proceeds to this awareness being accepted, adopted as an ability, and then to becoming your new identity. It proceeds to the transformation we have spoken of, to the act of becoming the elevated Self of form. You are thus entering the time of becoming, the time of becoming the new you which must precede creation of the new world. For as it has been said: As within, so without.” Ch 14 p.473 14.15

“One of the primary ideas that will assist you in leaving patterns of thinking behind is the idea that thought as we are describing it, the thought that is not really thought but the way of coming to know of the Self joined in unity, enters you through the place of mind and heart joined in wholeheartedness at the center of yourself, a place that has nothing to do with the body. That you listen, hear, and respond may at times be of the body, but it may also at times not be of the body. The main idea to hold in your mind and heart is the idea of entry, and the idea that what comes of unity does not need access through your body’s eyes or ears or any of what you consider to be your senses. Along with this main idea it is essential for you to realize that this is not so strange and unusual as it may sound, that this access and entryway already exists within you, and that you have already benefited from moments of interaction with, if not awareness of, the state of unity.”

Ch 12 p.463 12.13

B

“And finally, through experience, it (the treasure) will become your identity.” That treasure is the new way of thought put forth in A Treatise on the Art of Thought, the thought that is the miracle, or miracle-readiness, the thought that comes of unity and that extends and expresses itself through your form, thus elevating the self of form. It is awareness, acceptance, and discovery of what is beyond form that allows the beginning of the transformation of what is beyond form into expression in form. Awareness, acceptance, and discovery are, in short, what allow form to become the more it has so long been seeking to become.”

Ch 14 p.472 14.13

“Form was animated with spirit and entered a state of becoming. You were animated with spirit and you too entered a state of becoming.”

Ch 16 p.479 16.3

“Being could be learned here, because it was not yet whole. Being is synonymous with identity. When your being and your identity, your Self and your awareness of Self are whole and complete, being, like love, is no longer capable of being learned, for it no longer has attributes.” Ch 16 p.480 16.6

“The new you is the elevated Self of form who you are in the process of becoming. This time of becoming is the time in between your awareness of and access to Christ-consciousness or unity, and your sustainability of Christ-consciousness or unity, in form. In your time of directly experiencing the movement, being, and expression of unity, you are being who you are. At other times, you are becoming who you are.”

Ch 16 p.482 16.13

“Having ‘arrived,’ the desire to “get there” has not been satiated but only has grown into something different. With having arrived comes the “presence” of Self so long awaited, the joy of accomplishment, the taste of victory.”

Ch 17 p.484 17.5

The space of the One Self is everything. Space is neither divided nor separated nor occupied by form. Space is all that is. Christ-consciousness is the space of all that is. Day 12 p.561 12.4 SC

“Surrendering to the forces that move inside of you is surrendering to your own will. It requires full acknowledgment that you hold within yourself a will to know and to make known. This will is divine will, your will, Christ-consciousness. It is alive within you. All that is required is that you carry it with awareness, honor, willingness. From this will the new be birthed.” Day 23 p.599 23.11

“Again I tell you that it is only your body and the thinking of your ego-mind that make the in-between state of the illusion in which you now exist seem real. I must make a distinction here, between the seemingly real, and the aspect of your existence that is real. Your heart as we have defined it many times within this Course, must exist in the thought system that is real to you. The thought system of the ego-mind is what has been real to you and thus where your heart has been held captive. Thus, your real Self is not present in the realm of the truly real, but is actually present within the illusion. This is why all seeking must turn within, toward the heart where the real Self abides. There is nothing else that will free who you are but freedom from the ego’s thought system. That the ego’s thought system has kept you from this freedom is the seeming difficulty you experience in learning this course of study and the reason, when you have freed your self, that you will look back and see how easy this one choice really is.” First line in “The Body” Ch 5 p.219 5.9

“Yet no one can know more of the truth than another, and no one can know less.

‘Just beyond your mind’s ability to call it forth lies the truth that you and all other beings know. The access to what seems to lie beyond your ability lies in the Christ in you.”

Ch 10 p.267 10.7 - 8

“Expression of the certainty of unity is what the elevated Self of form is all about.” Day 9 p.545 9.5

“When an obstacle of form, be it human or material in nature, seems to present itself, all you must do is remind yourself that space has replaced what was once your self of form....

“Thus your space will effortlessly join with the space that is free and open to joining. There is no boundary between space and space.” First line in body Day 12 p.562 12.6 &8 SC

“And yet how seldom are you fully present for your own life, your own Self, your own being. If you were fully aware of your own being, you would be in oneness with Your Father.” Ch 30 p.184 30.1

What you join with becomes real. As you take it into your Self you thereby make it real because you make it one with your real Self. This is reality. Ch 5 p.40 5.17