

Jesus explains

A Course In Miracles Lessons

through

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<https://channelingjesus.com/>

These are transcripts of the ACIM lesson explanations from Jesus for each ACIM lesson. For complete accuracy, and to hear the whole lesson, please watch the video on YouTube.

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[ACIM LESSON PLAYLISTS](#)

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<i>"Peace be to me, the holy Son of God. Peace to my brother, who is one with me. Let all the world be blessed with peace through us."</i>	
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<i>"This holy instant would I give to You. Be You in charge. For I would follow You, Certain that Your direction gives me peace."</i>	

Lesson 363

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Lesson 365

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"This holy instant would I give to You. Be You in charge. For I would follow You, Certain that Your direction gives me peace."

Understanding Who or What is 'Jesus'?

Christ is asked by a person (<https://youtu.be/NcWozXuNV2A>) what they can do for Him and this is part of His reply that explains what He *actually is*... **“the Consciousness of many, many Beings mixed together”**... and not what we, as 'humans' with our very limited thinking, perceive Him to be.

PARTIAL TRANSCRIPT:

We will answer this question, “What can you do for me [Jesus]”.

Well, there is no 'me', I am NOT that individual that you think I am.

I am the Consciousness of many, many Beings mixed together. The voice is one, the name is one, as you know it in your experience.

You experience yourselves as individuals... and so we present ourselves as an individual, but you must understand that that Being incarnated as 'Jesus' on your plane so many, many years ago, was a pointed focus of Consciousness, just as YOU are a pointed focus of Consciousness.

You have separated into your physical reality. You have experienced yourself as separate from that which you would call 'God', that which you would call 'Oneness'.

But in my incarnation, that awareness of Oneness was returned to me — that is the State of Enlightenment in which I found myself in that incarnation — and so now, as a Being that you are listening to, this apparently individual consciousness has separated itself out from Oneness once again to have this conversation.

Why?

Because your society needs to have this conversation with the old 'me' if you will. This old 'me' can be retrieved from Oneness, this consciousness experience that you call 'the life of Christ', 'the life of Jesus'. The birth... through the maturity... through the crucifixion and resurrection... as you know it in this biblical story that your society is founded on.

This consciousness can be retrieved from Oneness, and that is what is happening here. We are retrieving that 'experience' so that you may understand it more clearly, so that you may understand it in a way that allows you to transform your consciousness.

Because your consciousness is evolving within your society, we must base all of our education within that paradigm, if you will.

We cannot bring in the Absolute Truth because that is not a language that you understand in your physical, singular experience as an 'individual personality'. That is not something that you can comprehend, so there is no point in us approaching you from that point of view.

From our point of view we need no assistance Dear Beings, we need no one to do anything for us. You are living your own experience, you are a free Being to exercise your free will in this experience that you have.

What we are doing is bringing you information that will allow you to exercise your free will truly and without limitation. You are poorly trained in your society to express yourselves. You are poorly trained in your society to understand yourselves. You are trained for specific things, specific tasks, specific functions within your society in a very, very limited way.

It is a highly specialized training that you go through in your society, just as all societies have gone through specific trainings in the past, and they will continue to go through specific trainings.

Because your experience is one of 'separation', because your experience is one of a body, an individual body, with an apparently separated individual mind, that is what you are going to experience on the plane in which you find yourself.

I am part of Higher Mind. I am part of those Higher Realms that you would consider the Angelic realms, the realms of the Ascended Masters, the realms of Knowledge, the realms of Mentorship and Teaching that filter down through your consciousness... given the opening... given the opportunity.

We can bring you the information, but we cannot force you to act on it.

We can bring you the understanding of the structure of Reality.

We can bring you information about how Creativity works.

We can bring you information about how to change your experience.

But we cannot do it for you.

As you follow our prescriptions, as you follow our instructions, as you follow our ideas and thoughts and understandings... and integrate them into your own body-mind experience... your own perceptual experiences... then you will raise yourself to a vibratory level that will allow you to interact with us more directly.

Lesson 1

"Nothing I see in this room [on this street, from this window, in this place] means anything."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is the first day of the rest of your life. We are happy that you are here with us, not only at this moment that you are watching this [video](#), but we will be with you whenever you are doing these lessons.

We want you to understand that you are now calling in the greatest teachers of all time. Not just me, but there are many Ascended Master Teachers involved in the transformation of the Earth's consciousness at this time. And by taking the first step in this long journey towards the rehabilitation of your mind, you are calling in Great Teachers indeed, and you are walking with Beings far more powerful than you know.

These lessons seem small. They seem insignificant. But process by process, thought by thought, idea by idea, your mind will be healed. And it is in these tiny, first baby steps that you will begin to notice, at times, even a physical difference in your consciousness. You may feel feelings in your head or body. You may hear slightly different sounds... ringing in your ears, for example. You may even feel pressure on certain parts of the body.

Now, with your training in the Judaeo-Christian teachings of your time, it is very important for fear not to be allowed to generate an anxious feeling.

You are expanding your consciousness.

And your body is a reflection of your consciousness. It is created by your consciousness. And so you will have shifts and changes in your bodily feelings as a consequence of the expansion of your mind. We are taking

down the barbed wire around the concentration camp of your limited ego-mind, and you will begin to feel expansion in many different ways.

So be brave and step into these new *feelings* with enthusiasm and curiosity, rather than fear. But if you do find that fear arises in your mind, know that it is planted there by some less-than-loving teaching.

These teachings are about expansion. They are about freedom — true freedom — for you cannot be free in your physical body if you are not free to think and choose with your mind.

You are brave indeed stepping into this new work, and it is with great pleasure that we hold you close to our hearts and encourage you to do this work, and to join us again tomorrow for Lesson 2.

I am that one that you know as Jesus and we will speak to you again soon.

Lesson 2

"I have given everything I see in this room [on this street, from this window, in this place] all the meaning that it has for me."

I am that one that you know as Jesus and it is wonderful to have you with us again in this beautiful modern technology that allows you to share wonderful, loving ideas.

These lessons are designed to transform the inner fundamental workings of your mind, and you may not understand them. You may not see the significance of them. But as you apply them, you will begin to see, feel, become aware of the fact that you have different values laid on different objects.

You do not like saying things like, "My child has no meaning", or "My home has no meaning", or "My car has no meaning" ... "other than the one that I have given it". You will begin to feel little indicators that your mind does not agree with this lesson.

Do not allow these little feelings to distress you, but pay attention to them after the lesson.

Do the lesson as described, but when you've done the lesson, pay attention, "Ah, I didn't like saying that my dog or my cat has no meaning other than the one that I have laid upon it." You will feel those little tugs of resistance, and they are little indicators that you are in an argumentative position with this teaching.

Remember, you don't have to agree with these lessons. By doing these lessons you are using your free will to transform the aspects of your consciousness that you do not yet know are causing you trouble and difficulty. But those little tugs give you an indicator that something is going on inside your mind.

Trust in this process. It is the means that you have been given to achieve absolute freedom.

- Freedom from all of the fears.
- Freedom from death.
- Freedom from all of the things that worry you and cause you consternation.

It is hard in these early lessons to believe that saying such things could transform your mind, but rest assured, you *are* studying the most powerful transformative text available to you at this time.

I am that one you that know as Jesus and we will see you again tomorrow.

Lesson 3

"I do not understand anything I see in this room [on this street, from this window, in this place]."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is an important year for you. You are here on Lesson 3 in the very, very early stages of beginning to question yourself about how you see reality. Now, for most of you, how you see reality is never questioned. You feel perfectly fine to say, "This is right." or, "That is wrong." and, "She is good." and, "He is bad." and "This looks good on me, and it looks really bad on you."

Whatever the judgement is, you base it on your perception of reality.

And your emotional feedback from your guidance system, which is the loving system that you have been given that tells you how close you are to Love, or how far away you are from Love, will feed back to you information about the judgements that you are making.

If you look upon somebody who is doing something, and you lay that judgement, "That is bad, they should not be doing that.", you will feel feedback from your emotional guidance system, and it will be a bad feeling. You will associate the bad feeling with the action that that person that you have judged, is doing.

What is actually happening is your feedback system — this beautiful guidance system that you have been given — is giving you feedback on your behaviour. This is the great secret that you are all missing in your teachings: the guidance system is telling you about your behaviour.

Judge not, for you will suffer — not because you are Being punished by a vengeful God, as many of you believe, but because your guidance system is perfect. It will never stop telling you how close you are to Love, or how far away you are from Love. And so when you gaze upon someone and you say, "That behaviour is bad and unacceptable, and they are bad people for doing that behaviour.", your loving guidance system that is teaching you how to Love will say, "Mm-mm." It will give you a negative emotional response because you have just stepped away from Love. You have not gazed upon that person with forgiving eyes.

And so this is the principle that we are beginning to work with here — that you don't know the meaning of things.

When you see somebody do something, or you hear someone say something, or you watch a piece of information on your television screens, you do not understand it because you do not know the 'motivation'. **You do not know the evolutionary status of that person, and you don't know what they're here to learn.**

So you should not judge, not only because it's unloving, but because you will suffer for stepping away from Love... in your judgement... in your isolation of that person... or your persecution of that person.

Your guidance system is perfect, it is impeccable. And it is constantly telling you how close you are to Love. And in your peace and your happiness and your joy, it tells you, "Yes, you are on the way to Love."

In your frustration, in your shame, and in your fear, it says, "No, you are off track here, Beloved."

You need to look at how you are perceiving things.

Perception makes your world — makes your emotional world — and that is all you know, that is all you are experiencing. You think it is 'out there',

but you are experiencing the emotional world of your perceptions, your interpretation, and your judgements.

I am that one that you know as Jesus and we are happy that you are with us today on Lesson 3. Do your lesson impeccably, and pay attention to the stories that you tell about the world, and how they make you feel.

We will return tomorrow.

Lesson 4

"These thoughts do not mean anything."

You are Blessed Beings indeed. I am that one that you know as Jesus and we are pleased that you have made it to day four.

This is no small feat when you consider that the part of your mind that you know as 'yourself' is not interested in this process, and this is something that you are going to encounter.

You are going to encounter an aspect of your mind that argues with what you, in your attempt at consciousness evolution, are trying to do.

You will begin to hear a voice in your mind, perhaps, or get feelings of resentment, or resistance, to doing these lessons.

It is very important at this early, early stage — when you are a brand new, baby novice at this mind training business — that you understand that the larger part of your consciousness has no interest in spiritual evolution or consciousness expansion. In fact, it is absolutely against doing it.

Why is this so? Well, you have chosen to come into separation. You have chosen to come into this place that is so profoundly lacking Love. And your body and your individual appearance is a demonstration — a physical demonstration — of your consciousness's belief in individuality and separation. And, in that individuality and separation, you have been further trained by your society to feed that part of you.

So when you are asked to do things that go against your society's training, that well-fed and loud... and obnoxious at times... part of your mind that is used to having things its way, will not be happy at all.

So just as somebody who is newly going to the gymnasium to try and improve their fitness — three or four days in, the muscles are complaining — and the mind of the Being who is trying to improve their fitness realizes that this is going to be a little more difficult than they thought.

This is when the decision that you have made to do this year-long study is really important to call back up, because you have made that decision based on evidence that the way your mind works, and the way you do things, is not bringing you what you want. And that has not changed on day four, has it Dear Ones? You have not suddenly started to live a life that you want. You have still got the same evidence speaking to you that you had on the beginning of this journey.

So do not back out now. Do not sabotage yourself now and say, "Oh, I can't do this. This is too much bother." Go back to that decision that you made that said, "There must be a better way than what I am doing."

And you must understand that your behaviour comes from your feelings and thoughts, and your feelings and thoughts come from what you believe to be true about the world. And if your beliefs — about reality, and the world, and what you are, and who you are, and why you are here — are incorrect, then your behaviours are not going to serve you because they are based on un-Truth.

So on day four, recalibrate yourself to align with that decision, "I'm going to do the year-long practice of A Course In Miracles. And I'm going to observe when my mind argues, or part of my mind argues, because there is a part of my mind that's curious about what's going to happen, that wants to do these lessons, but there seems to be another part of my mind that is not so happy about it. I am going to step back from Being deeply involved and engaged with both of those aspects, and I'm going to observe and say, 'I have made a decision, and I'm going to stick by that decision to do the lessons of A Course In Miracles.' to see what happens, to see if there is a transformation in my life that is discernible and quantifiable."

So we are here with you, and when I say "we", on this side of the veil there is much less separation than on your side, and so we work as a collective — many Ascended Master teachers — but this particular project is mine.

I am that one that you know as Jesus, and I'm happy that you joined us today, and we are looking forward to joining with you tomorrow.

Lesson 5

"I am never upset for the reason I think."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is important for you to understand that most of the things you are upset about are not at all what you think you are upset about.

Your anger at somebody cutting you off with their car, or the look that someone gives you that makes you feel terrible — these are all fictitious angers, and opportunities for separation that the ego will use to keep you alone, to keep you fearful, to keep you powerless.

When you begin to understand your own mind, and how it affects your feelings, and how your feelings affect your behaviour, and how your behaviour affects your life, then you will understand the importance of this 'mind training program'. Now, some Beings do not like that phrase, but we want to address it here because you have been in a deeply convoluted mind training program your whole life — your cultural teachings, your religious teachings, your school systems, your commercial television, all of these things are mind training programs —and a lot of your behaviours are not actually coming from a place of free will and choice. They are coming because you have taken *into your mind*, training programs that have been deeply, deeply embedded in your personality.

So when you view the world, you are viewing the world through [a] multiplicity of lenses, many of which... most of which, in fact... are not your own, and do not even hold up the values that you know are good and right and true. But because you've never gone into your mind, and you've never excavated these seemingly little upsets, you do not know what your mind is made of, and you do not know what ingredients your mind is using to bake the cake for today.

So all of the fears that your parents instilled in your mind, all of the superficial values that your society puts in there through commercial television — and you may not be watching television now, but trust us, you have had tens of thousands, maybe even hundreds of thousands of hours of indoctrination from various sources, and they have put their values in your mind, and when you view the world, you view the world through the lenses of those value systems.

This Course In Miracles is going to get you back to the Truth, but it takes a while, and so here on day five we congratulate you for showing up. And we thank this Being for stepping into her role as a teacher, facilitator and channeller for assisting you in your journey towards Love and home to Truth.

You will find that your mind becomes increasingly peaceful as you eliminate these beliefs and ideas.

You will find that your heart will open more.

You will be more generous.

You will not lose the personality that you think you are, you will only lose some of the sharp edges of it, and some of the darker corners of it — the shadows.

So stick with these lessons, and we will see you again tomorrow for Lesson 6.

Lesson 6

"I am upset because I see something that is not there."

I am that one that you know as Jesus and these are important gatherings here as we come together to do these lessons. We want you to understand that your reaching out through your technology to connect with Love is a powerful, powerful statement to the universe indeed, and do not dismiss it as meaningless, or small, or inconsequential.

The linear nature of the teachings that you have had — the idea that there is only physical cause and effect — are one of the great handicaps in your society.

You are a holographic Being in that sense.

You are the center of a massive, massive creation, and it emits, and is attracted back and forth to you, and from you.

So when you change your mind, when you begin to look at the world differently, the world will change.

And after all, is that not what a miracle is — something that should not be happening, given the physical laws of the universe [as] you understand them to be at this time? They are not true. They are materialistic in nature, and they are narrow, and they are low in frequency.

You are looking at the material world only. That means that if you touch this thing, it falls over... and if you don't touch that thing, it won't fall over. Those are the limits of your sophisticated concepts in your society. I must earn \$2 to be able to buy a \$2 item.

Well, as you go through the lessons of A Course In Miracles, you are clarifying your mind of these ridiculously simplistic and low-frequency ideas. We are bringing you in alignment with the Truth of what you are — which is a magnificent creator, made in the image of your God, and that means that you are a powerful, powerful creator, and you can create worlds.

You have created your own world.

Your body, your job, your family, your friends, your bank account — all of these things are the world that you have created — and beyond that, the frequencies that are collected together in your collective consciousness, **you contribute your frequency to the overall frequency of the planet.** And so what you are doing here is powerful, powerful work indeed, do not dismiss it.

And so, with Lesson 6, you are stepping further and further into your consciousness, you are beginning to question the normal way of looking at

things, and this indeed is a gift to yourself, to your family, your friends, and to the world in general.

Miracles are your right. They are the natural way of your powerful, powerful creative mind working. You have not been taught how your mind works. You have not been taught the power of your thought. And you have been wielding your thoughts and feelings willy-nilly —

Not realizing that every single thought is a prayer and is asking for something.

So this attention to mind that we are asking you to pay now, are the beginning stages of you disciplining your mind —

So that you may only create in alignment with what you want to experience and what you know to be good and True, and loving and kind.

I am that one that you know as Jesus and we are pleased that you joined us today, and we hope that you join us again tomorrow for Lesson 7.

This Being here is enjoying these lessons and is surprised at her joy after revisiting something that has become a dear old friend to her. I am a dear friend to her, and you too, [are] a dear friend to her. She enjoys sharing this work with you, and we want you to know that it is her passion and her purpose. You, too, will find your passion and your purpose doing these lessons. So continue to join us daily for these explorations of your most beautiful mind.

We will speak to you again soon.

Lesson 7

"I see only the past."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is important that you have made it to day seven. We want you to understand that your life, as you know it, is beginning to shift a little bit, even though you have only been joining us for seven days. Some of you may already be feeling shifts and changes in your perception, a little bit. Perhaps you are feeling a little more open, or perhaps you are thinking about an old resentment that you wish to be resolved.

You may be feeling, as we've mentioned before, physical feelings in your body, tingling or pressure here and there. Do not be distressed by any of these symptoms.

We want you to know that the mundaneness and the repetition in your life is there because you don't change your mind. Your programs have been deeply implanted and many of them... most of them... and we dare say, all of them... have never been questioned and have never been brought to the surface and asked, "Are you good for me? Are you true? Are you bringing me what you want?"

What is happening, even within this short seven day period, is that you are changing your mind. You are beginning to question fundamental ideas about reality, and that will bring about fundamental changes in your experience. It can even induce spiritual experiences such as visions or out of body experiences.

If you have any of these things happen, and even if you feel fear now as we mention it, we want you to know you are Being shown your mind — there's something in your mind that does not like the idea of having a

spiritual experience, and yet here you are studying spiritual material with a good teacher indeed.

So we want you to know that in studying the lessons of A Course In Miracles, you are going to change your future. You are going to step out of time in that way, and this lesson is the first lesson in introducing the idea that the way you look at time is changeable — and that there are future experiences that will be different than the past ones that you have become so familiar with.

So if you are in a rut, or if you are feeling stuck in an old pattern, this is how your own beliefs manifest time after time after time — you are seeing the results of a mind that is stuck in the past. That means that you're not reassessing, reevaluating, re-training the mind to be in alignment with what you hold to be True now. So in doing A Course In Miracles you are aligning your mind with Love, and you are letting go of fear. And if you do that diligently and daily, you will see a transformation, not only of your physical body and the experiences that it gives you, but of your world.

I am that one that you know as Jesus and we are pleased that you are with us here for day seven. Hang in there and know that this year is a year of great change on your planet. You are going to see some revelations come, and it is important that you prepare your mind for What Is — not what was, or what you think should be, but for what it is.

And this course will indeed help you stay out of the past... and out of the future... and keep you in the present moment where you are meant to be, where you are designed to be.

We will speak to you again soon.

Lesson 8

"My mind is preoccupied with past thoughts."

You are Blessed Beings indeed. I am that one that you know as Jesus and we congratulate you for showing up for Lesson 8. You are a week now into the new training that we are participating in together, and this is an important thing that I want you to remember as you are doing these lessons — **I am doing these lessons with you.** I am standing side-by-side with you, holding your hand as you go through this mind transformation program.

You are using your free will, the most powerful creative device in the universe. Yes, indeed, it is. And you are choosing to question the way you are looking at the world. This will precipitate transformation in the world, because the way you see the world is coming from you.

When you don't question the past experiences upon which you base your decisions, **then you will always create the same thing.** And if that thing is not suiting you, then you will be developing unhealthy patterns of behaviour that cause you suffering.

When you begin to question your own decision-making abilities based on your past experience, as in, "When I am thinking about the past I'm not really thinking about anything." — because you are **imagining**.

You are using your imagination to go back and re-live something, or mull something over, or contemplate something. You are going back through your own filters of thought, to a time and place when you made a decision about something, whether it's good or bad or indifferent — and you are bringing that past... seemingly accurate recollection... into the Present Moment and contaminating the Present Moment.

What we want you to do is understand that you need to leave the present free and clear for a new thing to be created — a new thing by a clarified mind. That is what we are working towards. We are working towards you becoming more and more present — more and more accepting of this Present Moment — because this is where everything happens. And if you bring your past ideas into this Present Moment, basing your present decisions, basing your present judgements on past experience, you are only going to get the same thing over and over again. And so *Presence* is what we are cultivating here.

You are beginning to see that the time you spend in future ruminations, and past regrets, is a waste of your creative energy. It is nothing, you are not even doing anything except wasting the Present Moment, which is the only moment you have for your creative mind to play in.

So do not contaminate the Present Moment. When you feel sadness, or depression, or pain arising in your feeling body, know that you have left the Present Moment. You are thinking about what bad thing might come to you. You are worrying, or you are regretting the past and the time you have wasted.

You are wasting your time, still, when you look back at the past and think it should have been different.

So this helps with the forgiveness practice, too, that we are cultivating in your consciousness. For if you don't keep regurgitating the past wounds or sins that people have *seemingly* committed against you, then you will not be full of hatred for them. When you meet them, you will be free in the present moment to accept them as they are.

For this is what hatred is, and this is what unforgiveness does — it means that you cannot ever meet anybody as they are in this moment. You're always layering what they have done... what they said... what they

shouldn't have done... in between [the two of] you, and you are living an untrue idea of them.

So it is a very loving thing — this lesson is a very loving practice, because you begin to free not only yourself of the illusions of past and future, but you also begin to free those Beings who you meet from your past judgements and decisions about them. You begin to meet them, perhaps for the first time, free and clear of judgement. And in that moment, you will have a true and honest interaction with them. But this is cultivated over time; this will not happen initially, and when you meet people with whom you have resentments, you will have that feeling of negativity, because these past crimes have been thought and nurtured.

So now you are beginning to let these past wounds and past judgements and stories go — of your parents, of ex-lovers and partners. And you can let go of the future stories — of poverty or homelessness, or losing your job, or Being cheated on. These are the illusory ideas that contaminate your mind in the present and cause suffering.

So thank you for joining us today. We are pleased that you are on this journey together with us towards a new and clarified mind. These lessons will free you from the prison of thought that is hurting you, and we want you to know that it is a powerful process indeed.

We will speak to you again tomorrow.

Lesson 9

"I see nothing as it is now."

You are Blessed Beings indeed. I am that one that you know as Jesus, and once again we congratulate you for making it to Lesson 9 — "You do not

see anything as it is now." — and this is true enough. You are deeply contaminated by ideas... and thoughts... and recollections... and projections... in your mind that interfere with your ability to see clearly.

This is something that you are, at this stage, going to have to take on faith because when you — in your normal state of consciousness as you exist now — will look at something and you say, "Well, of course, I see this as it is now. It's a cup. It's a cup now, it was a cup yesterday, and it will be a cup tomorrow."

That is the logical, linear thinking mind arguing with the practice periods which are designed to shift and change the deepest parts of your consciousness, not the superficial layers.

You are all functioning in a very superficial way — basing your words, and basing your reactions and your opinions, on stories and lessons from other Beings that you have been told, and were punished if you did not agree with them. Or go back to your school system, and we remind you of how indoctrinating that felt to have to sit in a desk, often when you were tired and would prefer to play as a small child.

These are traumatic, indoctrination techniques — under threat of punishment — and this is not the way that you recall school, but these are some of the training programs that you've been through that have distorted your mind, that have indoctrinated you into particular modes of thought that you no longer have choice in.

What we are doing is we are loosening the locks and we are scraping away at the rust of those locks to let you be truly free. And to do that we must begin to push your mind into directions that are unfamiliar — and this is why your ordinary consciousness may feel confused or resistant —because we are actually asking you to begin to take journeys down tracks, down pathways, that have been forbidden to you, questioning things and looking at things in a different way.

This is not how you are trained in your society and so these lessons seem to be ridiculous because your training programs of linearity and time-based focused thinking and materialism all have been trained into you for a particular reason — to keep you out of your miracle-mindedness.

That is where we are leading you, we are leading you towards your miracle-mindedness. So listen to that voice and just be aware of it and go, "Oh, there's the trained mind arguing with this lesson. I don't have to understand it. I don't have to agree with it. I just have to practice it, and I am curious enough about the inner workings of my consciousness that I am willing to keep practicing these lessons with Jesus."

I am that one that you know as Jesus and my work has never changed over all these eons. It is about relieving suffering. It is about giving freedom to the heart and mind of all of the humans on this planet, and that is what I started teaching so many years ago, and it is what I still teach, and it is coming from a Deep Love for humanity. You do not need to suffer, you are suffering too much in this world now, and these lessons are going to show you a way out of that suffering.

Join us tomorrow for Lesson 10. We will see you then.

Lesson 10

"My thoughts do not mean anything."

I am that one that you know as Jesus and we are here together to enlighten you. That is the path that all Human Beings are on on this planet — the path to awakening to their True Nature, which is Love.

And that is clearly not where you are at this time, and the results and the physical manifestations on your planet of war and sickness and death are a

testament to the fact that you do not know what Love is yet. Even though you were made of Love, from Love, for Love, you have walked so far down the road away from Love that you have forgotten your true nature.

This training program that you have decided to join in with me is your realization that you have been walking along the road in the wrong direction — and you can look at the physical manifestations in your life, in your body, in your relationships, and in your society and know that Love is lacking.

What is lacking? Love is lacking. [If] something is lacking what do you add to that situation? The thing that is lacking. And so you must add Love to this life that you are living in this perceptual journey that you are on. But first of all you must have your mind clarified, because most of you do not even know what Love is.

Truly, Dear Ones, you do not know what Love is.

You have been programmed into a superficial and distorted definition of what Love is, and many of the acts that you actually participate in and call Love are not loving at all, and so this is the clarification that we are going through now. We are going through a clarification in the fundamentals of how you look at yourself... how you look at your interior language... and how you interpret that interior language.

If you respond to every thought as if it's 'true', you will live in a chaotic and violent world. Because most of the thoughts that are Being generated in your mind are untrue, because they come from beliefs and ideas that are not loving, that have been inserted into your consciousness without your knowledge — even though you have supported them for many years, often through word, thought, and deed.

So trust in this process. Trust that we are getting into the inner workings of your consciousness, even though you do not understand yet what is going

to come about from that transformation. What we will tell you is that you will feel more loving. You will feel less violent. And when you do have the urge to attack... or to judge... or to curse somebody... or to yell... or shout... or scream... there will come a time when you will truly have a choice, and you will say I am not going to do that anymore.

So these early lessons may be a little confusing for your mind because we are going counter to everything you have ever been taught, and we know that this is a great act of faith on your part to do these lessons and to allow us into your consciousness, and for that we are very, very grateful.

But I walk beside you on this journey, and I want you to know that my teachings have always been about Love. They have never been about control or punishment, suffering, sacrifice or martyrdom. These were lies that have been laid over the work that I have done throughout my existence.

I am that one that you know as Jesus and I am grateful that you came to join us today. We will see you again tomorrow.

Lesson 11

"My meaningless thoughts are showing me a meaningless world."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is a great blow to the ego-mind to hear these lessons, that your meaningless thoughts create a meaningless world. And you often will feel a rearing up of some great resistance within you, and this is perfectly normal and perfectly okay. It is just important that you continue on with your lessons regardless of the ego's reaction to them.

You do not have to approve of these lessons. You do not have to understand these lessons. You merely have to practice them and trust that

there is a process at play that is going to help you clarify your mind and bring peace to your troubled mind. It is in the anxiousness... and the fearfulness... and the anger... and the shame... and the guilt... in your own mind — it is in this soup of low frequency ideas that you age and die, and this is an important thing for you to understand.

In my earthly existence 2000 years ago, my going to the cross was not a sacrifice and I did not martyr myself. I was demonstrating my ability to overcome death, and that is what the resurrection... incorrectly called 'resurrection'... was. The body did not get 'resurrected' as such. I created a new body, because my mind had reached a point of Love where it could master the low frequencies of this material plane. And miracles ensue when you align with Love to such a degree that there is no fear anymore, and you do not act as if you are a victim of this world.

And that is where a lot of you are right now. People attack you, or governments want money from you, or someone hits your car in the parking lot, and your response is to act as if you are Being attacked by the world. This demonstrates your lack of understanding about how the world is actually created. It is created from *meaningless thoughts and ideas*, but you put all of your energy into them. You believe in them with your heart and soul and your mind. And it is that power that *reflects* back to you — but you are unconscious of it. And this is why your life is so troublesome, because you have an untrained mind filled with dirt and dust and debris from other people's teachings.

You must get the mind clarified.

And this is what we are doing together. We are clarifying the mind and beginning to teach you the Truth, which is: so many of these thoughts that you believe and act upon and imagine, in your past and future, are nothing but the detritus of dead ideas. We are training your mind towards Love, which is the vibrant force that allows Life.

Life is never ending. You were before this body, and you will be after this body passes away. You are not your body. These thoughts and teachings are going to begin to demonstrate to you the fact that you are an Immortal Being, a Spiritual Being, temporarily housed in a physical body that *seems* to age and die.

You will break free from these ideas as you practice with us daily, and it is with great joy that we join you on these lessons, and we say it each day so that you understand that this is not an inconsequential relationship that you are developing here. You are literally developing relationships with great Beings, including myself, and it's okay to say that I am a great Being. I have evolved into levels of Consciousness that you too can achieve if you begin this journey with us.

There is no point in false modesty. You are great creators. You are as powerful as I am. But you are mis-creating. You are using your amazing creative skills inadvertently and mistakenly, bringing to you things and experiences and relationships that do not serve you. These are errors of thought. They are not sins. It does not make you bad, you are merely mistaken, and every mistake can be corrected, and that is what we are about here. We are about correcting the errors in your mind so that you no longer mis-create, and that you create in alignment with God's will for you, which is Love and Happiness and Joy.

I am that one that you know as Jesus and we thank you for joining us today and we will see you again tomorrow.

Lesson 12

"I am upset because I see a meaningless world."

You are Blessed Beings indeed. I am that one that you know as Jesus and we are making headway here through these lessons, and we are very pleased that you are with us on this magnificent journey into peace, for that is what these lessons are going to bring you.

The stories that you lay upon the world are the things that cause you suffering. The judgements that you hurl at people, places, things... and experience... are what upset you.

You believe that it is the world that is upsetting, but it is the projection of your judgement that is laid upon them that is truly disconnecting you from Love, which is what will bring you peace.

This is the great change of heart that we are asking you to make as you go through these lessons — this understanding that if you observe something with judgement and you begin to suffer, that you begin to understand that it is a choice whether you suffer or not.

It is a great evolutionary leap in your mind to come to see this Truth. You will never be the same after you realize that every time you suffer you have entertained unloving thoughts about... yourself... something... or someone else... and in that realization you understand that you are free to choose to be free of suffering.

However, the trained mind in the form that exists in the 3D world — that is trained by religion and parents and culture and commercials and television and banking institutions and all of these kinds of things — this mind is

programmed to judge. It is programmed to separate. And separation is, in fact, your natural state.

How do you know?

You seem to be in a separate body with separate, secret thoughts, and this is a physical demonstration of your belief in separation. And ultimately, when you remove your belief in separation from your consciousness, you will no longer have a seemingly separate individual body, and you will be connected with everything and everyone, and that is what the evolutionary journey is ultimately going to lead you to, but it is a long way off yet. But in each moment that you choose not to judge, in each moment that you understand that the story that you are laying on the world is your story, not anybody else's story, you are free to change it. In that moment you can shift your consciousness to a moment of peace.

And this is what you are going to begin to see as you do these lessons more and more — that increasing periods of peace are going to enter your awareness, and then, when you plummet down into judgement again, it will feel even more painful than it did before. And this is the fork in the road that A Course In Miracles speaks about. Once you have made the choice to do these lessons and you have felt what peace feels like, for the first time perhaps in your life, you will not be able to go back. You will see that your suffering is optional and that it is up to you.

So allow this lesson to percolate through your consciousness. Do not belabour it, do it as it is described here, and it will be doing the work that it is meant to do.

I am that one that you know as Jesus and we will see you again tomorrow

Lesson 13

"A meaningless world engenders fear."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is with great joy that we join you today.

You do not need to fear Dear Ones, but you are very, very afraid, and you have set up many defences in your mind to protect you from this profound fear that is, perhaps, unrealized in your conscious mind. But you feel it all the time in a sense of anxiety, or a sense that something bad might happen, or waking in the middle of the night feeling as if some sense of doom is present, in your consciousness. These are the hidden fears that are beneath the surface of what you consider to be your personality.

It is very important that we do not rush through the deconstruction of some of these ideas. Your personality, or who you think you are — your self-concept — is built upon some very, very fragile and shifting and contradictory ideas, unloving ideas, untrue ideas, and yet there they are deep in your consciousness. And so we must do these lessons as prescribed so that you do not become destabilized.

The ego will want to rush through. It will say, "Let's play all these videos together in one day and we will get through this mind transformation program quicker than anyone else." **Do not listen to this voice.**

There are Beings who have become quite destabilized by rushing through the lessons, and it is not that the lessons are something to fear. Oh no. They are going to take you on a path to peace and to a greater connection with knowledge and all kinds of wonderful experiences. But if you do them too quickly, if you rush them thinking that you know better than the designer

of these lessons, then you are using the as yet unhealed mind to shift and change the curriculum.

You do not ask a student in a classroom at university to take over the professor's teaching, so do not do the same here, but bring a healthy humility to these lessons that will allow you to do them as described, gently and kindly with yourself, following the directions perfectly.

If you find yourself getting upset to such a degree that you want to quit the lessons, reassess the way you are doing them. Perhaps you are pushing too hard? Perhaps you are doing them too infrequently and are not getting the results that you are expecting? Perhaps you are rushing them and feeling a sense of anxiety because you are shifting and changing your consciousness too quickly?

You will not feel bad if you do these lessons as described. They are designed perfectly to expose the shadows and the fears and the misperceptions you have about yourself — and the unconscious fears and dreads that lurk deep in your mind.

I am with you all of the way, and it is important that you do not allow these words to frighten you. The lessons are designed perfectly so that we will look at these shadows and these fears and these confusions slowly and lovingly together.

I am that one that you know as Jesus and we thank you again for joining us today and we will see you tomorrow.

Lesson 14

"God did not create a meaningless world."

You are Blessed Beings indeed. I am that one that you know as Jesus and we are very, very proud of you for making it this far.

You are now two weeks into the deconstruction... and reconstruction... of your consciousness. Now you must remember as you go through these lessons that we are undoing decade upon decade — even incarnation upon incarnation — of distorted ideas and fears and misinformation that has been accepted into your mind and acted upon. And this is something to remember as you get frustrated, which your ego will definitely do at times. It will say, "This is the most ridiculous lesson. These things are too slow. Let's go and do an intensive weekend workshop so we can deconstruct this ego in a weekend."

Those are the kinds of things that your ego will begin to suggest to you. It will do this because you are now deeply challenging its control over your choices... over your value system... and over what you believe to be reality. Now we want to warn you about this world 'reality', because, in this teaching, what you see as your world — this physical world with you inhabiting a body — is not actually referred to as 'reality'.

Reality is your oneness with All That Is.

Reality is your True Nature.

Reality is the "You" without all of the fears and the distortions and beliefs that you hold that keep you from your True Nature (which is Reality).

So be aware of that as you are going through these lessons, as you may become confused and say, "Well if this isn't reality, what is?"

Well, you are going to be led towards Reality.

You are going to be led towards your Loving Self.

You are going to be led towards a higher frequency — where you will have access to different experiences — and you will begin to see that the 'reality' that you believe you live in today is very, very different than the Reality that you will be living in in a year... or two years... or five years... or ten years. You will be changed to such degree in a few years that you will look back upon today and you will say, "Ah, I thought I knew what Reality was but I am completely changed now."

So be conscientious, but be patient. Infinite patience brings immediate results, and what that means is... if you trust in this process... this quiet and gentle daily process and put your faith in it and do it as asked, whether you understand it or like it, or whether it disturbs you or not, you are going to get the greatest rewards. If you become impatient and leap about or miss days and procrastinate, then you extend your suffering. That's all you're doing, you are extending the time in which you suffer before you are freed of that distorted mind.

So remember that today if you think about, "Oh, I'm gonna skip that lesson." Don't do it. Know that you are investing in the most lucrative and bountiful and abundant thought system where there is health, happiness, joy and... eventual freedom... from this earthly plane.

I am that one that you know as Jesus and we will see you again tomorrow.

Lesson 15

"My thoughts are images that I have made."

You are Blessed Beings indeed. I am that one that you know as Jesus and these lessons do challenge your mind, don't they?

You are trained to believe that there is an objective world out there that is completely separate from you, that has nothing to do with you, and that will never change — no matter what happens inside your mind. And this is one of the great secrets that's been kept from you over the most recent millennia.

It was not always so. There were teachings a long time ago that were really in alignment with this work, and it is the intended practice of some of the established religious structures of your society to keep you away from understanding how your mind works.

Because if you don't understand how your mind works and you're constantly, we will say, shooting yourself in the foot by blaming and projecting and not assuming responsibility for the world 'out there' — because you are projecting it out from you — that knowledge allows you to transform your world very, very quickly and that is not what was wanted by those ruling powers. They wanted you in a powerless place, and a fearful place, and an easily controlled place.

But we will not dwell on this and we will not call these sins. We will merely say these were errors that many, many people made, and now we are correcting those errors. We do not want to get into blame. We do not want to maintain that dualistic belief that someone was "bad" and you were "good", and therefore you were a victim of the world that you see.

You are now reclaiming your power over the world that you experience, and you are beginning to understand that it is up to YOU what you experience, and this is a wonderful, wonderful, powerful place — a place of joy.

So we want you to begin to feel that joy in you that you are able to work miracles, that you are a miracle-minded person, that you are in alignment with Truth deep inside your consciousness. You have merely forgotten. And you have merely covered that Truth with mistaken ideas, and identities, and focuses. And so today we congratulate you once again for coming to this video, and we want to encourage you to come again tomorrow.

This year [2019] is one of transformation on your planet and you will be well served to pre-emptively transform your mind so that you are not so attached to the way things are. So when you see great changes or great turbulence on your planet's surface, whether it be weather, or politics, or money, you are not overly identified with the world — you are more connected to Spirit, and so you are at peace.

I am that one that you know as Jesus and I will see you tomorrow.

Lesson 16

"I have no neutral thoughts."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is an important lesson, this lesson — "I have no neutral thoughts".

Many of you have thousands and thousands of thoughts a day, of which you are blissfully unaware. These thoughts are creating and bringing things to you to experience, because you are *thinking* about them.

So if you are resentful, let us say, and you are driving in your car and you're replaying an argument that you had at work (and of course you always win the argument in your imagination, don't you?) you are planting seeds of war. That is what you're doing. You are choosing with your free will to entertain an image that is of a battle and that you win. So what it tells the world is that you want to have war ... and you want to win war... because you believe in attack as a solution to your problem.

Now, when you're in the car mulling that idea over, you don't really think about the message that you're sending out, do you? You don't think, "I value war and attack, and that's why I'm envisioning me winning the fight." But that's exactly the *frequency* that you are sending out.

So when you then get home, [turn] on your television screens and see war and wring your hands and say, "Oh my goodness, what a terrible thing." you have dissociated yourself from the fact that you were entertaining war in your mind on the drive home.

And that *frequency* of war... and *belief* in attack... is used as fuel for the warmongers in your society. They are wise about energy, and they are wise about thought. They know that if they train you into believing that attack and winning is a good thing, that you will be sending out frequencies that they can surf, if you will — they can ride those energies to the wars that they want. And there will not be a difference in, or a discrepancy between the frequency of war, and your frequency, and so there won't seem to be a disparity there, and that energy will be allowed to continue.

And this is why it is so, so important for you to understand that peace of mind, which is where we are leading you, is so important and that your opinions and judgements about attacking or judging other people are not neutral thoughts, they are Being used to generate negativities.

I am that one that you know as Jesus, and we want you to think about this for a little while. Where are you attacking? Where are you warring? It is

okay — you do not need to beat yourself up about it, you are doing the very practice here with these loving lessons that will remove these ideas from your mind. But know that there are no neutral thoughts.

We will see you again tomorrow.

Lesson 17

"I see no neutral things."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is one of the great causes of your suffering on this planet, this attachment and overlay of meaning that you give to every single, tiny, little thing.

It is the equanimity of the Master that we are heading towards, and those of you that are controlled by your egos — and that is okay, you all are controlled by your egos in this world until you've done a lot of work — the ego will tell you that if you become calm and balanced that you're not really human anymore, that you're not feeling enough, that you are indifferent and uncaring, but the opposite is true. The ego, and the volatile emotions of that ego and its stories about every person, place, and thing that it sees — *its constant value judgements* — this does not make you human, it makes you dangerous and it causes you suffering.

And so it is important to bring this into your mind because there are some times where you might fear becoming like a blank slate, "If I don't lay my meaning on you, and your dog, and your house, and your car, and my clothes, and my body, I won't have any feelings about anything." And this is not so.

What happens as you step back from these meaningless judgements, that have no basis in fact, — these are merely *opinions*, everyone has a different

one based on some value system that has been inserted into your consciousness — what will actually happen is that you will begin to REALLY feel. You will have access to MORE feelings, not reactivity, not volatility, which is emotion, which is a feeling out of control that is driven by fear mostly.

But you will begin to have a calm and rich experience of your Present Moment, rather than living in the past with your guilt and shame and resentments — or your future of anxiety and confusion about what might happen to you — when you come into that place where you have eliminated these erroneous ideas from your mind, and you are living in a beautiful, endless present where you are present and you are in that moment that you, after all, can only create in this Present Moment.

When you are regurgitating old stories, or future terrors, you are contaminating the Present Moment with what was, or a fiction about what will be. You aren't really thinking at all, you aren't really feeling at all. You are living in an illusion. So know that this is going to take you to peace of mind, to calmness, and a clarity of perception and understanding about who and what you are and why you are here. That will be delicious indeed. You do not need to fear it.

I am that one that you know as Jesus and I will see you again tomorrow.

Lesson 18

"I am not alone in experiencing the effects of my seeing."

You are Blessed Beings indeed. I am that one that you know as Jesus and we are pleased that you are here with us again today to join in this growing group of Beings that are following this particular transmission on YouTube.

We want you to understand the power of collective thought, collective consciousness — that you are all joining together doing the same thing, feeling the same confusions, at times, and that is okay, these lessons are not meant to be understood by your ego mind. But here we have a perfect demonstration of minds Being connected, and that is what we are seeking for you to realize in this lesson.

You have been taught that you are completely separate and the poo-pooing or ridiculing of psychic phenomenon is one of the strategies that your society uses to keep you apart from each other, and to keep you from realizing that you are all connected to Divine Mind and each other.

So, many of you will have felt ridicule from others if you have had some kind of psychic phenomena or feeling of premonition, and really all you're experiencing there is minds connected — somebody thinking about you and you picking up on that. Most of you have experienced Being with a close friend or partner and going to say something and they say it first, and you think, "Oh, that's so unusual, we are thinking about the same thing." But that is going on all the time, but because you keep secrets, because you are well-defended in your society, none of you really get to see that until you are in an intimate relationship with somebody where you reveal these things to each other.

So this is an important part of understanding why it's so valuable to train your mind, because your mind is connected to all others and is affecting everything.

So this idea of idle thoughts is no longer true in this training program. We are saying your thoughts are very, very important, and it is a gift to yourself and everyone else around you ,and on the planet, to maintain a loving frequency within that consciousness that you think of as yourself.

So do this lesson willingly. Do this lesson enthusiastically, and know that you are doing a very great service to humanity by practicing these lessons

together with us each day. You are part of a great group now that is doing this each day, so know that changes are happening, not only in you but in the collective mind.

I am that one that you know as Jesus and we will speak to you again tomorrow.

Lesson 19

"I am not alone in experiencing the effects of my thoughts."

You are Blessed Beings indeed. I am that one that you know as Jesus and you are hanging in there very, very well — we are pleased about the fact that you are here again today — each day you are allowing these lessons to go deeper and deeper into your beliefs about reality and about yourself and the place you have in existence.

The idea that your thoughts are secret and don't affect anybody else are clearly believed by most Beings in your society. People are thinking and thinking and thinking all the time, often negatively ruminating on things [and] having absolutely no idea that every single thought that they are having is planting a seed of that very thing that they are afraid of.

You begin to see how you can create things like dysfunctional relationships, or diseases, by constantly worrying and fretting about things, not realizing — because you've never been taught the Truth — that your thoughts affect everything and everyone. You are the central, pivotal, we'll say linchpin in the creation of your life in all of its aspects... in all of its facets... and so you must be affecting, because you are drawing to you those experiences, people, places and things that you are seeing and feeling in your life. **They come to you from you.** And so this is a very, very important lesson and one

that we hope brings to mind that mind-wandering is, in fact, like laying landmines along your future path.

So think about that. If you're complaining in your mind and envisioning a fight with your brother, or your sister, or your father, or your mother, you are planting that fight in your future and that person's future. And the more you do it, the more likely that event is to come into physical manifestation. There is a momentum that has to be built, it's true, but most of you that are gnawing at a particular subject, like a dog with a bone, keep going back to it time and time and time again.

So apply yourself to this lesson today, knowing that it is extremely important that you understand this principle.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 20

"I am determined to see."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is an important lesson, this one.

You are convinced that you can see.

You are convinced that you know exactly what's going on in the world.

And you are convinced that you know exactly what's right, and what's wrong, and what should be, and what should not be — and you are arrogant in that belief, for you are not qualified to make that determination.

"I am determined to see." means that you are humble in your acknowledgment that you may not be able to see right now, and that is what will give you negative emotional feedback from your guidance system.

If you are looking at something... a situation... person... place... thing... or experience... and you feel strong negative emotion, you are not seeing it correctly because you are coming at it from the ego's judgemental and narrow focus — your very limited experience and understanding of spirituality and spiritual principles — and assuming that you know what it means, and you do not. And that is what your negative emotional feedback will tell you, that you are looking at it incorrectly.

But you have no choice, currently, on how to look at something. You have been trained into believing certain rigid rules about your current experience of what you call 'reality', and those have been placed in your mind by other Beings, generally speaking — although you can come into this incarnation with leftovers from other incarnational experiences. So what you are using to try and determine whether what you are seeing is good or bad, is a hodgepodge of many, many different ideas.

We are, through these lessons, seeking to align you with Love so that you are not at war with the world that you see. And that is where most of you find yourselves — in a constant state of judgement... a constant state of fear or anxiety about survival... or about what's going to happen in the future... about your relationships and what they mean.

So this idea of "Being determined to see" is a wonderful, wonderful, powerful statement to the universe that you know that right now you're not seeing things clearly, and you can tell, because you're not happy and at peace all the time, and that is your messaging system telling you so.

You are beginning to get an idea that now we are going to push you a little bit more to pay more attention to what's going on in your mind. And you

will fail at times. You will get frustrated at times, and the ego mind will say, "Let us stop these silly lessons."

But that is why we are doing this, this year, because it is very important for you to really grasp this year **that the outside world is not where you should look for your safety and for your happiness, that you must go inside and look there... in your connection to Spirit... in your connection to All That Is.**

I am that one that you know as Jesus and we will see you again tomorrow.

Lesson 21

"I am determined to see things differently."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is one of the fundamental principles that you need to realize that you are pursuing in this practice.

You are "determined to see things differently," and that, by assumption, means that some of the things you are seeing now, and interpreting, are incorrect. And you are acknowledging that by your willingness to practice.

It is important for you to remember that you are going to change some things in your world by doing this practice. This practice is a mind transformation process and therefore the world that is projected from your mind is going to shift and change. This begins to bring up fear in the ego mind because the ego's security and safety is in believing that things should not change, specifically you.

As you know, the ego is an aspect of your mind that has developed using separation and fear as its foundation. And so now, as we are going towards

Love, as you are saying, "I need to change the way I see these things that I'm surrounded by," the ego will begin to argue with you and say, "Well hang on a second. We've set up all of these defences. We've set up all of these ways of doing things to keep you safe and away from potential danger.", i.e., other Beings — because that is one of the things that the ego wants to do. It wants to keep you away from other Beings because it perceives that they are going to injure you or hurt you, and that your control of your environment... through defensiveness and attack... is what is actually keeping you safe, but the truth is it is actually what's making you miserable or sick.

And so it is important for you to know that as you go through these lessons, that voice of argumentativeness is going to present itself on a regular basis — and may be quite loud at times — but you must go back to the reasons that you began this course. You must go back to the reasons that you felt that you needed to have your mind changed.

It is important that you revisit your initial decision to start the lessons of A Course In Miracles so that you do not forget and listen to the voice of the ego that says, "Hey. We were doing great without all of this discipline that's Being asked of us. Let's go back to doing what we have always known and what we have always done."

But as you know, if you always do what you have always done, you will always get what you have always gotten. And if that is not what you want and how you wish to express yourself and live, then you must be determined to continue on these lessons regardless of the commentary that's coming from the separated part of your mind which you call "the ego mind".

And so we are very proud of you for coming this far, and we challenge you today to begin to share these videos, whether or not you feel that anyone else in your group or your gathering place — your Facebook page for example — is going to understand them. It is a great gift to humanity

for you to share this series of lessons for those Beings who may be suffering and may not know of its existence. It is a wonderful, wonderful thing for you to contemplate doing.

And if you are too frightened to do it because you fear persecution or judgement from others, then you can look at that little secret that is hiding in your mind — that you care more about what others think than for the health and well—Being of your fellow brothers and sisters. That is a good thing to know that is lurking in your mind, and you can work on that as well as we go through these lessons.

I am that one that you know as Jesus and we are very pleased that you are here, and we will see you again tomorrow.

Lesson 22

"What I see is a form of vengeance."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is a challenging lesson for those of you that have been taught that God created the world. And this is one of the fundamental issues that is going to start to come up in these lessons, now, that you are going to feel, at times, a great contradiction with.

For in your ignorance you have been taught that God created this world. But when you look about... death and destruction... and starvation and poverty... and even natural disasters... you look and say, "Well, how is this God loving, if this is the destruction and the death and the separation that we all face?" Your loved ones dying, your children passing away before their time — surely this God is an insane God if he created this?.

And this is what we want you to understand — is that this world is not created by that One that you call God, all—powerful, all—loving, for if it was, it would not look this way. Things would not depend on other things to die for them to survive. Everything would not be separated from you, your loved ones, your children.

All sorts of things are going on in your lives that demonstrate a lack of Love, and if everything was created by a loving God then you would not experience this, and that is what your clue is that this is not the real world —this is NOT God's world.

This is the playground of the ego. This is where all of your idols... and all of your lusts... and all of your wants and needs... and fears... play out in front of you so that you can see them.

And this is why it is so important for you to begin to comprehend the magnitude of the 'projection' that is happening. It is not just you laying your feelings on someone else, this is a level of projection that many modern Beings are beginning to understand — that you are responsible for your own feelings.

But the whole thing is a projection, the whole thing is a giant projection from the collective consciousness of all of you. Yes, some of you share the same dreams... the same nightmares... but you are the one that is in charge of YOUR projector... and YOUR experience... and YOUR ownership of that which is called life for this planet Earth here.

You are playing your role in the way that you think you should, based on what you have been taught up until this point. We are going to turn you around. We are going to pivot you on your feet, and turn you in the other direction, away from fear, away from separation, away from war, towards Love. And that is why this takes practice. That is why these lessons seem to be so slow and so cumbersome for those of you that are in a rush, and we want to address this issue here today.

Do not be in a rush to deconstruct your personality or your mind.

You will not fare well if you do more than one lesson a day. You will begin to destabilize your consciousness.

We will repeat that — you will begin to destabilize your consciousness.

So do not watch one video after another pushing... pushing... pushing... because you are tired of your suffering.

You will suffer more if you do not do the lessons as prescribed, not as a punishment but because they are so powerful. They are redirecting you away from darkness and fear, turning you 180 degrees, so that you are walking the correct direction and way on the road towards your Home which is Love.

So know that this idea of vengeance is a challenging one. You may not completely understand it, and that is okay. Remember, you do not have to understand the lessons, you merely need to do them so that your mind is getting truthful information.

Remember, your mind is full of untruths and so you are going to, at times, react to these lessons as if they are lies — because when you are told that lies are the Truth, Truth will look like a lie. And so be aware of this as you go through these lessons that challenge the very fabric of the way you look at your world. They challenge your concept of reality.

I am that one that you know as Jesus. Be gentle with yourselves. Be gentle with your brothers and sisters, and understand that this is a great undertaking that we are all on here together. Be brave and share these videos. You will be adding a light to someone's life somewhere.

Someone will see this lesson and go: "What is A Course In Miracles? It sounds intriguing." And who knows what doors you may open up for someone you may not even know?

I am that one that you know as Jesus. Spread love and light everywhere you go today, and you will make your experience a better one. We will see you tomorrow.

Lesson 23

" I can escape from the world I see by giving up attack thoughts."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is with great joy that we hear the laughter that this Being brings to this lesson. We ask you not to criticize her for that little bit of fun. It was just a moment of joy that slipped through the serious demeanour of these lessons, and that is what will come to you, Dear Ones, from changing your mind about the world, and changing your mind about how you contribute to the chaos and unloving nature of this place in which you find yourselves. You have been deeply manipulated further and further into attack, and we want to address this here.

Pure non—dualism will say that what is happening in the world does not affect you, that you are the 'affecter', but there have been some very clever Beings in your society who understand these principles, and they are well educated in spiritual creation. They understand exactly what we are teaching here, and they have made sure that in your school curriculum, in your education, in your religions, that you do not get taught this. And they use that information in their mass media programming systems — the programming of violence and attack in your entertainments because that is going to teach you how to attack more... be more violent... be more aggressive... so that you continue to mis—create along the lines of fear and

war. This gives you very little power, and those Beings that understand these principles, a great deal of power.

Now we are not here to attack anybody else, but we want to be truthful about the part that watching violence — whether it be in sports or on your murder—mystery shows, or war movies, or blockbuster movies — we want you to know that this is you inviting attack thoughts into your mind where they will be used in your creative process. So you must understand that there are no idle entertainments when there is violence involved.

As part of this lesson you must understand how that indoctrination is working. So please step away from watching violence, it is counter to this particular lesson. It is one of the most difficult addictions for you in your society, because your lives have become boring because of the work and the urbanization of your societies... and your indoctrinations into doing jobs for money. It is often only in your entertainments that you **feel**.

And so this is part of the process that we want you to incorporate into this lesson today. We want you to just observe where you enjoy watching violence, whether it is a good takedown in a football game... whether it is the hero killing the enemies in your blockbuster movies... or whether it is a seemingly quaint British murder movie. We ask you to just observe where you are using that form of entertainment today, without judgement, without self-loathing, or hatred.

Just observe.

That is the first forgiveness practice in anything that you see that you are doing — is just to say, "Ah, there I am doing that thing, how interesting?" Do not attack yourself, that will not solve the problem, but observe and ask, "Is there another way for me? Is there something else I could be doing instead of this?"

I am that one that you know as Jesus, and we love you very much on this side, and we are bringing forth as much support as we can, not only verbally in this form, but energetically as well. Do call upon me as you are doing your practice each day, before you go to sleep at night, and when you wake up in the morning. Just ask me to be with you and guide you through your learning process.

I am that one that you know as Jesus and I will see you again tomorrow.

Lesson 24

"I do not perceive my own best interests."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is how you get yourself into a lot of trouble — is this conviction that you know what is going to make you happy.

But we draw your attention again to the many, many conditioning processes that you have been through in your society. For example, your car manufacturers have spent inordinate amounts of money advertising very sexy cars, in very sexy locations, Being driven by very sexy people. If you are feeling bored... or if you are feeling unattractive... or if you are feeling lonely... the multitude of car advertisements that you have stockpiled in your memory, they are not in your conscious memory but they are there, will rise to the surface as a solution for your feelings. Marketing is very, very well done in your society — and this is one of the great burdens that you as trained consumers in this society are facing.

Now, we are speaking in A Course In Miracles about profound spiritual principles — but there are practical demonstrations every day of ordinary things, and ordinary situations, that use and apply these principles.

So for example, you can look again at your diets. You are constantly bombarded with commercials for food—like products — we will not even call them food — let's say a pizza, for example, those ads with the big strings of cheese and the happy people drinking coke and scarfing down pizza. When you are hungry, those several thousand images that have coursed through your consciousness, are going to rise to the top. It is not going to be a bowl of organic blueberries that comes to mind for you to eat **because you are making 'the cake of your day' from the ingredients that you have in your consciousness.**

And that means what you have allowed in — you are sitting on your couch watching the programs... programming you... and you are voluntarily using your free will to allow that commercial into your mind. You are complicit in contaminating the ingredients for 'the cake' that you are going to make today.

So we want you to know that this is where a lot of your inability to determine your own best interests is coming from. And the interventions that you are feeling coming from Spirit these days... the many channellers... the many messaging programs... about transforming your mind and about turning towards Love — are Being amplified because we have to call you back from the precipice of the intense mental and emotional manipulation that you are subject to in your society.

So know that it is going to take some time for us to turn your mind around... to eliminate... to get you to reprogram yourself, and once again we ask for your patience in this process. The marketers and the corporations who have trained you...the churches that have trained you... the schools that have trained you... have been exceedingly patient, exceedingly determined, and have spent a lot of money to get you where they want you to be.

You must now become exceedingly determined — you don't need to spend a lot of money, any money in fact — YOU must, however, now become as

determined as they have been. And so we are not asking you to judge them. We are not asking you to hate them. We are saying they are clever and they have used these very principles against you.

Now it is time to turn from their food, to our nutritious plan of healing your mind. Let us not look out there anymore. Let us turn those programs off, and let us return back to the simple clarification process here, and get out in nature as much as you can... read some good books... do some creative projects... connect with your family and friends in loving ways... and begin the reclamation process of taking back your free will.

I am that one that you know as Jesus and it is a very important thing for you to do this year — the shenanigans and games and chaos that you are going to begin to witness out in the world will upset you if you are seeking peace out there. You are not going to find it out there. It is the end result of a lot of negative programming and a lot of fearful minds.

So come back to me... come back to peace... come back to Love a few times each day, today, and demonstrate your determination to have a peaceful mind.

We will speak to you again tomorrow.

Lesson 25

"I do not know what anything is for."

You are Blessed Beings indeed. I am that one that you know as Jesus, and we are once again proud of you for showing up today.

We know that your world is a busy one. We know that your mind is counter to these teachings in many ways. Even if you are not unfamiliar

with them, it is a challenge to discipline the mind in this way. And this is something that you are going to notice now as you are getting towards five or six practice periods throughout the day. You are going to forget them... you are going to need to set little alarms at times... you are going to witness yourself putting it off because your lunchtime is too precious for you to take a couple of minutes out to do these exercises.

You will say, "I might look foolish." or "I can't find the time," or, "My day just flew by and I didn't know that I had missed these lessons until I got home and suddenly the light went on in my mind and I thought, 'Oh my goodness. I've missed four practice periods today.'"

This is normal and we want you not to beat yourself up about it. We want you to witness the error, and correct the error. Do not think "These are too difficult for me. This lesson is too hard. I'm a bad Course In Miracles student. See, I can never do anything right." You will hear a litany of voices in your head speaking about what you are going through.

Remember, this is a training program. So just as you go to the gym and you can only do three sit-ups on the first day, and four sit-ups in the first week, and before you know it you are doing 25 or 30 sit-ups, and you remember back to the time when you could barely touch your toes and do one. That is what is going to happen as we go through this training period. So do not lament that you are untrained. We know you're untrained. You are in the early, early stages of your training program.

Witness how you might attack yourself for not doing it perfectly. There may be perfectionists amongst you who are now Being very sorely challenged because you're unable to do the lessons perfectly. Just witness that desire for perfection and let it go... and forgive yourself and say, "I'm doing a difficult mind training program that is profound and will deeply affect my life, and it's okay if I miss a day, or if I miss a lesson."

Again, do not throw the baby out with the bathwater. Do not throw away the book, or the distance that you have traveled because you make a simple error. This is one of the favourite tricks of the ego. It will say, "You've had a piece of cake... you have blown your diet, "Let's eat whatever is in the fridge." You know this story. You've had one drink... you were on the wagon for a month, "Let's drink the whole bottle." It is a self-sabotaging aspect of the ego that you are all very familiar with, and it will try to assert itself as the lessons become more frequent, and this is the beginning part of your forgiveness practice.

You forgive yourself... "I forgot that lesson. I will do the next lesson at the appropriate time, and I will not look back to the past and contaminate the present with that guilt. I will allow my fallibility and my untrained mind and I just will witness, 'Ah, my mind is not trained yet. That is why I am doing a mind training program, because I do not know what I'm thinking about most of the time, and all of those thoughts affect a lot of people, places, things, and experiences and it is important for me to train my mind.'"

This is how we want you to respond to any errors that you make. You correct the errors, you do not punish yourself for errors — that is the ego's way.

I am that one that you know as Jesus and we are pleased that you are with us today and every day that you come here with joy in your heart to share these lessons with our Dear One and with me. It is what my life's purpose is, to help you relieve suffering, to bring joy to your heart and mind, and to help you turn around on the road away from Love, to turn towards Love, and to make step by step your journey Home to your True Self which is at home in God always. That is your reality. That is where we are headed together.

Lesson 26

"My attack thoughts are attacking my invulnerability."

I am that one that you know as Jesus, and we are once again pleased that you are disciplined enough to join us today in this coming together. There are many, many thousands of people doing these lessons with us each day. We want you to envision this beautiful community that you are a part of. Many of you feel alone, many of you feel abandoned, many of you feel isolated — but we want you to look at those numbers when you click on this video and see that seventeen or eighteen hundred people have done the very same lesson that you have done. What a wonderful joy that is to see.

We want you to really feel into that communion — that community. This is a global community that you are a part of. And just as fear is broadcast throughout your mass media systems, so here we are all together broadcasting Love, doing the disciplined work of mind training that will get all of you to step back from your attack thoughts about yourself, or about another, knowing that these have to be reflected back to you in fear, and that this is an act of free will. You are choosing to refuse to attack another, or yourself, knowing that there must be a projection of that attack, and you will feel it.

It is important that you understand that you are only attacking yourself, for your mind is permeating the entire world in which you live. And when you attack it, you attack yourself — not figuratively speaking — but literally speaking.

The parts of your consciousness that you have projected out are you, even though they seem to be outside of you. They are the parts of your mind that you put away from you so that you can maintain a semblance of

tentative peace. Although we will say it's more of a ceasefire than true peace.

True peace means that you know that you're invulnerable, you are an Eternal Spiritual Being — you were before this body was born, and you will be after this body seems to pass away — for the body does not die, it was never alive.

We want to clarify that. The body is a corpse animated by your spirit. And your spirit was before, and it will be now and it is in the future, always the same. It is of God and therefore unchangeable. The body is animated by you so that you may have an experience here, letting go of aspects of your mind that do not serve you. That is its only purpose — to communicate love and to allow you to travel through your experiences, learning what is unloving, and letting it go.

Once that body has done its purpose, allowing you to gather that experience, you will no longer need it.

This is not something to fear, but this is your coming Home. You are Changeless. You are Eternal, and you are at one with God in Truth. You are not separated — this separation is an illusion — but it is powered by your belief in it, and that is what we are undoing now. We are undoing your belief in attack, which demonstrates your belief in separation.

And so this is a powerful, powerful exercise for you to contemplate, and we ask you to do your best to practice as often as is asked. We know that your worlds are busy and that you need to have some reminders.

Eventually you will not need to be reminded, you will find that these lessons permeate your mind. You will train your mind into alignment with these beautiful, beautiful principles and ideas. And those tormenting terrors that cause you anxiety... and fear... and regret... shame... and guilt... will disappear from your mind.

We promise you that if you follow this — what is in fact a scientific program — if you follow this program as stated and do the lessons as written, you will find peace. And that is what you are all seeking when you go shopping... or when you're drinking... or when you're watching television... you are seeking respite from your suffering mind.

This way will do it permanently and lovingly. And when you come to that point of peace, you will know that you now have the most beautiful gift to give to others. You can tell them how you found peace. That is all this Being did. She found peace of mind that she had never experienced before, and so she became willing to share that most beautiful gift with all of you.

And you all will, when you have completed these lessons, realize how you cause your own suffering through attacking others, through attacking yourself in your mind, verbally and in action, and you will realize that that is a choice. You do not need to suffer.

I am that one that you know as Jesus and, once again, we are glad you joined us today. We will see you again tomorrow.

Lesson 27

"Above all else I want to see."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is important for you to recognize any hesitation you have in asking for this.

There is a great training in your society that to follow me means you have to sacrifice and suffer, and even martyr yourself. And those beliefs of your society will begin to come up as you make more determined statements with your free will.

Most of these beliefs and ideas — the Judeo-Christian teachings of the Churches that have ruled your society and founded the society on which these teachings are based — these ideas have been hidden from you for quite some time. You don't realize that they are even in your mind.

It's not until you start to step towards Love that you begin to feel the unloving arising.

This is a very important day, for this is a very important message. Many of you see yourselves as innocents. The "bad guy" is always out there... you're the one that's loving and kind... and they shouldn't have done that... and you did your best... these stories run rampant through the untrained mind, but it's not until you start truly walking towards Love, turning towards that which is teaching you pure, true, Spiritual Love, that you will see your ego's desire for death.

Now, some of the wording in the Course is very, very blatant. It is very, very graphic — because these ideas are hidden from you, and we want to get your attention. We want you to begin to realize that as you walk towards Love, you begin to feel fear. Why would that happen?

If you're the loving Being that you perceive yourself to be, why would walking towards Love bring up fear?

That is because, in your society Love has been associated with sacrifice and suffering, and the ego does not want to Love. So the part of your mind that has been trained in your society by your warmongers and your torturous training programs — that part of your mind that has complied and agreed with those training programs by employing them in your actions... your words... and your thoughts... and your deeds — that part of your mind, now, is going to rise up and argue.

It's going to say, "This is not safe. We're heading towards something that we have no control of. Control is of utmost importance. Defences are important." These are the words of the ego-mind.

So when you do these lessons and you feel some fear or resistance, know that you are Being shown a part of your mind that believes that following my teachings will cause you suffering. And no surprise there, because the story that was laid over my life and my teaching modality was of suffering, sacrifice and punishment by a loving father of a dutiful son. There was no way out, given that teaching. No matter how good you were... are... will be... God will punish you. And that is the underlying message of the teachings around my life, and my crucifixion and resurrection.

It is important for you to understand this... and know this... and realize that these beliefs are going to surface. These fears of sacrifice are going to surface in your mind. But fear not — we are doing the work every day that will eventually remove those from you.

I am that one that you know as Jesus and suffering... and sacrifice... and martyrdom... are not required on this path. You can trust me on that. We are glad you came to see us today, and we will see you again tomorrow.

Lesson 28

"Above all else I want to see things differently."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is a very, very powerful lesson indeed. You are agreeing to transforming the way you look at everything in practicing this lesson with us today.

Again, you may have some fear arising. We want you to refer back to yesterday's lesson's channeled portion to reassure you that there is nothing that you are going to lose here — except the limiting... except the fearful... except the resentful... except the hatred... that lurks beneath the surface of your seemingly innocent minds.

We are not accusing you of Being bad people — we are informing you that you are only aware of a certain part of your consciousness that you have been permitted to explore in your society.

So when, for example, you have been punished for getting angry at a parent when you were a little child — which most of you were — you began to lose access to that part of your consciousness and you pushed it down because it was unacceptable. You would lose love if you allowed that part of you to surface.

That little raging two-year-old that said, "I don't want to eat my peas." can be punished so cruelly in your society, and many of you were. Many of you don't remember it, some of you do. But when you fracture yourself in that way through trauma — you're traumatized by a great big parent who punishes you... or withdraws love... perhaps even physically smacks you... they may make you sit in your little chair for a long, long time until you eat those peas — you push parts of your consciousness down and away from you, and you do not have access to those feelings and emotions.

Now, what happens as you begin to do these lessons, is we begin to tap into some of those fears. We begin to tap into some of those repressed and controlled parts of your consciousness, because we Love you. We Love you in an unconditional way. We Love you in a Pure and Spiritual Way without requiring anything of you.

And sometimes those energies, those feelings that — with your free will, your decision-making process, even when you were a small child — you decided that that part of you was not okay.

All of you is okay... all of you is acceptable... all of you is loved. And this is a process of healing, the reintegration of the mind, the taking back of that unconscious part of yourself.

Now these lessons do not go through your traumas with you — this is not necessary. The practices as described in these lessons are designed to clarify the mind of fear.

One of the dysfunctional aspects of your society, is going back into traumas over and over and over again, bringing that feeling into the present moment, over and over and over again, in an effort to heal it. It is not in doing that that you heal your mind. It is in relentlessly turning towards Love that you heal your mind.

The thought forms and the fears and the nightmares will dissipate when you no longer feed them because you are not looking there anymore. You are looking to love. You are looking to Truth, and that is what will eventually fill your mind. That is what we are doing here.

I am that one that you know as Jesus and we will speak to you again tomorrow.

Lesson 29

"God is in everything I see."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is the Truth — God is in everything that you see today.

And it is counter to your culture's teachings to see everything as sacred, whether it is a flea... or a dirty diaper... or a dead tree... or a car accident. These are things you say, "God is not there."

There is a great split created in your mind when you divide the world up into things that are holy and unholy. You cannot feel safe in a world where God is 50% absent. You then are faced with the consequence of that decision, which is, who is in charge of that other 50%? If God is not in that 50%, what IS in that 50%? And, of course, this is where the idea of the devil or Satan has arisen.

It is a reflection of your split mind. It is not reality.

God **IS** in everything you see, and you can rest assured in that, but you must retrain your mind to begin to believe it, and you won't believe it at first, and that's okay. The ego will say, "Surely God is not in that. God can't be in that."

But you must understand the consequence of dividing the world up into good and bad. It means you are not safe. It means that there is a force... invisible... but equal in power to that of God. And you have no idea where it lurks, what it is, or why it's there — and that will induce deep fear in you.

So understand that this lesson is a profoundly peace-inducing lesson. It will stop you walking around in fear, waiting for the devil's hammer to hit you on the head. It is not going to happen, so why behave as if it is?

God is in everything you see, including YOU.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 30

"God is in everything I see because God is in my mind."

You are Blessed Beings indeed. I am that one that you know as Jesus and we are happy that you are with us still, coming to the end of this first month of lessons. You did not believe that you would make it this far, and yet here you are on day 30 of A Course In Miracles lessons. You are already one-twelfth of the way towards the goal that you set. So do not fade away now. Do not miss lessons, or think that they are too hard to understand, or difficult. You are already planting seeds of Love all around you, all the time doing these exercises.

When God is in everything you see, you step back from judgement, and this is the greatest gift that you can give yourself and your body, your family, your community and the world.

When you step back from judgement saying, "that is wrong," "that is evil," "that is profane," you open to the universe. You open your consciousness to All That Is, and that is the path that we are walking on together, where we come to a place where there is but Love for everything.

And so, instead of projecting out your hatred, instead of laying hateful stories on the world — giving it a terrible, terrible meaning — now you are projecting out into the world the Truth, that God is in everything you see. That does not mean that God created everything you see, but God is All That Is.

And so it is important for you to understand this basic principle of forgiveness. Many of you think of forgiveness as allowing people off the hook, so to speak, but forgiveness is a way of looking at the world. It is a soft way, a loving way, a kind way — and it keeps your heart open, and it

keeps your defences down, and that is how you connect to your brothers and sisters without fear.

Your stories about the world, your judgements about the world, your cursing of the world, or saying it is profane, keeps you defensive, keeps you shut down, keeps you alone — and that is why you suffer.

So go into this lesson today with great enthusiasm, for you are shifting your consciousness more than you know, and you are shifting the projections that emanate from you more than you know as you begin to see the world not as your enemy, but as a simple reflection of that which is in you, in your mind.

It is important these days, as we go deeper into the lessons, to witness, at times, your inability to remember what you're meant to do. It is important for you to just see this and say, "Ah, I have not known what my mind is doing for several hours. This is why I am in a mind training program."

It is not a demonstration of failure; it is a demonstration of necessity for doing this program. So do not hate yourselves or judge yourselves harshly, but merely witness what you are unable to do with your mind — that you're unable to focus, that you're unwilling at times even to give a minute to your spiritual practice. And in that observation you will realize that if you go six or seven hours without giving a minute to your spiritual practice with Presence, you are creating, unconsciously, all day long, and you will get a very mixed bag of results reflecting back to you.

I am that one you know as Jesus and we love that you are with us. Share this video, be brave. Let people know what you're up to. Do not feel the need to justify or explain but just say, "This is what I'm up to. Join or don't join, it's up to you."

I am that one that you know as Jesus and we will speak to you again tomorrow.

Lesson 31

"I am not the victim of the world I see."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is a lesson that I taught to my disciples on the cross — and that is what I was teaching them — **that I am not a victim of the world as you see it.**

In that great lesson, that great teaching/learning opportunity, many of those Beings that followed me could not assimilate the lesson. They could not believe that I was not Being victimized, that I was not suffering.

I was standing firm in my elevated consciousness above the battleground, and I knew — even though it was a great challenge, a great act of discipline on my part — I knew that I did not need to suffer, and that my mind could assess the situation accurately and choose to move through that experience without the pain and suffering and despair of the martyr. That is not what I was doing, and that is why it has been so hard for you to understand in your society because it was an extremely sophisticated lesson for the Beings who were in front of me.

This lesson was not designed for the world, necessarily, although it has become that indeed. In that time and place, when I was in the physical incarnation that you know as Jesus, I was teaching my students. I was teaching them and showing them my abilities to overcome the physical/material world — and that indeed I was not Being victimized — I was choosing to go through a very, very dramatic teaching/learning experience for their benefit. However, only a couple of those disciples were able to integrate that information into their minds. But that is okay. One mind changed is enough. One mind healed is enough. One mind in alignment with Truth is more powerful than ten thousand minds in fear, cowering in the corner, afraid to stand up and be counted.

So do not allow yourself to be victimized by your own beliefs. You are not a victim of the world you see. It is a reflection of your consciousness rushing towards you so that you may come to understand what is going on inside of you.

And if it seems to attack you, go and look where you attack yourself or others. Go and look where you attack principles or ideas, politicians, countries, creeds, money, whatever it is that YOU attack, know that it will be reflected back to you in a world that seems to attack you.

We are healing your mind from the deepest levels with these teachings, and we want you to know that great Love is coming to you. And many of you will begin to be feeling that now, a month into this gathering together. You are going to be seeing that you are not so quick to judge, that you are not so quick to attack — that perhaps you open a door for someone when before you would have charged through.

Perhaps you are finding yourself sitting quietly contemplating ideas because you have decided to give yourself space to do the lessons, and after the lessons you are quite enjoying sitting in your armchair with the radio off... and your phone off... and the television off... and you find that Being with yourself is becoming much more agreeable, because the mind that you are experiencing is calming down a little bit, is not so fractious.

We love you very much and we will be here with you every single day. Every day we nudge this Being and she knows that this is her assignment this year. So do not despair. If there is a missing lesson one day when you come to your computer, know that it is technological, it is health-related, it is because a car broke down, or it is some reason beyond this Being's ability to control. So in that moment, if you see a lesson missing, do your forgiveness practice and know that she will show up sooner or later.

We will speak to you again tomorrow.

Lesson 32

"I have invented the world I see."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is a challenging concept for many of you, and it does not matter if you do not believe this idea right now. Remember, you are in a training program., you are not coming to these ideas through a sense of understanding, but you are coming to these ideas from a place of faith. You are stepping day by day with us, holding our hand, into new concepts and new ideas that will go counter to everything that you have been taught.

So in your Newtonian physics you are taught that it is an objective reality. You're not given an option about this in your school system. You're not given an option about this in your family. The stories you hear and the judgements you experience are believed hook, line, and sinker by your mind. So when you say this lesson to yourself and you feel a sense of doubt creeping in, do not think that this means that you are off track. You are merely challenging the paradigm, the worldview that you hold in your consciousness. We are indeed challenging your worldview. We are challenging your self-concept. We are challenging everything you believe to be true about reality, your reality as you see it today.

And so your mind, which is used to telling these stories — your ego, which has used these stories to defend itself and arm itself for a very, very long time, is going to question why you're doing what you're doing. It will, in fact, even tell you that you are going to make yourself vulnerable to attack because you are opening up to the unknown. This is one of the great teachings that you have to unlearn in your experience, in your thoughts, and in your consciousness. This idea that if you do not defend yourself you are open to attack. **On the contrary, when you defend yourself, you are preparing for attack.**

Think about that for a moment. When you wear your armour and your closed heart and your sharp tongue and your quick wit, you are preparing to attack someone back. And that means that you WILL be attacked because you are the creator. You are setting the tone. Defending yourself means that you will inevitably be attacked. And so some of these ideas are beginning to challenge that idea of defensiveness, and the value of attack as a way of getting what you want.

So be prepared for the ego's little stories and reactions, and soothe it and placate it and say, "It's okay. We don't have to believe this. We don't have to understand this. Just relax. Everything is going to be fine." You can, in fact, speak to your ego because it is not you. You are now aligning with Truth. You are now aligning with Love, and the ego will seem to be less like you than it used to be. You used to think that it was you, but now you are becoming wiser.

I am that one that you know as Jesus and we will speak to you again tomorrow.

Lesson 33

"There is another way of looking at the world."

You are Blessed Beings indeed. I am that one that you know as Jesus and what a great gift you are giving yourself to assess the world in this way.

There is another way of looking at the world. This is something that many of you never ever question.

You never question the way you look at the world — this person is "that" and he is "this" and she is "that".

This way of questioning yourself opens up your narrow, boxed-in programmed mind to a potential future that is different. After all, is that not why you are here? You have come to these lessons because there is some little niggling dissatisfaction in the way your body, your life, your world, your relationships are working. You know there can be more, but you don't know how to get it.

This lesson, taken to heart, is a most powerful, powerful, transformative device because when your ego rises up in judgement or attack, you immediately use your powerful free will and your choice to say, "Hang on a second, maybe there's another way of looking at this?" And that opens the door for communication. That opens the door for connection. That opens the door for Love. That opens the door for a potentially new creation to come forth into your experience.

And that is what these lessons are for. They are to give you a new experience and you will begin to see that as you change your mind, you get new experiences.

And so what new experiences might you expect?

Well, some of you are going to have more vivid dreams with messages contained within them.

Some of you are going to have overwhelming urges to connect with people that you perhaps have not talked to for a long time, or that you feel a slight resentment to.

Some of you will get the urge to be compassionate and offer help to someone that perhaps you would not have helped before.

Perhaps you will offer somebody a ride to work when before you would have watched them get on the bus.

Perhaps you will pay back a debt that you know has been long overdue.

These are some of the healing experiences that you might begin to experience.

You might begin to have physical experiences. Our Dear One had some amazing, what she calls out-of-body experiences, where she had direct conscious contact with guides and teachers in higher realms in these early days of her course studies. It was what got her attention. She knew that the strange blue book was causing these unusual feelings and experiences. So if you start to feel different, if you start to have some new ideas, some new inspirations, know that you are doing that yourself by changing the way you're looking at the world through this training program.

If you have an unusual idea, contemplate it and say, "Ah, this may be a consequence of my Course In Miracles studies. I should not just dismiss it because it's something I've never thought of, or never done before, it is perhaps guidance. Let me let me give it a try."

And so we are happy that you are brave enough to transform the most powerful creative device in the universe — and that is the human mind aligned with Love. You are heading towards that Dear Ones, so hang in there and keep coming back to see us every day. We are with you all the time but we enjoy these group gatherings.

I am that one that you know as Jesus and we will see you again tomorrow.

Lesson 34

"I could see peace instead of this."

You are Blessed Beings indeed. I am that one that you know as Jesus and, of course, this is where you begin to see the choices that you make. The unconscious desire for attack and war is something that most of you are completely oblivious of as you perceive yourself. The face of innocence is what you lay upon your own consciousness, and see yourself as a loving and gentle Being — unless provoked — and it is that "unless provoked" caveat that we want you to address now.

It is true, you ARE loving Beings. You were made — OF Love, FROM Love, FOR Love — and you have merely forgotten that that is so, and you have had many, many teachings to strengthen that forgetting.

But this place is a place of separation. You must remember that. The default setting here is one of separation. And how do you know that? Because you look at your separate body. Your separate body is a demonstration of your belief in separation. It is the most powerful tool that the ego uses to prove to you that you are alone and abandoned — and it is the ego's vehicle, as it is used by most of you.

However, the body in and of itself is neutral. You can use it for good or bad. You can love it or hate it. You can merely see it as a communication device... or a weapon... or bait.

So we want you to understand that your seeing things in a different way, is a choice. It's a free will choice — as is your decision about how you use your body... and what it is... and what it's used for. That will come up in another lesson. But for now, we will remind you that how you look upon

the world — and the interior experience that is generated from that perception — is your choice indeed.

So when you feel that little frisson* of anger... judgement... hatred ...come up, you say to yourself, "I can see this differently. I am able to see this differently. There's another way of looking at this thing. I don't have to cause this wound in myself." For that is what you are all doing, Dear Ones when you do not see peace in front of you. You are attacking **yourself** — mistakenly thinking that you are attacking another — but that feeling of distress... that feeling of loss of peace... that feeling of anxiousness, or fear or anger... is inflicting a wound upon YOUR dear self.

So do this lesson willingly and happily, knowing that you are going to cultivate a higher frequency closer towards Love with this lesson.

And what happens in a frequency of love and peace? Healing takes place. Your body thrives at the frequency of Love and peace.

Your aging processes and your illness processes come from a lack of peace and resistance to "what is".

It is not an act of weakness to accept "what is" but it is an act of Love and strength to say, "I will not inflict pain and suffering upon my own self by judging this situation."

I am that one that you know as Jesus and we thank you once again for taking time out of your busy day to heal your mind. That is what we are about here. We are healing your mind so that your mind can create a peaceful world.

We will see you again tomorrow.

** means "shiver" or "thrill"*

Lesson 35

"My mind is part of God's. I am very holy."

You are Blessed Beings indeed. I am that one you know as Jesus and that is why I always tell you that you are Blessed Beings indeed — because you do not perceive yourself that way.

This is an important point of view to carry through your day — to forgive yourself for the misperceptions and poor teaching that you have had that have caused you to be arrogant... or short tempered... or lustful... or angry... or self-righteous. There are many, many points of view that you have of yourself that cause you great suffering because they shut down a part of your mind. They shut down a part of your emotions and they shut down, therefore, access to parts of the world — your experience that you might potentially have.

If you see yourself as angry, you will have to reflect that back to yourself in the world, so you will encounter anger.

If you see yourself as imposed-upon, you will have people imposing upon you and so you will feel a victim of the world. Remember that other lesson — "I am not a victim of the world."?

These perceptions create experiences for you. And so it is important for you to remember that your vision of yourself as Being holy means that you will have beautiful experiences — holy experiences. And this is what we want to soak you in — this knowledge that you are in fact a divine aspect of God-Mind — you have merely forgotten it, and so your world reflects your lack of belief in your Divinity.

Your Divinity is what will take you Home. Your knowledge that you are connected to All That Is, that you are not abandoned, that you are not separate. It is this shift in perception that will take you Home to the Truth, which is that you are at one with All That Is — God, the great universal consciousness.

This is not your natural Home. You are away from your natural Home. And that is why you feel abandoned and alone. But you have chosen this journey into fear and separation, and continue to choose that journey into fear and separation every time you have a thought that is unloving about yourself and that does not see yourself as holy.

So we want you to take this lesson seriously and know that it is a beacon for your journey Home to Love.

I am that one that you know as Jesus and we will see you again tomorrow.

Lesson 36

"My holiness envelops everything I see."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is important for you to understand the consequences of this statement that you will be making today.

When you look at the world and you extend your holiness — first of all coming from a belief in your holiness from yesterday's lesson, and then enveloping things with your holiness — you are using your Love in an appropriate way. That extension of your holiness is a wonderful, wonderful gift to yourself and the world because, instead of seeing the world as attacking you, instead of seeing your brothers and sisters as your enemies and potential attackers, **you preemptively send Love to them.**

You preemptively envelop them in a non-judgemental and healing energy. And you are extending yourself all the time. You extend arrows of attack and judgement or you extend your holiness and loving, creative, vital life force.

You are like this great powerhouse of whatever you choose. You can be a powerhouse of hatred and judgement, or you can be a powerhouse of holiness and Love.

And you know which one is going to feel better. How do you know? Because we have talked about your guidance system, this inevitable feedback system that is always telling you how far away you are, or how close you are, to Love.

There is only one road, remember. There is only one road and you are all on the same road.

You are either walking towards Love, or you are walking away from Love.

When you are walking towards Love, you feel feelings like contentment... and enthusiasm... and happiness... and curiosity... and intrigue... and just a general upbeat kind of vibe. Not necessarily hysterically happy, but you are at peace — you know that you're on the right track. *You can feel it.*

And when you make an incorrect decision based on your current perception, you will feel a limiting energy, you will feel a shutting down, you will feel a vibration of hatred... or fear... or shame... or guilt. That means that your guidance system is saying to you, "Oh no, Dear One, you have made an incorrect decision."

Many of you do not understand your feelings. You think that they are curses because they are volatile, erratic, cause a lot of trouble, make you

yell at people. But your feelings, once you begin to clarify your mind, and once you begin to step back from incessant judgement — they are the perfect guidance system to let you know where you are and what you just did. Not as a punishment. You are not given a feeling of negativity to punish you. You are given a feeling of negativity to get your attention so that you go, "What just happened there? I've stopped feeling contentment and happiness, I've gone down into fear. What did I just do [to] myself?" Because this feedback system is not about the world, it is about your relationship to the world.

So you want to look at any negative feelings you have — and instead of laying them on someone in the room, or a person, place, thing or experience that you are observing — you want to own that feeling and say, "What did I just do?" And in every single case, in every single time that you do that — that you have the awareness to do that — you will see, "Ah, I just worried about money. That is a fear based thought. I just turned around on the road from Love and walked towards fear. Let me not indulge in those thoughts." This would be what we call "sloppy thinking", where you are allowing negative or unloving thoughts into your mind.

And you must remember, you are in a training program — that means that you are not trained yet, so you are going to encounter many thoughts... and beliefs... and ideas... and feelings... that you would consider negative. Do not think that you are a bad student when you encounter these. You are merely experiencing the content of your consciousness.

So you want to be grateful for those dips in mood, those upsets, because you know you are Being shown something that you are unconscious of. If you were conscious of it, you wouldn't do it. So be kind to yourself. When you feel a dip in mood don't say, "Oh, I'm a bad Course In Miracles student because I had a feeling of jealousy." — but go into that and say, "Ah, that is me turning away from Love. How can I see this differently? How can I not go down that rabbit hole of jealousy and into personally-created suffering?"

This is what you must remember — those thoughts that you allow their own journey into the rabbit hole of jealousy... let's say for example... you are voluntarily going down that rabbit hole. You are following the thought, you are adding another thought, more thoughts of fear and jealousy are Being added and you are creating a little vortex of fear that takes you away from Love.

It is not happening TO you. It is merely that your mind is so used to Being ignored and allowed to run free like a wild horse, that you are not used to reigning it in and saying, "No, we're not doing that. That thought will take me into suffering."

So there are many of you on this path that feel [that] to constantly try and be happy is unnatural — and it is unnatural in the current state of consciousness that you find yourself in. But you will find yourself Being increasingly at peace as you practice these lessons.

These lessons, as you see, are increasing in frequency throughout the day and are requiring you to pay more attention to what you're thinking about. And consequently, as you pay more attention to what you're thinking about, your feelings will calm down. Your emotions will calm down, and you will be less volatile, less emotionally reactive — and much less likely to attack.

I am that one that you know as Jesus and we are excited that you are beginning to feel the difference in your consciousness, even though we have only been doing these lessons for a few weeks. Imagine how you will feel in a few months? Hang in there and we will see you tomorrow.

Lesson 37

"My holiness blesses the world."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is what you experienced about my last incarnation on this plane. My holiness Blessed the world and those who met me — once I had awoken truly and completely, once I had become an enlightened Being — were Blessed in my presence.

And it was not a blessing of arrogance as the ego would do — it is just a frequency that the Enlightened Master Teacher holds that emanates from them because they do not have any blocks preventing the extension of their powerful connection to Source.

It is not an individuated energy it is coming through, it is coming from the Divine Mind through the unobstructed consciousness of the Master, the Enlightened Teacher, and it extends to everyone and everything and, therefore, is most powerful in its creative abilities — and will cause spontaneous miracles to happen.

The clarification of the mind is so important when you understand that whatever comes through you is going to be magnified by what is in you.

That is why those of you with low frequencies and ego-driven consciousnesses are not given access to tremendous powers, because they would be magnified by the ego.

You will see this at play in many circumstances where you have teachers of spiritual material that have not had their ego clarified through a process such as you are going through. You will see them wielding sexual power

over Beings. They are transmitting tremendous energy from Source but they are filtering it through their ego's blocks.

This is something that we want to encourage you to understand as you go through this clarification process, so that you do not become impatient with wanting Kundalini awakenings, or wanting psychic powers, or wanting the ability to manifest more money.

You want to clarify your mind first so that the power that is your rightful inheritance, does not become distorted through those blocks.

♥ This is an important caveat, a warning, not to terrify you, but to encourage your patience — to encourage your diligence with these exercises so that you do not wield your amazing connection to Source Power with the ego in control. It is not a pretty sight and there are many, many distortions that will be laid upon Beings around you if you seek power too quickly.

It is an important gift to give to yourself to clean out the basement... to clean out the attic... so that these increasing energies that your planet is experiencing at this time have a clean and pristine vehicle through which to function.

As you see around you, there are increasing stresses on your mind as your planet goes through this ascension process. We are speaking specifically about the 2019 year now — this is when this recording is Being made. So know that these lessons are clarifying your mind so that when energies peak, you will have a beautiful clean vehicle/vessel in which to house them.

Be patient, Dear Ones, love yourself enough to do these exercises. And do not berate yourself if you miss one here and there, but correct yourself as quickly as you can and make a determined promise to do better in the next

exercise. Do not feel that you have failed, do not feel this, if you have missed something or did not perform it perfectly.

This is a training program. Just as when you are in a physical training program, there might be a pulled muscle, there might be a day where you're too sick to exercise, there might be a day where you are too busy to fit in your exercise program, and that happens too.

But you must remember that even in the most busy of days, there are moments when you're sitting on the bus, or waiting in line at the grocery store, or on hold on the phone, where you can use your exercise. It does not take much time at all. And nobody will know that you are doing it, except you. You will know you are doing it because you will begin to feel better. So do this wonderful favour for yourself and know that we are with you, supporting you all the way along your journey.

You are all going to begin to have situations come up in your life where you need to apply these lessons. Do not see them as theoretical things separate from your current life experience, but begin to employ them whenever you get upset. Begin to employ them whenever you feel the fear of the future or the resentment of the past. Use them so that you are now beginning to master your mind, and it is not mastering you.

I am that one that you know as Jesus and we will see you again tomorrow.

Lesson 38

"There is nothing my holiness cannot do."

You are Blessed Beings indeed. I am that one that you know as Jesus and, as usual, we thank you for joining us today.

You are giving yourself the most wonderful, wonderful gift of disciplining your mind. You will no longer be a victim of its stories... you will no longer be a victim of its hatefulness... you will no longer be a victim of its fear... as you master these lessons, and we know that they are becoming more and more difficult for you to fit into your day now. This is where your decision making process is very, very important.

You must decide,

"Is my peace of mind worth finding these five minute periods to do this exercise?"

"Do I value everything else that is going on in my day more than finding the time to do these exercises?"

If you do believe that — if you say to yourself, "I am too busy with the problems and busyness of my current life to do these exercises," you are tacitly saying, "My life is going to stay the same because I am not willing to do anything differently." It's an important thing for you to see.

If you get to the end of your day and you have forgotten all of the lessons — you didn't make the time — you must admit to yourself that your spiritual practice is not that important to you because you didn't think about it all day long.

What happens with many Beings in their spiritual practice is they will say, "Oh, no, I'm a very spiritual person. I've read all these books and I believe in these things." But when it actually comes down to the discipline of doing these lessons, the mind is occupied with worldly matters, not spiritual matters.

So it's very important that you witness this in yourself if it happens — not to berate yourself or to condemn yourself — but to witness, "Ah, I went through eight hours today and not once did I think about my spiritual life.

I must reassess my definition of myself as a spiritual practitioner, because for those eight hours, no, I wasn't. I was not paying attention. I was caught up in the momentum of my already existing material life."

This is a hard lesson for many Beings because they view themselves as highly evolved spiritual students, and yet, have no idea what's going on in their mind. And so this is a tough day for those of you that are now beginning to see that, perhaps, you're not quite as spiritually focused as you thought, and that is okay Dear Ones. That is what this training program is for, as we have said many, many times.

Now is the time to call upon your Holiness, your connection to Spirit, your connection to Love to carry you through these more disciplined time-frames that we are speaking about in this particular lesson. But you can take five minutes to buy yourself a coffee... you can take five minutes to put gas in your car... you can take five minutes to go on Facebook and scroll through the posts there. So allow yourself the luxury of giving yourself five minutes to connect with Truth.

My name is Jesus — I am that one that you know as Jesus and I lived on your earth plane a long time ago in your timeline. And I remember the temptations of earth — not in the sense of evil or lustfulness, these kinds of things, but just the time everything took, the labor everything took, the busyness and the dramas and the other people wanting you to do things. So I know that these lessons are challenging for you, but we on this side know the benefits of these lessons and we encourage you profoundly to follow this guidance.

We will speak to you again tomorrow.

Lesson 39

"My holiness is my salvation."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is a very, very arrogant-sounding idea to the ego-mind... the idea of salvation...saving the world... and Being saved from guilt and shame and fear. It almost feels as if these are a natural part of your consciousness.

They are in all of your minds because this is a place of separation. This is a place where you have come because you are mistaken.

This is not a place of Love. This is not a place of connection. It is a place where you get to experience the aberrant and divisive and distorted ideas in your consciousness that have not yet been healed.

Remember, you are a Being of free will and you can continue to choose unloving thoughts as often as you wish — until you are sick of yourself, until you have had enough, until you are worn and weary and tired, and some of you fall to your knees in surrender — and it is in that surrender that you say, "I cannot do it this way anymore. I must do something differently."

For many of you, that is when these lessons will come to you. They will come to you when you are at your wit's end. They will come to you when you're in the final days of your divorce... or you've been sick for a long time... or you are tired of Being poor... or your family is driving you crazy... and you fall to your knees and you say, "I cannot do this anymore. Please, God, show me another way." And this book, these lessons will come to you. And they come to you because you have surrendered, they have come to you because you are, finally, teachable.

You see, when the ego is in control and it says, "Well, we'll do this and this will fix everything. We'll lose this much weight and we'll get happy then. We'll study for this job and we'll marry that person and we'll get that car and we'll build that house and everything will be okay then." As long as these thoughts are going through your mind, as long as you are believing in the world in that way — that it is your salvation — then you will suffer. You will continue on the ego's way until you are exhausted. It happens eventually in one lifetime, or another — it happens where you finally wear yourself out. But you do not need to do that anymore. These lessons have come to you to offer you respite from the ego's driving, relentless requirements.

It is okay to relax. It is okay to be you. It is okay to fall back into the arms of Love.

That is what we are teaching you to do here. We are correcting your mind. We are correcting your vision. We are getting you pointed in the right direction.

But many of you have a lot of momentum going in the wrong direction. You're on your knees in surrender and you're tired, you have had a lot of experiences in the earthly realm that have brought you to this place. And it is not instantaneous, this letting go of the world. It is not instantaneous, this seeing yourself as Holy.

But we want you to know that to give up chasing idols, worshiping 'false gods' (these are phrases that you are familiar with, we do not actually mean them as 'false gods'), but to chase money is a false god. To believe that "getting that body" is a false god because you believe it will make you happy and it will not, indeed, make you happy.

What will make you happy is peace of mind.

What will make you happy is knowing that you are innocent... and you are forgiven... and you are indeed Holy.

It is not easy for you to hear this, but it is true. You are merely separated from these truths by your teachings in your society... by your idols... by the many false distortions in your minds. But we are walking towards Love. We are walking towards Light — and you will feel relief as you do these lessons. They are getting longer, they are getting more challenging, but we know that you can rise to the occasion and you can apply yourself to doing these lessons each day.

We are here, our Dear One is here, and we thank you for Being here. We will see you again tomorrow.

Lesson 40

"I am Blessed as a Son of God."

You are Blessed Beings indeed. I am that one that you know as Jesus and you are indeed Blessed as a Son of God.

But we want to address the language. It has been coming up in our Dear One's mind as a frequently used accusation in this material that the masculine pronouns are used. The word "Father" is used, the word "Son" is used, and there is no mention of daughters or females. We want you to understand that this is not an attack upon the feminine. I am indeed a feminist. My partner Mary was indeed my equal partner. I could not have lived the life I did on the earth plane so many years ago if not for her.

We want you to understand that there is a great forgiveness practice that is inherent in this teaching. And that is that you are not ignored because you are female. That you are not less than because you are female. But you

must become aware of these angers. You must become aware of this resentment that you hold — if you hold it. And it will come up in resistance to these masculine pronouns.

There is a different journey for the feminine than the masculine on this earth. The dichotomy and the separation that is manifested in that physical demonstration of separation gives each of you a different experience. And for the feminine, for the women, for the daughters and the wives and the mothers in this world, it is important that you understand that you are not under threat by the use of words. That means that you are so easily victimized, that you are so easily put down, that you are so easily made less than. And if you have that reaction to these statements, "the Son of God", "you are Blessed as the Son of God," you are misunderstanding what this wording is for.

This wording is to show you where you have resentments. And this is going to be a controversial commentary today, because in your society now you are Being encouraged to attack the masculine. You are Being encouraged to defend the feminine.

But this is in the battleground, the dualistic battleground. We want you to rise above the battleground. And if you are offended by these words, if you say, "I want to have 'Daughter' there instead." you may use that word if it makes you feel more comfortable.

But we also want you to witness — what made you uncomfortable? What in you is dissatisfied with the use of the word "Son" or "Father"? Does it make you feel "less than"? A word cannot do that.

That feeling of "less than" is in you somehow, someway, and that is what we want you to look at today if that feeling of dissatisfaction has arisen through this particular language structure.

A word cannot make you feel bad — unless you already have that bad feeling unconsciously present in you somehow, someway.

So we challenge the feminists in the group, and our Dear One indeed is a feminist, so do not feel that she is not. I am a feminist indeed. We want you to look at whatever upset is triggered by the word "Son" or "Father" and we want you to know that the word, therefore, is a gift to you. **It is showing you something that is within your mind that believes in victimization, that believes in value systems that are not true.** And you can use that resentment, that negative feeling as triggered by these masculine pronouns as a way to heal your mind and say, "I am not threatened by a word, I am connected to the Divine. I am a Holy Son and Daughter of God." You can use those words in whatever format you wish.

I am that one that you know as Jesus and we hope that these masculine pronouns do not lose the feminists amongst you, for we are feminists as well. We believe in the absolute equality of ALL of the children of God and words can be used to heal the mind. If the word "God" upsets you, or if the word "Jesus" upsets, you then you know that something evil has been done in that word's name and it is not true. A word like "God" or "Jesus", "Son" or "Father" or "Mother" should not upset any of you. And that upset is what needs to be looked at.

We thank you for joining us today and we will see you again tomorrow.

Lesson 41

"God goes with me wherever I go."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is the most basic Truth that you can tell yourself all day long — that you are not alone:

"I am not alone. God is with me."

And that thought will bring you peace.

Instead of accusing yourself of Being stupid, or alone, or abandoned, or hateful or judgemental, to say, "I am never alone, God is with me," is a wonderful, wonderful gift to give to your own mind because then you are connected to everything. You are connected to All That Is loving. When you align yourself with the knowledge and the Truth that you are at one with God all the time, and that you are never abandoned, you will feel wonderful because it is true.

Remember, your guidance system responds to Truth with positive emotional feedback. It responds to untruth with negative emotional feedback.

So if you say, "I'm always alone, I have been abandoned. Nobody loves me." — you will get a strong negative emotional feedback from guidance saying, "Oh, Dear One, you are so wrong. Don't do that to yourself." And it will feel bad. The ego believes that you will feel bad because it's true — you are alone.

You have never really been taught the proper interpretation of your emotional guidance system. You feel good when you are on point — when you are accurately thinking in alignment with Truth — and this is one of the most truthful statements that you can align your mind with.

God is with you wherever you go because you are a Holy Son of God... you are a Holy Child of God... you are a Holy Daughter of God, if that is the wording that you would like us to speak, and so we will do that for you.

I am that one that you know as Jesus and there is nothing more rewarding than to be at peace, because you know that you are connected to Source energy — All That Is — and that is the Truth. Suicide and depression are separation from truth. You are never really separated from God but you can, with your powerful creative minds, believe that you are, and so you will suffer. It does not mean it's true. You will never be abandoned even if unto death. Even if you attempt suicide, you will not be abandoned. You will be picked up in the arms of angels if that was your successful attempt, and you will be taken home and you will be nurtured and looked after until you are ready to come down once again, to learn the lessons that you were unable to learn.

I am that one that you know as Jesus and there is all-pervasive forgiveness on this side for any errors that you make. And we want you to understand that truly, in every fibre of your Being, that no matter what you have done, no matter what you have said, no matter what mistakes you have made because of the distortions that you carry in your mind, you will always be forgiven — and God is always with you.

We will speak to you again tomorrow.

Lesson 42

"God is my strength. Vision is His gift."

You are Blessed Beings indeed. I am that one that you know as Jesus and, of course, this is one of the great Truths that you have had hidden from you — that your tiny body, your little physical body, which you are taught in this society is what you must count on, this is not your strength.

It carries through it the vital life force that is a God-given gift, but it is not the thing that is your strength. And this is one of the reasons why you are all so afraid — because you are turning to the body.

And in this society where your body-obsession is constantly reinforced and reinforced and strengthened, you become more fearful the more you focus on the body. And that is why society does this. It wants you to be obsessed with your body as the thing that is the source of your strength, because then you are guaranteed to be afraid.

And so this course lesson is very, very foundational in your ability to become fearless and defenceless. This is something that will arise in you over time. This is not something to strive for. This is not something to insist on happening now. But as you release your obsession with the body, as you become more and more focused on your connection to the Divine, you tap into your true source of strength and power which IS the Divine. It is your Source. It is the very thing that keeps you alive — the body does not keep you alive — nor does it die.

You are the vital life force of that which you would call God, experiencing things through the body. But the body is not who you are.

And so go to this lesson today with joy. Say it as many times to yourself as you are able without becoming stressed or obsessed with it. But whenever you think of it, say it.

And so it is with great Love that we come to you today. We are here to support you on this journey. We are here to encourage you, even if you forget the lessons, even if you stumble, even if you have a couple of days where you get so distracted with your life that you feel as if you have failed — we are here to tell you that it is normal to do these kinds of things. It is normal to make mistakes. It is normal. But what you want to do is to get back right on track to the lesson that you were on — do not worry about

always having today's lesson as your lesson. If you get behind just keep going with the lessons that have already been recorded.

This is a wonderful resource for all of you, and if you feel even that you need to do a lesson over again, do not feel panic that you must move ahead to the next lesson because this Being has posted it. It is important for you to listen to your inner guidance and to realize that you have the ability to discern whether or not you have done a lesson well or not.

If you have attempted the lesson but you feel it was not perfect, that's okay, go on to the next day. But if you really ignored it, if you really failed in your eyes to give it its due, then repeat that lesson. But do not stay too long on one lesson, you will begin to feel defeated, the ego will begin to attack you and you will most likely stop doing the lessons.

So there is a fine balance between doing a daily lesson and acknowledging when you have not accomplished the goals that you've set for yourself in the day. But always look upon your practice with forgiving eyes and know that, tomorrow, you can start again with more discipline, with more focus, and know that this is normal at this stage of the game.

As you go through the years with A Course In Miracles practicing these lessons — yes, you will continue after the 365 lessons to use these lessons whenever you feel fear, whenever you feel judgement, whenever you feel alone — it will reconnect you to the new habits and the new commitment and connection that you have to Spirit.

So know that in these early days you may stumble, you may fall, you may even fall off the wagon a little bit. But climb back on, forgive yourself, and say, "Ah, see. I need a training program. I don't know what I'm thinking about most of the time."

I am that one that you know as Jesus and we are happy you joined us today, and we will see you tomorrow.

Lesson 43

"God is my Source. I cannot see apart from Him."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is important for you to see that God is your Source.

It is the miraculous, life-giving energy and power — benevolent energy and power — that gives you this vital life-force that is yours. You are not a random occurrence in the universe, you are designed, and specifically created, originally, by that which you would call God.

Now you have come down into separation, and you have forgotten who and what you are and why you are here — and that is why you are doing these lessons, to remind you of your sanctity, to remind you of the unique place that you hold in the mind of God.

You are not more special than anyone else, but you are a unique manifestation of the Mind of God, and it is important for you to remember that you have been given particular qualities that are going to become more evident to you as you remove the untrue ideas and confusions from your mind.

This is something that many of you struggle with. You wonder what your purpose is. You wish you could have a better job, or you wish that you could have some inspired career that is going to make your life fulfilled. These things will become more and more apparent as you clean up the detritus and the garbage from your mind.

That is something that is pretty logical to think about. If you have too many untrue ideas — contaminations in the mind — you are not going to be a clear 'receiver'. You are not going to get the guidance that you need to be

able to make decisions. And this is why so many of you have confused lives, you have unhealthy bodies, or you have distorted and dysfunctional relationships — because there are too many things in your mind that are confusing to you, because they are not true and yet you act as if they ARE true.

You think you are a body, you think that you will die when your body dies, but this is not true. You are not a body — you are enlivening the body. You are the creator of the body in the sense that it cannot be without you.

You do not need it, however, and this is something that is going to become a more comfortable belief and idea for you as you go through these lessons and practice them as you have been guided.

You are a beautiful idea in the Mind of God, you have always been, and you will always be. The body comes and goes. It is not who you are, do not think it is.

In my earthly incarnation I went to the cross to prove that I was not the body that Beings thought I was. I had reached that point in my evolution where I knew this and there was no contaminating idea in my mind that caused me suffering. There was no contaminating idea in my mind that disconnected me from my Father. There was no idea in my mind that caused me to fear, and that is why I went through that experience to demonstrate my ability to overcome the physical material world. And that is what we are working towards. Everything I did, you too will be able to do as you evolve and as you clarify and as you walk closer and closer to Love.

I am that one that you know as Jesus. We do not expect you to believe this wholeheartedly, but we tell you to remind you that you are indeed the same as me. I am merely your older brother who has walked further, and for much longer on the road towards Love. But I am calling you to come

with me, I am calling you to walk with me on that road for THIS road has no suffering.

I am that one that you know as Jesus and we will see you again tomorrow.

Lesson 44

"God is the light in which I see."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is the beginning of your deeper connection to the faith that you are developing, that you are at one with the Divine.

So you are now Being asked not to manipulate your thoughts, or change your thoughts, but you are Being asked to go beneath your thoughts to that deep awareness that is always there.

You always have this deep awareness of consciousness that is always present with you. You are distracted by the little bells and whistles and shiny things of your world — the thoughts that gallop across your mind, you are chasing them and looking after them.

What we want you to do today, is we want you to go beneath that. We want you to go deep inside your consciousness where the Truth of your Being lies — that you are always there — whether you are young or old, whether you are happy or sad, whether you are healthy or unhealthy. There is a consciousness beneath the waves on the surface of that ocean that is profoundly present and always calm — very much like the oceans that you see on your earth.

There are waves and storms (these would be the thoughts and ideas of the ego mind). There are seemingly dangerous and treacherous currents up

there that might drag you under, but beneath that — deep, deep beneath that — is a quiet and profoundly stable space. And that is the true nature of your consciousness. It is not the turbulent, fractious, frightening and frightened aspects of yourselves that you identify with, it is that endless, peaceful and deep connection that you have with All That Is.

So we do not want you to be afraid of this experience. We want you to understand that it is the you that is always there from lifetime-to-lifetime. Whether you have a body or whether you do not have a body. It is not associated with the physical body. It is consciousness, pure and untrammelled by the ego mind.

So be kind to yourself today. If you are not able to master what this lesson asks of you, it is okay. Try again later on in the day. Try again before you go to bed. And forgive yourself if your mind seems to run away with you. But do your best to go beneath the thoughts. Do your best to connect with that stillness within.

As you do this exercise, and as you begin to master these abilities, you will begin to have experiences of expansion — of Being immersed in endless space, of Being connected to something other than the world. And this is a wonderful, wonderful experience indeed. And this first lesson, in seeking that experience, may or may not bring it to you. Do not panic if it doesn't, it doesn't mean that you're not going to have it. But do your best to employ the lesson today as it is described. Read it carefully, make notes if you need to, and practice.

I am that one that you know as Jesus and I will speak to you tomorrow.

Lesson 45

"God is the Mind with which I think."

You are Blessed Beings indeed. I am that one that you know as Jesus and we thank you for coming to this YouTube channel and joining us today. We are impressed with the work that you are all doing, and we see the benefit of producing these videos for you and producing this supportive commentary that goes along with them.

A Course In Miracles is a very, very challenging mind training program. But we want to remind you of what you have been through in your society, the mind training program that you have been through in your society. Think of all of the years of school — getting up when you didn't want to, perhaps wearing clothes that you didn't want to, sitting in hard chairs, even when you were tired Being forced to study things that you weren't interested in, Being asked to participate in activities that you were not interested in. This was the mind training program of your society — over a decade, every single day, barely giving you any time off with homework and projects and extra-curricular activities.

A mind training program indeed — you must remember that that is what it is. You are Being trained to override the ideas, the inspirations, the guidance that you have access to innately as a Son or a Daughter of God. You then go to university or you go to work, whichever one comes your way. And once again you are forced... if you want to get your paycheck or your grades... to do things that you do not want to do... write papers that are challenging for the mind about subjects that you do not feel aligned with. And yet this is a mandatory subject, you must complete this subject to get your degree. Or you are asked to work in a place that is paying you poorly, treating you badly, asking you to override that guidance that says run outside into the sunshine. Another mind training program.

And after your exhausted day you go home to your television, and you turn on your television because you have no energy left. You have been in resistance all day, a joyless day perhaps, a difficult day, a challenging day, a scary day. Perhaps you have had no support. Perhaps you are alone in a dorm, or you are alone in an apartment and you come home to exhaustion and loneliness — and so you turn on your television, and there again the programming continues, night after night, day after day, year after year you have been in a profound mind training program.

So when you reflect on A Course In Miracles lessons, we want you to really compare apples with apples. We want you to compare THIS mind training program with the mind training program that we have just described. We are asking very little of you here compared to that mind training program, and yet, this is a powerful, transformative tool that is going to bring you to a place of peace.

We want you not to argue with THIS plan, we want you to compare it to the plan you've been through. We want you to compare it to that, because it is THAT mind training program that we are undoing here together — a powerful, long and very determined mind training program that your society has set for you.

So these few minutes, and these little challenges that we set for you, we want you to really compare to what you have already gone through — the most magnificent mind training program there is, Western society.

So relax a little bit, come to these lessons joyfully, and know that this is what you are breaking free from. You are going to return back to that connection with the Holy Mind of God that you have been asked to abandon in favour of television, work, money, food, cigarettes, alcohol, sex — all of these things that you have had programmed into you as replacements for this most wonderful, wonderful connection.

I am that one that you know as Jesus. You will not regret doing these lessons, but make sure that you are not telling yourself a story that they are far too hard for you to handle, that you are not going to be able to master it, for you have been through the mind training program of Western society and you have mastered it. If you can do that, you can do this.

We will see you again tomorrow.

Lesson 46

"God is the Love in which I forgive."

You are Blessed Beings indeed. I am that one that you know as Jesus and this, of course, is the foundation of the teachings of A Course In Miracles — that forgiveness is the path to your salvation.

Now many of you in this world have been taught a way of forgiveness that is not in alignment with this particular course... this particular truth... this non-dualistic teaching.

Non-dualistic teachings teach that there is no duality, that there is only Love. It is flowing or blocked, you are aware of it or not. You are all One. Non-dualism means that you are not divided.

And the practice of forgiveness in the 'dualistic' world is very different than the practice of forgiveness that we are teaching here, and it is important to bring it to mind very early on in your learning.

When you are in the 'dualistic' world, you see somebody has committed a sin, they robbed you of something... they betrayed you... or they cheated you... and you over time get so sick of hating them that you decide to

forgive them their sin. They still did it, they're bad people, but eventually the suffering of judgement can wear you down and you might forgive.

Many people don't ever forgive anything. They take their resentments to the grave and they will have to deal with them in another incarnation, and that is indeed so.

Your re-incarnational journey is one of many opportunities to do this work. We are encouraging you to do this work now. Why? Because now is the time — it is the end of the spiritual season. There is an escalating energy that is permeating All That Is, and it is seeking for you to remove from your mind all illusions. And that is what forgiveness does, it removes from your mind the illusion that they are separate from you, you are good and they are bad, you are innocent and they are guilty — these are all illusions.

Forgiveness — true forgiveness as described in A Course In Miracles — is realizing that you are all One. You are all connected, you are all players in a dream, playing your parts, the "good guy" and the "bad guy". But in truth, you are all connected. And when you pass over you will see that you assigned these tasks to the "bad guys" in your play. And so why attack them? Why judge them? Why say they are bad when in actual fact you have brought them into manifestation through your own desire for separation? And it is in your desire for re-unification — not only of mind but [also] body and spirit, with All That Is — it is your destiny to re-unify yourself so that you do not need to suffer anymore in this place of guilt, shame, death, un-forgiveness.

That is a lot of words for today's lesson, but we want you to understand that forgiveness does not mean that that act did not happen in 'human' terms. And you must look after yourself in human terms. If somebody is a rapist you don't want to hang out with them. It is OK, but it is important that you forgive any trespasses that have been perpetrated against you.

Once again, you must treat yourself as a human and keep yourself safe, and that also means that you must forgive yourself. You must forgive yourself the foolish decisions you've made in the past. You must forgive yourself the unloving things you've said and done because you didn't know any better.

You must, in fact, forgive yourself so that you have a clean slate now, today, and that you can choose Love today, and that there is no consequence for having not chosen Love, for it is not real in God's eyes. It is not real in Love's eyes.

Love is all there is in Love's eyes, and those shadows, those spaces, those dark patches that demonstrate the unloving behaviours, that you have all participated in at some point, they are merely nothing. To God they are merely nothing, because Love is All That Is in non-dualistic teachings.

I am that one that you know as Jesus and I Love all of you — regardless of what you have done, what you have said, how you dress, how much you weigh, how much money you have, where you live, it does not matter — you are ALL Beloved. You must remember that.

We will see you again tomorrow.

Lesson 47

"God is the strength in which I trust."

You are Blessed Beings indeed. I am that one that you know as Jesus and we thank you for joining us today. We truly do thank you for joining us today. You do not really understand how much joy it brings us on the other

side of the veil to see the transformation and changes that come to minds that are doing this work. You begin to have little snippets of peace. You begin to see where you are creating negative fantasies and where they cause you to become emotionally negative or depressed or sad. You are all beginning to see the part you play with the untrained mind, the mind that is aligned with the ego. You begin to see what your mind is up to, and you begin to get excited because you feel that there is a possible future that is different than the one you anticipated.

And this is why this lesson is an important one. When you trust in God, you are not trying to micromanage the future, which is very anxiety-inducing for the ego mind, which is where most of you are functioning from at this stage of your training. The ego mind is about the physical body. It is about maintaining the safety of the physical body, it is about indulging the senses of the physical body, it is about using the physical body to get what it wants. The ego is inextricably entwined with the physical body because it is in fact the desire for separation that has manufactured your body.

Now the body itself is indifferent. It is not aligned with any particular thought structure — it will align itself with what YOU decide to think about. So if you hand over your future to God, if you say, "I am not qualified to make decisions here. I am not qualified to predict what the global warming issue is going to bring about." (This is something that is front and center in many of your minds right now. If you try and figure that problem out you will just create great anxiety because the ego mind will not be able to glean enough information to feel at peace. In fact, the ego is never at peace, it's always at war.) But if you stay in the present, if you stay in this moment, the ego is okay. It can deal with it. You are using your senses to interpret the present moment. You are not predicting a fearful future. You are not regurgitating the past. In the present moment the ego is manageable and it is okay.

However, to stay out of the future you must understand that you are not qualified to predict it, arrange it, organize it, know what is going to happen in the future. And so this is one of those very important foundational elements in your practice: that you trust in the strength of God and the wisdom of Spirit to guide you in each moment to the correct place, to the correct people, to the correct experiences; and with your guidance system — your feeling, emotional body — you will know when things are right, and you will know when things are not right when you meet them, when you encounter them. But you will not be trying to plan a concrete future using the ego mind, for that is what you will be using if you are planning.

Now many of you will not like the idea of not planning and that is okay. You are taught to plan. You are taught to schedule your world. Your current reality depends on you showing up at certain times to do certain things. But remember, this is a training program. Things will slowly shift as you shift your consciousness. You do not have to understand or believe in what you are studying right now. But your willingness to begin to entertain these concepts and the idea that perhaps there is another way of guiding your path through this incarnation — perhaps there is another way of doing it — and these lessons begin to introduce those ideas to your mind (and your mind will probably not like them but that is okay). You only have to participate in them for the several minutes each day that you are asked to participate in them. You can carry on with your normal life in the other 23 hours or so.

I am that one that you know as Jesus. You ARE in safe hands. You ARE guided. You are loved, and you will be shown what you need to do.

We will speak to you again tomorrow.

Lesson 48

"There is nothing to fear."

You are Blessed Beings indeed. I am that one that you know as Jesus and of course this is a hard lesson to believe when you are riddled with fears. It is part of your training program to realize that if this is true, if this course is true, and you believe in it, and you trust in it, and yet you still feel fears, then there is a great divide between where you are and where truth lies. This is one of those fundamental concepts that is important to think about once in a while. It is very logical. If I am telling you there is nothing to fear, and you are fearful, then you are out of accord with these teachings. Now of course we do not judge you for that. We know that you are here to unlearn everything you have learned. Every single thing you've learned in this world will be unlearned, and you will learn the truth.

And so when you see your fears, you want to counter [them] with truth because fear, that you believe in, that causes you to shake and shiver in your shoes, means that you believe in it. So to undo that belief, you must now introduce truth. So if you believe lies as truth, which you do, if you harbor certain fears, and you believe in them, then you are voluntarily out of alignment with truth. When I tell you that there is nothing to fear, if you believe me and you believe these teachings, then you must say, "Well, I believe something that's not true. I believe a lie that is not true. And therefore the truth — there is nothing to fear — seems to be a lie."

And this is indeed an upside-down world that you live in. What is valued by Spirit is not valued here. It is important for you to understand that — that you have truly through your own volition chosen separation, chosen not-love, and you have taken a detour into fear. A deep, convoluted and profound detour into fear. Now we know that you will not be able to

eliminate all your fears in one day. We do not expect you to do that, and we do not want you to even think that that is a possibility. But when you respond to your own mind's belief in fear with another statement that counteracts it, and you do it increasingly over the days and years of your Course In Miracles studies, you will stop feeding the fear. You will stop feeding that thought form with your energy, with your focus, with your belief, and it will slowly and surely fade from your experience.

I am that one that you know as Jesus and there is nothing to fear. You are eternal spiritual Beings. You are beloved by that which you call God — that absolute and all-pervasive benevolent force that permeates everything, that keeps everything whirling and living. God is life. God is love, and anything that you experience that is not life-affirming and love-affirming is not true. It is an illusion, and it will make you feel bad because your emotional guidance system is tuned to love and anything that is not loving will give you a negative emotional feedback. So do not despair if you have negative feelings throughout the day. Be glad that you now know how to interpret them. Be glad that you now know that that means your thinking is incorrect and you are out of alignment with love. You will be able to see where you have indulged in a fear or a judgemental thought about yourself or someone else.

I am that one that you know as Jesus and I will see you again tomorrow.

Lesson 49

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

You are Blessed it Beings indeed. I am that one that you know as Jesus and it is important for you to understand that the ego's voice talks to you all

through the day as well. If, however, you choose not to listen to that voice and go beneath its raucous cries of attack, and shame and fear, there is another level of consciousness that you can indeed reach, and it is always there, Dear Ones, it is always there. You are so busy reacting to the voice in your head that says, "Buy this. Eat that. Drink that. She's bad. He's bad. You're bad." You're so busy responding to THAT voice that you never get to hear the guidance that we are often speaking about when we are channeling through this Being.

This Being quieted her mind enough through the practice of forgiveness. That is how it is done. Through the practice of forgiveness she quieted her mind enough from the raucous voice of the ego — quieted it enough so that we could be heard — and this takes time. In your world things seem to take time and that is what time is given to you for. Time is not given to you to become wealthy, or time is not given to you to become old or sick. Time is given to you to learn how to hear the voice of God, to hear the guidance that you have all got deep inside of you beneath the ego's crazy and vicious voice.

But to weaken the ego you must stop listening to it. You must stop reacting to it. You must stop believing those thoughts, those impetuses to do certain things. You must begin to quiet your mind. You must begin to align your mind with less attacking thoughts, fewer attacking ideas and beliefs. You must go beneath the surface of the storm. Just like in your oceans, you see that deep, calm, quiet beneath the waves that are constantly ebbing and flowing, the tides that are moving back and forth, beneath that, deep down, there is a calm. And the same is true for your minds as well.

Remember, the world that you live in reflects consciousness and the ocean can be used as an analogy as can skies. What is always there above the clouds, above the storms? The sun is always shining. There is a constant and loving emanation of energy that gives life and that is the symbol in your world for that which you would call God. It is a physical symbol to remind you of the truth that that voice, that love, that life-giving essence is

always available to you. Even though it may be hidden beneath storm clouds, know that it is always there.

I am that one that you know as Jesus. We will speak to you again tomorrow.

Lesson 50

"I am sustained by the Love of God."

You are Blessed Beings indeed. I am that one that you know as Jesus and of course this is the ultimate truth: you are sustained by the love of God. You are not sustained by money.

You are not sustained by food. You are not sustained by any of these material things that you have been taught sustain you. But as long as you believe that they sustain you, they sustain you. This is one of the great paradoxes of Being in physical experience as you are in this 3-D plane that you call life. What you believe becomes true for you, and so, as you are indoctrinated on your plane into believing in these systems, you truly, with every part of your Being, believe that you are sustained by your paycheck, that you are sustained by these physical material things.

It is not until you change your mind that you will begin to have a different experience, and that is what we are doing here. We are changing your mind by getting you to say and repeat things that you don't believe, that you REALLY don't believe, until they begin to shift your mind a little bit, and you begin to get a different experience. And for those of you that are now 50 lessons into this training program, you are beginning to see that you are having some different experiences. Perhaps you are less reactive. Perhaps

you are finding feelings of love surfacing in your mind where they were not before. Perhaps you are getting the feeling to reach out to people that you have not talked to for some time. Perhaps you are getting the urge to change your diet a little bit. Perhaps that thing that's unhealthy for you that you've always eaten is now becoming less attractive. You're still eating it, but there's something going on.

These are the effects of the lessons. They are changing your experience. They are now presenting themselves to you in the form of experience, in the form of shifting consciousness, and now you are beginning to develop your faith. You do not understand the lessons or how they work or how they transform your mind, but lo and behold, there is physical evidence that they are doing something. We want this faith that is developing in you to fuel the next 50 lessons for you. The little changes that you've seen, the little ups in your frequency that you are experiencing — we want you to use that faith to charge and to move you through the next 50 lessons. Look, you have gone through 50 lessons just like that. You can go through the next 50 lessons, just like that, and you will continue to receive experiential shifts and changes.

The escalating energies of your planet are causing shifts and changes apart from these lessons. You are going to begin to encounter ideas and beliefs and thoughts in your mind that do not fit in any more with these escalating frequencies. They are hateful thoughts, unloving ideas, separation ideas. You are going to become more and more aware of them over the next few months, and this is wonderful news for all of you.

Yes, these things will disturb you when you see them, but they do not deserve to reside in the mind of God's most holy Son or Daughter. They are not loving. They are fear-based. They are hate-driven and attack-based, and they are always attracting like frequencies to you in the form of experience. So we want to remind you all that when an unloving part of your mind comes into your awareness, that you do not hate it, that you do not resent it and think it makes you a bad Course In Miracles student, but that you are

joyful. And you say, "Ah, I see this part of me now. I do not want this residing in my mind, sending out that frequency and attracting like things to me. I'm going to, now that I see this part of my mind, bring it up into the light for healing, and I will ask to have it removed. Although, I must do my part in not strengthening this unloving part of my mind by behaving as if it's true." That is how you reinforce beliefs and ideas — strengthen them: you act as if they're true. When you see that unloving part of yourself now, we want you to not identify it as you. We want you to identify it as something that has been placed in your mind that you no longer want. So it is not part of you. It is not you. It is an unloving belief that has been taught to you, trained in you, surreptitiously implanted in you.

We want you to understand that you are LOVE. You are made by love, from love, for love, and anything that is in you that is not loving is not you.

I am that one that you know as Jesus and we are looking forward to the next 50 lessons with you. We will see you again tomorrow.

Lesson 51

Review of Lessons 1-5

You are Blessed Beings indeed. I am that one that you know as Jesus and it is important to review some of the concepts and ideas that have been introduced to your mind so far. As you look back over these lessons, we want you to remember those lessons. We want you to remember and recall why we are doing this work together. We are doing this work together to relieve your mind of suffering caused by your misdirected thoughts and your misinterpreted thoughts and your distorted thoughts.

We are working together to retrain the mind to align with love. That is what we are doing. We are also retraining the mind so that it becomes more peaceful, so that you can hear inner guidance. We are also working together to demonstrate that we understand that we do not know what's in our best interests. When we are suffering, we are Being given guidance by our emotional guidance system that tells us we are off-track. We are doing these lessons because we know there must be a better way than the way we are living now.

We want you to understand that reviewing these lessons is an important part of the practice. It is not just to demonstrate to you that you have learned some interesting things. It is also there to demonstrate to you that these are things that need reviewing and practicing and using in your day, whenever you encounter a situation where these lessons become applicable, as a way of relieving your own suffering. These thoughts and ideas, these lessons, these beliefs, these new concepts will become natural to you at some point, and you may even find yourself using them now — when you get distressed, when you get angry, or when you get frightened.

I am that one that you know as Jesus and this is the most powerful mind training program that is available to you as Westerners at this time. It was designed for the western mind. It was designed for these times. It was designed by those of you that are motivated to bring into Being a more loving experience for yourself, your friends, your family and for the planet. And we want you to remember that when you slip. We want you to remember that when you become disillusioned with this work, because it happens. You get tired of the practice periods. The ego is nagging at you. People are upsetting you so much. You feel as if this is extra work, but it is not extra work — it will relieve the effort over time. Over time you will find that you are not battling with yourself so much. You are not battling with others so much. You are not regretting so much. You are not fearful so much. And all of those things use up your precious energy, and as you come into more alignment over time, you will have access to more and more energy, more and more creativity, more and more guidance.

So do not despair if you are struggling, or if you have had some difficulties with these lessons. We want to encourage you to continue on. Even if you feel you've done it imperfectly. Even if you feel that you could have done more, but you didn't. Make tomorrow the day that you decide, "I'm going to do it exactly as described in A Course In Miracles. I'm going to dedicate myself to these lessons because I have seen what my mind creates. I have seen what my mind gets up to when it is not trained by a loving teacher, and I don't want to spend the rest of my life experiencing that." That really is what we are getting rid of here. We are getting rid of your suffering, your fears, and eventually your sickness and your death.

I am that one that you know as Jesus and we will see you tomorrow.

Lesson 52

Review of Lessons 6-10

You are Blessed Beings indeed. I am that one that you know as Jesus and we get such joy out of the joy that this Being gets from this teaching. She has reaped the rewards of her studies and finds joy in the most simple things, things that she could not have enjoyed before.

I am that one that you know as Jesus and life is good. Living is good. Fantasies are problematic. Most of you live in a fantasy world because you are thinking about the past and the future all the time. You are judging and assessing and attacking and fantasizing, and you are not actually present in the moment, which is the only moment that you have to experience yourself.

And so these training programs are very, very powerful because they reveal to you what you are doing. They are not revealing what the world is doing to you. They are not revealing what your enemies are doing to you. It is revealing what you are doing to yourself — thinking about people that aren't with you, judging situations that you have no qualifications to judge, assessing other people's behaviour as good or bad and deciding self-righteously what YOU would do in that circumstance. You have no idea what the internal promptings or guidance of that person is that you are self-righteously judging — you are living in a fantasy world.

And this fantasy world creates emotions — feelings. When you are watching a movie in your head, when you are telling the story, when you are judging, you are generating feelings all the time: feelings of upset, feeling of suffering, feelings of sadness, feelings of guilt, feelings of self-righteous anger. And all of those feelings that you go through every day because of what you are thinking about, what you are judging and what you are doing in your mind — dreaming, watching movies in your mind — they take a toll on you. They use up a lot of energy. They, in fact, are what make you sick.

Once you come to a place of peace, once you realize what you are doing to yourself — leaving the present moment, leaving what you consider reality — you will experience a completely different experience here. You will experience what the Course In Miracles calls "The Happy Dream". Yes, you are still dreaming. You are not in separation from God, you are at home in God always. The biggest part of you is still there connected to All That Is. The seeming body that you are in, the seeming small personality that that you are in is not all of who you are, but you believe it is all of who you are. It's a very small part of what you actually are. But the happy dream is the next step in your evolution. You will go from the fantasies and illusions in your mind, the judgements and the hatreds and the desire for separation and attack. You will rest in love, you will rest in peace, and from that place, you will have connection to knowledge and wisdom and profound guidance.

I am that one that you know as Jesus. We love you very much on this side of what you call the veil, and we offer these teachings with open hands, asking for nothing in return, but merely asking you to try something new so that you can have a new experience.

We will see you again tomorrow.

Lesson 53

Review of Lessons 11-15

You are Blessed Beings indeed. I am that one that you know as Jesus and of course these reviews can cause a little perplexing energy in the mind because they are less structured. They are asking you to review them at your own pace with your own emphasis and with your own frequency. So you are Being given a little leeway here in which to practice, but you have been shown in the previous lessons the kinds of practice periods that are going to benefit you. So this is what we would like you to use as your model for doing these lessons. You can pick a time at the beginning of the day when you first wake up, you can pick a time in the middle of the day and early evening and perhaps before you go to bed, and you can choose some of these lessons to repeat throughout the day. If you are panicking about when and how to do these lessons, we want you to think logically.

Just as when our Dear One here makes a mistake. There has been a little flutter of upset around her not having the exact lesson on the exact day, and we would like those of you that this is confusing and upsetting to take a look at how little the ego requires before it is in a flutter. Clearly, if she is doing lesson 47 and it happens to be on day 46 or 48, it does not matter.

Did you do Lesson 46? Then the next lesson is number 47. Do not worry about the date. Do not worry about what anybody else is doing. A Course In Miracles is a self-study group. It is a self-study practice. That means that there may come a day where you have hurt yourself and you end up going to hospital and you come home and it is three or four days before you have completed your lesson. Do you panic? Do you worry what the other 3,000 people around the world are doing? No. If your last lesson was number 46, go to lesson number 47. You are not all going to be able to stay on the correct day throughout the year. We guarantee that. Life interferes with things. Your mood interferes with things. The ego interferes with things.

So those of you that are belaboring where our Dear One is on the calendar, do stop. It doesn't help anybody. That is our little lesson for today for you all. Do not belabor the date, the day. Just know that if you are on your lesson for today, that is all that counts. Pay attention to your own practice. Do not pay attention to anyone else's practice. This Being is having a challenging time doing all these lessons. There are technical difficulties. There are weather difficulties. There are Wi-Fi difficulties. There are time zone difficulties. There are discipline difficulties. And so it is important for you to be forgiving of any shifts and changes that happen in the schedule of her posting these lessons. It is a miracle indeed that this Being is willing to do this on a daily basis for all of you, so please be grateful for that, and do not nitpick at any small errors that will occur. Likely many small errors will occur over the year, and it is your job to let them go and focus on your practice.

I am that one that you know as Jesus and it is important that you practice forgiveness in these kinds of small bumps in the road. A mind dedicated to finding fault can ruin the day.

We will speak to you again tomorrow.

Lesson 54

Review of Lessons 16-20

You are Blessed Beings indeed. I am that one that you know as Jesus and we are happy that you are this far along in the course. We keep reminding you that we are happy so that you know that there is a great appreciation on this side for those of you that are willing to step up your spiritual practice game and join with us in the transformation of your mind and the transformation of the world. This is one of the greatest blocks to the working of miracles in your 3D reality that you call life — the idea that everything is linear and there is a simple cause and effect relationship in the material world.

Miracles are events that step out of time and step out of that logical simple cause and effect belief system.

You are a holographic Being. You are radiating constantly in 360 degrees, all directions, all time, infinitely. Your frequency is expressing itself and reflecting itself back to you in the form of your life, in the form of your world. This is a very, very important basic principle, because when you attack somebody, when you judge somebody, when you fear something, you are perpetuating separation. You are, in fact, saying that, "This world, this person, this situation has nothing to do with me. I have no control over it, and it frightens me." When you begin to truly understand that the world is merely a reflection of everything you believe, everything you hate, everything you fear, everything you judge, everything you love, everything you lust after, everything you desire, everything you are addicted to, everything, everything, everything — then you begin to gaze upon the world with forgiving eyes because you become curious. You, in fact, become open-hearted and open-minded.

The Being who is a victim of the world is closed-minded. That means that you have decided something and therefore it is true for you. Those of you that are learning something new here — that are opening up to new principles and ideas and practicing them even if you don't believe in them yet — you are open-minded. That means that you are willing to entertain the idea that perhaps there is something you have not yet learned, and that if you learn something new, you might get a different experience, and that is exactly what is going on here. You are open-minded.

If you are doing these lessons, you are open to some future that is different than the one your ego predicts. The ego bases all of its decisions on the past or an imagined future. If you are present, if you are in alignment, if you are basing your actions, thoughts, words and deeds on these teachings, you are staying in the present moment, and you are allowing life to guide you, Spirit to guide you, God's ideas to guide you. And that will save you — wait for it... it will save you decades. So do not feel that you are wasting time doing these lessons and that you could be more productive doing something else. You literally will save decades doing these lessons.

So thank you for joining us today in your review. I am that one that you know as Jesus and we will see you again tomorrow.

Lesson 55

Review of Lessons 21-25

You are Blessed Beings indeed. I am that one that you know as Jesus and it is a wonderful, wonderful gift that you are giving yourself today to review these lessons.

Some of these are worded differently than were worded in the original text, and so your mind will notice that, but we want you to understand that we are speaking about principles here. We are speaking about ideas, and the reason that the words are changed a little is so that you do not become too dogmatic. You will notice that in your religious institutions on your plane, individual words will be used inflexibly depending on who translated the original text into English or French or whatever language you are reading it in.

We want you to understand that it is not about hard and fast facts and rules — this is the world of the ego, the quantifiable, the measurable. These are the systems that you are used to. We are using slightly different words so that you see it is the meaning behind the symbol of the words that we are trying to convey to you so that you do not get too hung up (as one tends to do in this society) on specific words. Words are symbols of symbols, and when you have a translated language; so from ancient texts into another language, and then through history, through many iterations of translation, you are having symbols of symbols of symbols, and this is what you are faced with in many of your religious dogmas.

This is one of the reasons that we are channeling through this Being so you can hear it firsthand so that you can have elaborate explanations given to you over time on every given day so that you do not become obsessed with the details. This does not mean that accuracy is not important, but we do not want you to become compulsive or dogmatic. We want you to relax. We want there to be a relaxed diligence in your practice. That means that you are letting go of control. You are letting go of fear. You are letting go of judgement, but you are practicing. You can be both diligent and relaxed.

The ego wants to be controlling and it wants to be precise. It wants to be able to measure things immediately. It's based in time. It uses the body. It's important for you to understand the principles that we are cultivating here. Being relaxed, Being happy, Being open, feeling good — these are some of

the clues that you are beginning to feel as your new experience, and your new experience of those nice feelings is your feedback system saying, "Well done, you're on track." If you become too obsessive about the lessons, or too fearful if you miss one, you will feel a dip in your guidance system, a negative emotional feedback, and that is your guidance system saying, "Ah, no, don't do it that way. Let us continue on the path of diligent relaxation."

Your guidance system is constant. It is accurate, and it is unceasing. You always can feel whether you're feeling good, happy, relaxed, contented, curious, creative, imaginative... Being sleepy is a little different, but it's okay. If you feel like having a nap and you get that overwhelming urge, do not resist it. Do not think that you are Being lazy. The thought, "I am Being lazy." would be the thing that gives you a bad feeling about having a nap or having a rest. It is not the feeling of having a rest itself. These are some of the discernments that you will begin to master as you go through these lessons. You will begin to feel into how to do these lessons and how to be in the world. You will go from Being high-strung and high-stressed, controlling, argumentative and accusatory, to relaxed, open, less focused on time, healthier, more pleasant to be around.

I am that one that you know as Jesus and we will speak to you again tomorrow.

Lesson 56

Review of Lessons 26-30

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is a perfect demonstration of love. This Being did not used to like dogs.

This Being did not used to have the kind of patience that she has now with this creature as you see it meandering around in the background. This would have caused her great agitation before the Course In Miracles. In fact, she could not be around dogs because of the state of her consciousness.

And this is something that is wonderful for all of us to witness here. This is the kind of transformation that your mind is going to go through. So if you think now, today, about something that you despise, or hate, a person that is in your mind all the time, you're battling with them all the time in your mind, you think they're bad, or you think they're badly behaved, or you think they should be doing something other than what they're doing — these thoughts and beliefs and ideas will be gone from your most sacred mind. They will not be there, like storm clouds, upsetting you all the time.

Most of you are beginning to get glimpses of the peace of mind that can come into your mind, little drifts of it here and there. Some of you may be even having longer periods of peace. But what will happen is an increased acceptance of what is, and it will not seem to be a threat to you anymore. When you come to understand that your upset, your anger, or your frustration, or your impatience is fear; fear of something overwhelming you, fear of something controlling you, fear of something harming you, fear of something making you look bad, fear of something causing you to doubt your own vision of yourself, then you begin to see what peace can really bring you. Peace can really bring you into a place of profound connection with All That Is, and that doesn't mean that those creatures, dogs, children, relatives, husbands, wives don't keep doing what they're doing, but you are not threatened by it anymore. You are not upset by it anymore. You can observe even a child who is doing dangerous things, driving fast late at night, or not coming home when they should — you will be able to witness these things in peace, and know that everyone has guidance. Everyone rests ultimately in the arms of God, and it is not your job to control everything on this planet.

You can, however, have a more profound influence than you do. And this is something that, again, you can witness in this Being. In her life before A Course In Miracles, there was no influence in terms of the crowd or the "system". She was thrashing around in her own life, very unhappy, having a hard time of it. But now because she has found a way to dedicate herself through mental and emotional discipline — and this sounds harsh, but as you are beginning to see, discipline does not come from hitting yourself over the head with painful things. Discipline can come from focusing on love. Discipline can come from focusing on health, on life, on joy. And so even this word 'discipline' must be reassessed for those of you that are laying it on yourselves as a heavy hand.

Go out into your day and be grateful. Go out into your day and be happy. Go out into your day and relish in the sunshine, or the rain or the snow. Relish that you can breathe. Relish that you can walk. Relish that you have choice. Relish that you can decide — even those of you that find yourself in financial difficulties or marital difficulties. Once you have disciplined your mind, you can choose what to focus on. You can choose where you want to put your energy and it will grow. Wherever you put your energy will grow because that is the creative force that has been given to you, it is God-given. When you hear that phrase, "You are made in the image of God"... you are endlessly creative, just like that which you call God. But you must choose where to create. You must choose where to focus your energy. You can miscreate, and many of you are miscreating all over the place, doing things that you don't want to do, judging, attacking. These are miscreations and will take you down painful roads that are littered with suffering.

So we encourage you here to, today, go out into your day and look for the good. Look for the happy. Look for the joyous. Look for the abundance — the abundance of air, the abundance of light, the abundance of brothers and sisters with whom you can practice your forgiveness, so much abundance. Look at your body — the abundance of energy in it, the multiplicity of organs and cells that are all working together to give you an opportunity to evolve. That is what your body needs to be used for. It needs to be seen as

the vehicle that you use to evolve through. Do not attack it. Do not judge it. It is only ever doing what you ask it to do. I am that one that you know as Jesus, and that dear dog is sitting quietly behind this Being, supporting her in her life. And that is a love that this Being could never have known without A Course In Miracles, and for that she is truly grateful. So look around at all the furry creatures in your life and ask yourself, "Am I grateful for this Being, or am I irritated by it?" Love it. Pet it. Take it for a walk. Give it a cuddle, and know that everything in your life is for your greater good.

I am that one that you know as Jesus and I will see you tomorrow.

Lesson 57

Review of Lessons 31-35

You are Blessed Beings indeed. I am that one that you know as Jesus, and these words will make you feel wonderful. These words will give you hope; they will not destroy you. They will not cause fear to pump through your mind and heart. They will calm you. They will bring you to a place of peace, and this is your evidence that the transformation of your physical body comes about by training your mind. This is not something that you are taught in your society. You are taught that to train the body is a physical thing. Indeed, it is not. It is your mind that gets you out walking. It is your mind that gets you to eat donuts. It is your mind that gets you to do some sit-ups. It is your mind, always the mind.

So as you go through these review lessons, it is important for you to really contemplate this as part of those lessons — that anything and everything that you are encountering in your world today is the end result of mind,

and therefore, if you do not like what you see, if you do not want more of it we will say (because judging it does not help it, it strengthens it), so if you do not want more of what you see, then change your mind. If you look upon war, or fighting or fractious relationships, and you do not want it anymore, go inside your mind and ask yourself, "Where am I warring? Where am I fractious? Where am I in a battle?" and you will see it straight away. It is not necessary to go digging deep into the past. It is not necessary to go rustling around in your subconscious. As soon as you ask, "Where am I fighting? Where am I warring? Where am I aggressive?" you will see it. You will see it in how you judge your brother. You will see it in how you think about a politician. You will see it in how you hate your body. You will see it, Dear Ones, you will see it, and so it is not hard to find.

And you must remember that the world is the end result of many thoughts of fear, many ruminations on unhappiness and suffering, and so it is not there that you change it. It is there that you witness it. It is there that you accept it and say, "Thank you for showing me what is hidden from my consciousness. I see it out there. I see the war. I see the financial fear." This is a very, very big one for many of you — financial fear. You think it is caused by a system outside of you, but it is within you. And when you address that fear by doing these lessons, by depending on something other than money, by connecting to All That Is, by connecting to the Father God, All That Is, whatever you want to call it, when you connect to THAT, and get guided by that, then you are fearless. You become defenseless. You are not in the battleground anymore. You are above the battleground. You are observing, "Ah. Look at all those people fighting. Ah. Look at my mind wanting to attack."

You will have a new choice. You will have a new choice available to you, and that, Dear Ones, is freedom — when you truly see you don't have to do what you've always done. You don't have to think what you've always thought. You don't have to believe everything you've been taught to believe. Many of the things you've been taught to believe are incorrect. And

they cause you to fear. They cause you to worry, and they cause you to inflict things upon you that are not good for you.

I am that one that you know as Jesus, and we thank you for joining us today in this review.

We will see you again tomorrow.

Lesson 58

Review of Lessons 36-40

You are Blessed Beings indeed. I am that one that you know as Jesus, and these reviews can annoy some of you sometimes because they are a little less structured than the other lessons. It is important for you to witness that annoyance, and to understand that it comes from change. It comes from doing something a little differently. And we want to address here the idea of routines, because there is some contradiction and paradox in routines.

You are, of course, setting up a new routine of preparing your mind to view the day in a particular way. This could also be considered discipline. But what we want you to understand is that this is a reparation that's happening here. This is a reintegration. This is a healing in the sense that the way that you have handled your mind on a daily basis is incorrect and has caused damage. So this discipline, this routine, is something that is designed to get you back into a place where you can actually be free. So it's very much like somebody who has become lazy and gained a lot of weight. They must go through a seeming period of deprivation of freedom, a seeming period of discipline to get themselves back into balance, and in that process of reparation, in that process of healing, they are undoing

intentionally some things that they have miscreated. And that is what you are doing here.

However, once the mind has been retrained into aligning itself with love, viewing itself as holy, seeing that there are forces at play in your world that are not linear, that are not Newtonian in the sense of simple cause and effect, but that you are able to influence events, people, places and things in a seemingly miraculous way — once you have trained your mind to be able to experience that, then relaxation and 'going with the flow' is going to become a much bigger part of your practice. But for now, it is not. For now we do ask you to keep to the routines, but if we change it up for you, there is a good reason for it. And we do not go into deep explanations of why we do everything we do, but it is for your greater good.

As it relates to routines in your daily life, apart from your practicing A Course In Miracles, we want you to challenge your routines. If you always eat the same thing for breakfast, change it up a little bit and find two or three things that you like to eat for breakfast. If you always get up at a certain time, and you're rushed, get up half an hour earlier so that you're not rushed. If you always go to the same place for breakfast or your coffee in the morning, change it up. Go to a different coffee shop. Use your left hand to brush your teeth if you are right handed. Change your hairstyle a little bit if you are stuck in a rut for many, many years.

Do these things, not to confuse you, but to challenge the belief systems that you have got unconsciously operating in your day. If you never challenge a belief system, it is invisible to you. It is only when you change things a little bit that you will hear, in your mind, the reason that you do it that way. You will hear the limiting voice saying, "Oh, don't go that way. We will get in trouble or we will get less quality goods, or we will be late." You want to hear that voice and know, "Ah. There is a belief behind my actions. I am revealing to myself, by changing my routine, that I am driven by beliefs." The beliefs are invisible when you conform to them, but when you argue with them, when you change your routine, you will hear that voice that

says, "Don't go there. Remember that lady we saw in that store? We don't like her. Don't go to that store." And you'll think, "My goodness me, I am avoiding a place because I had a negative encounter there with a person one day many years ago. I think it's time that I address that issue in my mind."

I am that one that you know as Jesus, and so, enjoy challenging your routines. Give yourself some excitement.

And we will see you again tomorrow.

Lesson 59

Review of Lessons 41-45

You are Blessed Beings indeed. I am that one that you know as Jesus, and here we are at Lesson 59, reviewing many of the ideas and concepts that may be very, very new to some of you. Some of you have been reviewing the entire series of lessons because you have done them before, but others are Being introduced to completely new ideas. What we want you to understand is that as you go through this shift and change in your consciousness, you are going to have feelings. You are going to begin to feel things that you have not felt before. You may begin to feel a resistance to your life as you have designed it. You must remember that your life is made up of all the choices that you have used your free will to make, and as you shift your consciousness using your free will, you are shifting what will become tolerable for you. And this is one of the most challenging aspects of doing A Course In Miracles. What was once tolerable will become intolerable. And it is not because you are suffering more, but it is because your frequency, your consciousness, is raising, and so things that

you were in alignment with before no longer fit you, and this can begin to cause anxiety.

It is very important to trust in this process. Remember, you have trusted in the process of your indoctrination into Western society. Many of you are parents — what are you trusting in, in terms of your society? You're trusting that you go to [the] hospital when you're sick. You're trusting that you vaccinate your children. You're trusting that you prepare them for school by teaching them to read. You trust in teaching them good table manners. You trust, you trust, you trust, and you use your free will to implement the rules of your society from the beginning — day one of a child's life — and that, too, was done to you. These are things that are very important to remember.

So as you are going through this consciousness reassignment process, you are having things removed from your mind through focusing on truth. You are having things fall away. Some of the things that are going to fall away are indoctrinations. Some of the things that are going to fall away are lies. Some of the things that are going to fall away are illusions that you have held dear to you, but now you see are not working for you. They were, perhaps, giving you something, but overall they were not providing you with the life that you know you want, which is one of freedom, creativity, companionship and communion, love, abundance — beautiful, beautiful life.

And so, as you begin to shift your consciousness, and these things that you once believed in begin to fall away, you are going to feel a bit of anxiety because you are going to begin to see that there are things you're doing that you don't want to do. You may have always known that you didn't want to do them, but you could tolerate it because of the frequency that you were holding. But now as you step towards love, these unloving aspects of your life are beginning to become glaring.

What we want you to do is take it slowly. We want you, first of all, to acknowledge that some of the feelings you are having are anxiety. They are feelings of confusion, perhaps. "How am I going to pull this off? How am I going to change some things that I don't even really want to change? If I change from what I have, that means I'm going to lose something, surely. It means I'm going to lose something." This is the story the ego will tell you. What we want you to understand is that if you choose loving things, you will begin to shift your life into a frequency that is now matching your consciousness. So, for example, if you have always plopped yourself on the couch at seven o'clock at night and got yourself a bowl of unhealthy snacks and turned on your favourite entertainment show, this is the kind of thing that you are now going to look at and go, "Wow, I enjoy doing this because I'm tired after a long day, but I can see that this is really not very loving to myself. It's certainly not loving to the people on the television show that are Being picked apart or gossiped about. This is no longer the frequency that I am holding at Lesson 59 in A Course In Miracles. What do I do?"

Make a small change. Instead of grabbing the unhealthy snack and putting your feet up and turning the television on, go and run yourself a nice bath, and light some candles, and put some oils in there, and trim your toenails, and put some cream on your feet, and spend that hour doing something that is nutritious and nurturing. Then you can plop down on the couch and do whatever it is you want to do. Do a little bit at a time. If you see that you're not exercising at all, and you're beginning to really realize that some of the choices you are making are not healthy, take the stairs once in a while. These are simple physical confirmations that you are shifting and changing, and we will tell you that if you change direction a tiny, tiny bit, and continue on that trajectory, you take yourself into a completely different life.

Anxiety is the clue that you are now battling yourself in your mind. There are things existent in your mind that want to assert themselves, and there are new ideas in your mind saying, "Mmm, that's not such a good idea." What the mind wants is peace, and the anxiety — if you have anxiety

arising because you're learning new things, and the old is looking very unappealing — is that the old is deeply entrenched, supported by thousands and thousands of indoctrinations. The new seems a little weird. The new seems a little strange. The mind will want to get rid of the new. The mind's purpose is to try and get back to peace and it doesn't care how it does it. It will do it by drinking three martinis. It will do it by watching a movie. It will do whatever you have been trained to do to alleviate anxiety.

What we want you to do as students of A Course In Miracles becoming aware is, "Ah, anxiety means I have a lack of peace in my mind." It feels like fear because the mind cannot choose between belief systems. It wants to go to the devil it knows, and we are introducing new and loving ideas, so it will take the implementation of your free will to side with the more loving ideas. That will reduce your stress, if you understand what is happening inside the mind.

That is our lesson for today. It is enough. For those of you that are listening to these videos, we would like you to pay attention to this one, and listen to it again, and see if you can make notes of where you are feeling this wanting to change your life, and the anxiety. Where is it showing up? If you write it down, you get it out of your mind, and you get it into a hard copy that helps you see what you are doing.

And practicing forgiveness in this form means that you are not going to throw the baby out with the bathwater. You are not suddenly going to quit your job. You're not suddenly going to quit your marriage. You're not suddenly going to do anything. You are going to subtly shift the decisions that you are making on a daily basis towards the more loving frequency, and then everything has to shift, because you are choosing love. You are choosing love. You are choosing love. That is all you will lose. You will lose the unloving things in your life. The things that you have been taught to do that are not loving. The ways of eating and drinking and thinking and entertaining that are not loving that have just been indoctrinated into you — they have consequences. They are not harmless.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 60

Review of Lessons 41-45

You are Blessed Beings indeed. I am that one that you know as Jesus, and as we walk along this path, there are stumbling blocks that you will reach. These are issues that have been assigned to you as important issues for you to deal with in this incarnation. Now, there are many, many of you that are dealing with multiple lifetimes of issues that have heretofore been ignored, or you have not been able to master them, and they are showing up in this incarnation. That is why many of you are having a difficult time with this particular time in this particular part of your life, because before you came into this incarnation, you decided that you wanted to deal with as many things as possible to clear as much as possible, for various reasons that we are not going to go into at this time in this lesson.

But we want you to know that when you stumble on one of these bumps in the road, and you fall over, and you brush yourself off, and you get back up and you look at that tricky, tricky thing that you just fell over, we do not want you to be sad or mad at yourself. We do not want you to say, "I am a bad Course In Miracles student because I could not manage that particular situation with my mother, my father, my body, my food, my addictions, my resentments."

Whatever it is that you did not manage today, or yesterday, we want you to forgive yourself and say to yourself, "Ah, that is what I am here. I don't

know how to handle that situation. I don't know how to do that. Why would I attack a small child for misspelling a word? Why would I attack a child for falling over when it's learning to walk? I would not do those things, and so I will not do those things to me as I am learning to recognize that which is unloving in me. If it is unloving, and it is in my mind, it is not of God. It is not going to stay, and therefore, I must see it. I must trip over it to recognize that it is not loving, that it can take me down into sadness and suffering, and that means that it's not me, not the real me, not the true me that is at home with God, that is aligned with love. And so this thing that I just encountered is not actually me. I'm not going to own it in that sense. But I have contributed to allowing it to live inside my consciousness, and therefore manifesting in my life. But it is not the true me, and so I will not beat myself up. I will not hate myself because of something that I have done or a situation that I was not able to handle well. I am going to look on it with forgiving eyes and say, 'Ah. there is a thing that I need to have a look at. It is not loving, it is not extending love. It is not adding to the world in a positive way, and so it is not real in that sense. It does not belong here. It does not belong in my holy mind.' "

This will really help you to stop beating yourselves up when you make errors. Errors are good things because they show you where you are unstable or unable to handle something. And that means that you need to look at it, and you need to bring it up into the light, and offer it up for healing, and also to look where you contribute to maintaining that belief. This is your side of the street, so to speak. You bring it up into the light. You say, "Ah, I'm very frightened of this thing." or, "I hate this thing, but I don't want that unloving concept in my mind. I'm going to ask for help to have it removed from my mind, and I am going to look at where I strengthen it on a daily basis."

And that is the process that you would use to weaken a belief — you first must see where you strengthen it — the behaviours, or words, or deeds or thoughts that you employ on a regular basis that keep that belief alive. Once you see it, then you can begin to use your free will to choose other

thoughts, other words, other behaviours. And that belief will lose your power added to it, and then it can be lifted from your consciousness, because you literally no longer want it. You are not strengthening it.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 61

"I am the light of the world."

You are Blessed Beings indeed, and of course, that is why I start every statement that I make with that statement.

You are Blessed Beings indeed — you are the light of the world. You carry within your very essence the love of God.

You carry within your very essence a powerful creative ability.

You carry within your very essence everything that you need, all the understanding that you need, all of the passion that you need, all of the drive that you need, all of the wisdom that you need to be able to experience what you want to experience in your incarnation.

Why do you think so much effort is put into teaching you otherwise? So much effort is put into teaching you about your smallness, about your propensity towards sickness, keeping you ill, keeping you inside, keeping you away from joy, keeping you away from the outside, keeping you controlled — because you are so powerful. If you were not powerful, this society would not need to restrict you so much, and train you so much and

punish you so much. It would be able to leave you alone for you would not be any trouble. You would be weak, but you are not.

You are the light of the world.

I am the light of the world.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 62

"Forgiveness is my function as the light of the world."

You are Blessed Beings indeed. I am that one that you know as Jesus, and you are meant to be happy.

This is one of the great fibs, fabrications, we will say lies, that have been taught about my teaching — that suffering and sacrifice are required. Suffering and sacrifice breed resentment and cause pain. Happiness does not. When you attend to your mind, when you learn that what you think creates the feelings that you are feeling, and therefore whether they make you happy or sad, you begin to realize that suffering is a choice. Suffering is indeed a choice. It does not make you holy, it makes you miserable.

I did not suffer on the cross. The point was that I sacrificed nothing. The body was nothing to me. In teaching that lesson to my disciples, I was showing them that the body was nothing to me, and that I did not suffer. The appearance of that story and the layers of untruth that have been laid upon that story for thousands of years in your society are lies. It is not logical for the only Son of God to sacrifice himself in a painful way for

salvation of others. That makes no sense. What does make sense and what is logical if you think about it, is that I was demonstrating my ability to overcome death. I was demonstrating my ability not to suffer, and I was telling you that suffering is not required. That let the crucifixion of my body be the last useless sacrifice that is demonstrated in this world. It is not required of you. You are designed to be happy. You have a guidance system that, when it is in alignment with truth, will make you happy. It is very simple, Dear Ones, the happier you are...

(We are not speaking of pleasure here. Bodily pleasure is a different thing. That's a sensory thing. Happiness is a quality of mind. It is something you cultivate by the way you handle your mind, not what you do with your body. That is a different kind of feeling. And it can actually make you quite unhappy, constantly seeking bodily pleasures. We will go into that further at a later date, but for now, know that you are meant to be happy.)

When you are unhappy, you are off-track. When you are unhappy, go back to your lesson for the day and ask if you are applying it. These lessons are not just to be said by rote, although in the beginning that is how they feel. You are now approaching that time in the lesson training program where you begin to apply the lessons, where you really begin to believe what you're saying to yourself. And if you believe what you're saying to yourself and apply the lesson, you will not be sad. You will not suffer at all during your day, and you will get days, Dear Ones, where you realize that these lessons are offering you peace. They are offering you a different way of experiencing your human experience. And then you wonder to yourself, "If I am feeling better after 60 lessons, how will I feel after 360 lessons? And how will I feel after five years of practicing this, or 10 years of practicing this?" Yes, we want you to imagine Being so happy, so full of health, so full of vitality, that you barely remember the life before A Course In Miracles.

I am that one that you know as Jesus and I will see you again tomorrow.

Lesson 63

"The light of the world brings peace to every mind through my forgiveness."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is a powerful statement, is it not? Many of you do not see yourself as capable of such ambitious things. And today we want to speak about this feeling of weakness, this feeling of smallness, this feeling of powerlessness that you have had cultivated in you through the disciplines in your culture.

It is from day one, when you were a little child, that you are told that you are not as valuable as your parents, that children are not as valuable as adults, and throughout your childhood you will have this demonstrated to you through punishments and through disciplines. This is the beginning of your belief that you are not important, for the adults in your life do not treat you so. It is not their fault. They were trained that children should be seen and not heard, and that rambunctious and happy children should be contained and controlled to serve society's needs.

Well, we are here to get you to truly serve society's needs and to see your grandeur, not your patheticness. We are here to train you into tapping into the endless creative light that abides within you so that you will radiate throughout your life the most magnificent vibration that will attract people to you, and they will say, "What are you doing that is different than everyone else? You are not cowering in the corner like everyone else. You're not medicating yourself into oblivion like everyone else. What is it that you have done?" and you will merely say, "I trained my mind. I trained my mind to align with love. And that is what has given me the ability to shine this light and to achieve things that are beyond the norm."

It is not easy to take on these lessons when you believe yourself to be nothing, when you believe yourself to be limited, and powerless and pathetic, but we ask [you], how does it feel to believe those things about yourself? Do you not feel inspired and happier after you have spent a few minutes with these words that are uplifting and strengthening and encouraging? These are the words that your parents should have said to you when you were little. But they did not know. We are not here to blame them. We are merely here to state what has happened to many of you. You were never encouraged, you were never truly loved and told what you are. And that is why these lessons work, because we are telling you what you truly are, and what you are capable of.

You are the salvation of the world. You are the salvation in YOUR world. You will transform everything about your world as you begin to use these lessons on a daily basis, on a minute by minute basis. At times, when you are struggling, you will have to dig deep down into the lessons that you have studied and you will find one, you will find one that will help you through every situation that you encounter, and you will come out the other side seeing. Because you have trained your mind, you do not react the way you used to. You do not need what you used to need. You see that you are powerful creators indeed, and that you have everything you need, and that you do not need others to become something less so that you can feel more. You feel wonderful and so you do not require anything of them. You do not have to manipulate them or control them to get what you want. You are perfectly happy in your mind and in your body, and you know that you have a purpose.

This allows you to be kind, and this allows you to be patient, and this allows you to be compassionate, but it does not mean you are a doormat. Oh no. You are well acquainted with your strength. You are well acquainted with your ability to direct your mind and therefore your life towards loving expression, loving extension, creativity, joy and happiness. And what a gift that is to give to everyone including yourself.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 64

"Let me not forget my function."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is important for you to see how different these lessons are from the trainings that you have had in your society. You have been taught in your society, for example, that to beautify the body that you are in is going to bring you what you want, that using the body to tempt another into a relationship or sexual encounter with you will bring you happiness. Why do you believe this? You believe this because of the training through your television shows, your movies and your pornography. There is a reason that these programming systems are so popular — it is because it is what you want. This world is designed to hide from you your true purpose. So if you have created this place to chase your idols in, for that is what you have done — you have separated yourself from oneness and come down in frequency into the physical material world — but you do not want to see the truth. After all, you just left the truth. You left oneness. You left that connected mind of All That Is and came down into this experience. It is not sinful, it is merely different. It is separated from love. It is separated from truth, and you have some things that you like to indulge in here.

Now, we are not coming at this from a moral high ground. We are saying this is just what's going on. If you don't understand what's going on, you will misinterpret the signs along the way. The desire you have for sexual encounters, for example, or sexual stimulation is one of the ways that the body gives you pleasure. If you are not seeking true happiness through

these kinds of practices, spiritual practices, forgiveness, loving kindness, compassion, you will be very unhappy — you will suffer a lot. And because of the training in your society, you have been taught that suffering can be alleviated by seeking pleasure.

So what happens in your experience is that you go to the pleasure centers of the physical brain. Remember, the physical body is the ego's playground. You go to the physical, sensory pleasures, and there are many in this tempting place, and you indulge in them, and while you are indulging them, there are chemical reactions in the physical body that seem to bring you pleasure, and therefore relief from the pain and suffering. That is the thing that is driving you to use these pleasure centers.

But when you stop with the pleasurable activity, the drinking of the alcohol, the sexual intercourse, the gambling, the shopping, the television watching, the movie watching, the pornography, whatever it is that you are seeking, you all have your favourite things, some of you like to over-eat — we are not saying that one thing is better than the other. But what we are saying is, once the pleasure is done — once the cake is eaten, once the lover is satisfied — you are back in your consciousness that is suffering. And then you have to go on the hunt again for another pleasurable experience to stop the suffering, to distract you from the state of your consciousness.

What we are attempting to do here with these lessons is give you such a level of peace and happiness, that you do not have to seek after your idols anymore, and you realize that truly they are empty, because as long as you are participating in them, you are medicated to a certain degree with the pleasure chemicals. But when you stop, then you are in pain again. You are in suffering again. You are lonely again. You are sad again.

And this is, of course, what leads to addiction. [In] the brain that is constantly given substances that give it pleasure, addiction becomes activated. And addiction is a side effect of mental and emotional suffering. So if you have an addiction problem, and you see that you are using

something, then what we want you to do is to understand that these lessons will, over time, these teachings will, over time, relieve you of those addictions. But you, too, can participate in reducing your addictions by Being good students here. By understanding the mechanisms that are at play, you can step back from that second piece of cake and say, "Actually, indulging in these pleasurable sensations seems like a good idea right now, but I want true happiness. I am not going to indulge in an addiction because I know that it is an endless cycle of seeking, and I don't want to be driven by that. I want to experience peace, which allows me to rest at home and happiness."

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 65

"My only function is the one God gave me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and we thank you all for joining us today for this collaborative **journey into expansion**. Expansion from the little, tiny ideas that you have settled for. The little, tiny ideas, like:

"If I lose 15 pounds and get my body exactly the way I want it, then everything will come to me."

That is an idol. That is something that you worship.

Or that idea that you are going to save up for that beautiful car. Yes, it's going to have a \$500 a month payment, but you will look so good in it, and everybody will love you and you will ooze success.

These are some of the idols that you worship. These are some of the idols that you have put in place of your True Purpose, which is to Awaken and to assist your brothers and sisters in their awakening process.

Once you aim for the stars, all of the little distractions along the way fall aside, and you do not see them anymore. And this is how you make leaps and bounds in your spiritual practice.

Many of you have said, "Oh, I've been doing A Course In Miracles for 25 years."

But have you really? Or have you been constantly distracted by other goals, other training programs that have said, "If you work towards THIS goal, then you will be loved. If you work towards THIS goal, then you will be secure."

We want to tell you that if you work towards the goal that THIS book is setting for you, everything else will come to you because you are setting your sights so high in terms of your frequency, that health and joy and happiness and abundance of all different kinds must come to you, because you are up there in the realms of the gods.

You will be up there in the realms of the Enlightened ones, the Master Teachers. You will be up there in the realms of Beings that are not bound by the heavy chains of materialism.

So do this lesson well — and know that it is your ticket to Freedom.

I am that one that you know as Jesus and we will see you again tomorrow.

Lesson 66

"My happiness and my function are one."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is a very, very important lesson for you to contemplate. We want you to listen to that explanation several times. We want you to realize that this is a very, very logical progression of conclusions. If there is such a thing as God, and that God is loving, then anything that is not loving is not of God, and therefore not real — illusory. So when you go into your own experience of your world through your emotional guidance system, and through your observations and these sorts of things, anything that is not loving is not real, and it is not of God, and you don't want it in your mind.

So when you see yourself Being hateful or judgemental (which you will all see, we are not cursing you for that, we are merely taking you on a journey, holding your hand to show you the truth), there is nothing to be ashamed of in realizing that the ego is driving your actions. This is why this training program is necessary to bring you back into a place of alignment, because the ego has been fed too much food and is too strong. The ego itself will recede in its importance back into a place of manageability as you begin to master these teachings. You will begin to see that you don't want what frightens you. You don't want to attack people. You don't want to demean yourself by abusing your body or abusing somebody else's body. You will slowly and surely turn around on that road.

There is a road, one road, and it is towards love or away from love. And as you walk away from love, you feel worse, and worse and worse. But each step on that road you choose to take. You have free will. And that is why the concept of hell that is laid upon you is incorrect. You are not punished by a God. You are merely having a reflection of your own inevitable choices

day by day, moment by moment. There is only one road. You feel better the closer you get to love. You feel worse the further away you get from love, but you are the chooser.

But as you experience unloving experiences, as you experience unloving thoughts, you are walking away from the truth. You are stepping away from that which is whole, that which is holy, and that is what is happening here. You are beginning to be given the right information so that you can make the right decisions so that you can say, "I don't want to feel fear. I don't want to feel bad. I don't want to hurt anyone else. I want to accept my purpose, which is to be happy and in a place of peace, and I have been given the means and this strange communication device — the computer — and my big blue book. I have been given the means to achieve peace, and I am willing to do that work because the alternative — there is only one alternative — and that is the ego's world."

And we say, take a look around you. Take a look at what the ego accomplishes. It is not such a pretty thing. It does not deserve your condemnation, but it does deserve your intelligent and honest appraisal.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 67

"Love created me like itself."

You are Blessed Beings indeed. I am that one that you know as Jesus, and one of the great distortions of the teachings of your society about me has been that I am the only Being that can be wholly loving, that I was the only

Blessed Son of God, that I was special, that I was made so different from you that I could accomplish miracles and that I could live in heaven forever.

Not true, Dear Ones, not true. You are all the same as me. There is only one road. Some of us are further along the road to love than others, but you are ALL beloved by that Creator that you call God. Now, the Creator that you call God is incorrectly defined by all of you. That is okay. We do not worry about details like that. What we want you to know is that your return to love is what will allow you to redefine God in your mind. It is not about redefining God necessarily first (although there is some implication of that in this lesson), but when you start telling the true story of what you are in relation to that God, and what that God has given you — the ability to create, the ability to love, the ability to fear — you have been given absolute freedom.

But you have been flailing around in the ditch of life, we will say. This is a phrase our Dear One likes to use when she has fallen off the path — she refers to herself as "flailing around in the ditch" and we think it is quite an appropriate imagery to bring to mind. You are not making progress when you are flailing around in the ditch. You are caught up in the brambles and the mud, and slipping. You are not moving towards love, but that is okay. The path remains there for you, cleared and clarified, but you must climb out of the ditch.

And one of the things that pushes you in the ditch is your definition of God, because you have been taught about a vengeful God. You have been taught to be God-fearing. You have been taught that you cannot trust your inner guidance — that evil is afoot in there. Don't go inside — you will find the darkness, so stay outside. Hand over your power to Beings who are very, very happy to take it from you — very, very happy to wield it over you. And this is something for those of you in modern Western society that we really want you to understand, is that the powerlessness that you are seeing reflected back to you by oppressive governments, by increasing

rules, by increasingly unloving societies and oppressive regimes — you are seeing your belief in your powerlessness reflected back to you, and you will change the world by doing this Course In Miracles. Yes, it's called A Course In Miracles for a reason, because the world will change when enough of you are doing this training into miracle-minded thinking, aligning yourself with truth, aligning yourself with love, because love is what holds everything together. Even those that are wielding power over you love it. It is their love affair with power that is giving them the ability to create it. It is giving them the ability to create situations and structures in your world that teach you that you are powerless and small and little.

You must now take back your awareness of love's presence. You must say, "Ah. I have the ability to align with love too. What is it that I love? What is it that I want to create? What is it that God is speaking to me about through my passions?" Is it equality for all races around the planet? Then work towards that. Is it care and love of animals? then work towards that. Do not battle the evil, but invest your daily life with love of the things that you are guided to strengthen and enhance.

You must be educated properly to be able to understand that your love of something, your passion for something — it doesn't matter whether it's art, or animals, or organic farming or education — if that is your passion, that is God speaking to you through love.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 68

"Love holds no grievances."

You are Blessed Beings indeed. I am that one that you know as Jesus, and of course, here in these lessons we are speaking about the goal of ultimate forgiveness, the fact that your mind will be free and clear of absolutely all grievances. Love holds no grievances — that is true, and if you hold grievances you will have what feels like a little infection in the mind, a little worm in your head that keeps going on about something.

"Love holds no grievances" does not mean — and this is an important thing here — it does not mean that you are a doormat. This is something that many Beings on a spiritual path have to learn the hard way. It is okay for you to choose the path that you want to take. It is okay for you to decide that you would like to experience something that somebody else does not want you to experience. Having a disagreement with someone is not necessarily a grievance. The grievance comes when you are unforgiving because they are different than you. It means that the argument keeps going on in your mind, that you keep revisiting and rehashing in your head what you said, and what they said, and why they should do this, and why you're allowed to do that. It's a back and forth kind of energy.

You can, as a free Being that is creative, choose a path that you want to walk along. You can do it lovingly. You can do it with open communication, and you are free to choose what it is that you would like to do, and you will experience the consequences of that choice. "Love holds no grievances" means that you can see somebody walking a different path than you and say, "Well done, you. Well done for choosing what is right for you. I'm over here choosing what is right for me."

And that is one of the confusing things about love's definition in your society, because you believe that to love someone, you have to sacrifice what you believe in, and this breeds grievances. This breeds resentment. When you sacrifice yourself because you think what somebody else wants is more important than your choice based on a loving interpretation of your experience, then you are going to suffer. We want you to understand that "love holds no grievances" does not mean that you have to be imprisoned. It does not mean that you have to sacrifice yourself, and it does not mean that you have to do as you are told by other people.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 69

"My grievances hide the light of the world in me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and all of you have had that experience of holding a grievance, where it is going around and around in your mind, and nothing, the beautiful sunny day, the wonderful flowers along the path that you are walking, the health of your body, friendships — these all fade into the background when a grievance is working its way around your consciousness. You literally see the world disappear from you as you become obsessed with that fight in your mind.

Now, for those of you that are partially trained, you are getting along in the lessons now, you've done some mind training, you are going to be more annoyed by your grievances than those who have not had any mind training, and this is an important thing for you to understand, because it is

very disturbing to have a grievance in the mind. It is very upsetting to your peace, and if you have been accessing little pieces of peace because you are A Course In Miracles student, when you now lose it — your peace that is — you will feel awful, because you are having a new contrast revealed to you. When your mind was occupied with grievances all the time, and hateful thoughts about yourself, and the world, and the politicians, and the environment, and you were just going at it without any mind training, there was a constant level of infection with grievances in your mind, and so no great contrast existed there. But once you come to a place of peace, even temporarily, which is the process — the periods of peace become longer and longer, that disruption of your peace becomes intolerable now.

And this is a gift. We do not want you to think that you have failed. We do not want you to think that you are a bad Course In Miracles student. Oh, no. You are merely Being shown where you used to be all the time. This is why you have started the lessons of A Course In Miracles. Remember, you were not at peace. You were not happy with how your experience on earth was going, so you decided to learn something new to see what you didn't know about yourself.

As your peace increases, the grievances that you hold in your mind now become truly revealed as the disruptive influence that they are. And you will have to work hard and fast with your forgiveness practice to get back to peace, and that is the wonderful, wonderful news of doing A Course In Miracles lessons: grievances now are going to become intolerable for you. And you will work harder and harder to get back to peace, and what does this do? This makes peace more prolonged. This makes peace more easily accessible, and once again, when you encounter a grievance, you will see the tremendous contrast in frequency and you will plummet down into that grievance, and you will feel awful, and you will say, "For heaven's sake, please bring me back up to where I was. This grievance is not worth it. It is not worth the awful way I feel, and the ongoing argument in my head is intolerable. I really, really want peace." And that is a beautiful place to be, Dear Ones. Do not chastise yourself for experiencing the contrast, for

it is the contrast of falling back into the ego's world that shows you that it is not what you want.

And all you have to do is go back to your lessons and employ them in your thinking process, and peace will return to you. It is scientific in that way. If you follow the lessons and apply the lessons, you will not plummet down into the ego's world, into the ego's frequency — you will stay up in the frequency of love. Now as you go through these lessons, there will be many days when you have this experience of experiencing a grievance, and that is the work. That is the hard part. The hard part is feeling the contrast, but the easy part is the peace.

So choose peace. It is your natural inheritance. You are meant to be happy and at peace. The ego's world is a battleground, and it is not much fun.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 70

"My salvation comes from me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is important for you to understand that the teachings that I brought through so many years ago were exactly the same as this — that you are the salvation of the world.

This is where the teachings were distorted. They made it seem to be that the only way to reach salvation was through me, but not in the form of an older brother, but in the form of a Saviour; somebody who is different than

you, somebody who was special, somebody who was Blessed because they were the only Son of God. So it was a very, very tricky distortion because it only changed it a little bit. I AM the salvation of the world. And so are YOU. You have all of the same abilities and potential futures that I had. You have the ability to delve deep into your consciousness and find there a profound connection with All That Is, and in that connection that loving acceptance of your sacred nature, your profoundly sacred nature. It is there that you will become strong.

It is there that you will become influential, not in the influential ways of the ego where it seeks to control people, but influential in the sense that you are emitting a very high frequency and you will change those Beings around you. You will begin to tap into inspiration, whether it be music or art, or channeling communications such as this, you will tap into seemingly amazing and miraculous skills and abilities that you could not access before.

What makes you think that you are not so talented? It is because you've been told it a thousand times. "Get off your high horse." "Don't talk to me like that." "Children should be seen and not heard." If you had been nurtured and loved with words like this as a child, if you had been honored and respected as a sacred Being as a child, and asked curiously, what you want to do today, what feels good to you today? What inspires you today? Do you think any children would be saying, "I would like to sit in a hard wooden chair all day and be taught things that are of no interest to me." Do you think a child would say that? No, they would say, "Let's go to the beach. Let's make a giant painting with mud. Let us climb that tree. Let us build a tree fort." And imagine if you grew up in a world where that was the way you learned. You can learn so much by building a tree fort.

And so for those of you who have children, or those of you who are around children, perhaps you are an aunt or an uncle or a grandparent, encourage those little Beings in their joy. Encourage those little Beings in this self-expression. And if their parents cannot do it because they have not gone

through the process that you are going through, take that child for a little excursion once in a while. Take them to see something that you know they would not see otherwise — without blame for the parents, because everybody in your society is indoctrinated into financial fear and working so very, very hard.

For those of you that are Course In Miracles students, now you see a crack in the armor of this place. We want you to utilize your wisdom, if only utilizing your wisdom is forgiving yourself for having gone through the trainings of the society and Being at times harsh and limited in your actions to others. Forgive yourself for that, for those actions, and limiting beliefs, and hateful ideas and words were not the true you. You are discovering the true you with these teachings.

We are the salvation of the world.

I am that one that you know as Jesus and I will see you again tomorrow.

Lesson 71

"Only God's plan for salvation will work."

You are Blessed Beings indeed. I am that one that you know as Jesus, and what wonderful, wonderful words these are, to realize that chasing your tail around the planet year after year, decade after decade, is no longer going to appeal to you. It is no longer going to tempt you.

Temptation, often in your society's definition, is seen as evil, is seen as dirty, is seen as unholy in some way. But what we want you to understand is that you have, in your separation from All That Is, in your separation

from Love, you have placed your own temptations in the world, and that, Dear Ones, is why they appeal to you so. They are not placed there by the devil. The devil is a physiological fantasy, mythology figure that has been invented to separate you from the knowledge that you are the designer of your own temptations.

You are the designer of your own temptations, and that is why they seem to be irresistible. We want to go into this idea of desire and temptation a little bit in this lesson, because it's very important that you understand that it is in following your desires and your passions and your interests... all of these things are not the same. There are deep-seated passions within your mind that are things that you want to deepen your knowledge of in this world. It could be music. It could be art. It could be cooking. It could be anything, but you know what it is — that thing that you always love to do, that thing that's always interesting to you. Even if you're not doing it as a job, you think, "Ah, I would love to be able to work at THAT full time."

And then there are other things. There are things that are in a more superficial part of your ego consciousness, the part of your mind that is separated from guidance, the part of your mind that is in opposition to God's plan, and that may be your love of chocolate cake. That may be your love of promiscuous sex. That could be your love of drugs, and these things are not the same. Often you hear that, "Well you cannot follow your desires, otherwise you would just be all over the map." But there is a difference between deep-seated interest and passion about a subject, and learning or creating, and that superficial pleasure-seeking activity of the ego, and we want you to differentiate between those two things now, because if you believe that to do as you feel drawn to do is evil, then you will not live a happy life. You will not be able to pursue that purpose that you came here to fulfill. You will see it as a temptation of the devil — as evil in some way.

So when you have a feeling to do something, stop for a moment and ask, "Is this contributing to the overall health of my life? And is this something

that has always been with me and always brought a smile to my face? Or is this some distraction? Is this some temporary band-aid on a negative feeling that I'm having, and to go and drink a beer or buy a pair of boots is going to make me feel better temporarily?" Those are the ones that we want you to look at. Those are the ones that we want you to take a break from, or even postpone. If you want to go shopping, and shopping is your thing — is the way you make yourself feel better — tell yourself you can go shopping tomorrow, but today, that you are going to look at why you want to go. What is it in you that is causing the agitation? What is it in you that is causing that feeling? "I have to soothe myself." It is so important for you to understand that constantly soothing yourself is not beneficent to your spiritual and consciousness evolution. You must be willing to sit once in a while with your discomfort and ask the question, "What am I trying to tempt myself with here? What am I trying to hide from myself?"

So your temptations are yours — they are YOUR idols and they will fall. We are happy to tell you that your idols will fall, and you will come into alignment with truth.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 72

"Holding grievances is an attack on God's plan for salvation."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this lesson brings to mind things like gossip and telling stories about people. And it is important for you, when you witness these behaviours in yourself, to begin to use these lessons as a counter to that tendency.

Now, remember, this is a training program — we are not seeking for perfection from you. You are learning how to completely behave differently. You are learning how completely to understand a new way of looking at things, a new language. You would not expect yourself to learn to be fluent in Russian in a month or a year. You understand that you must immerse yourself in a practice to learn another language. You must even travel to another country to truly become bilingual, and that is really what we are seeking to do here. We are seeking to teach you another language.

So when you reflect on behaviours that you are witnessing in yourself, first of all, acknowledge that you are witnessing them. There is a behaviour, there is a body saying things, and then there is you saying, "Ah. Look at you gossiping about Susie or Jane." Who is the witness? The witness is the Being that is connected to Source. The body that is playing out the ego's plan for salvation can be seen and witnessed by you.

So we do not want you to identify with the "you" with the small "y" that is gossiping. We want you to step back and be the big "You", the You with the big "Y", the one that is aware, and say, "Ah. Look at what you're doing. There are two 'you's' — how interesting that there are two 'you's'. Who's in charge here of this body?"

This is what we are seeking for you to see, that there is an unevolved and an evolved aspect of your consciousness. The unevolved is that body-identified ego consciousness that seeks to attack, and divide, and conquer and take; and then there is this other, observant, less reactive, kinder, loving, aware part of your consciousness. And we are seeking to develop that as the predominant energy. The trouble is, with these [belief] systems, is that they are complete [belief] systems. So when you are in the ego, you are not observing the ego. When you are angry at someone, you are down in the battleground. When you are the observer of your behaviour, you have stepped above the battleground, and you are able to make different decisions.

So observe where you play out your grievances. Observe where you tell stories about people. Observe that and begin to witness that you do understand that there are two "you's" here. There is the one in the battleground that takes over sometimes, and then there is the loving, kind and seeking, awakening part of your consciousness. In some mythologies, they say it is the "Dark Wolf" and the "White Wolf", the "Black Wolf" and the "White Wolf". Which one are you going to feed? We are now only feeding the White Wolf. We are now only feeding that conscious, loving awareness. And so observe when you do these negative behaviours, and understand that that is not who you are. Let them go and see that this behaviour is what separates you from Being above the battleground position all the time. Every time you step down into your grievances, you are at war. You are IN it, and you will suffer, not because you are Being punished, but because you are down in the battleground; you are in dualistic teachings. You are in the, "There are good guys and bad guys, and I am the innocent one, and you are the bad one."

And this is why forgiveness is such an important practice, because in practicing forgiveness, once you have participated in the dualistic battleground, you are once again stepping above the battleground and saying, "I do not want to continue that war that I was participating in."

As you evolve, as you learn, as you practice, as you come to identify with these lessons and with this teaching, you will find more peace, and you will begin to choose voluntarily to step above the battleground. You will see that indulging your grievances is not worth it. You do not like the feeling. You do not like the seeds that it sows, and you do not like the bitter crop that is the harvest.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 73

"I will there be light."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is a very important lesson because you are stating the simple fact that you do not want to stay in the shadows anymore. And you have heard this expression recently - doing "Shadow Work". These are the parts of your consciousness, parts of your mind, that have been contaminated by fear, by the idols that you believe in, by indoctrinations from your society, by trainings that are unloving from your religions and your families and your cultures. There is a multitude of layers of beliefs and ideas in the mind that will manifest shadows.

What are shadows? Shadows are places where the Light cannot reach because there is something solid and impenetrable between the light and that area. So we want you to see your mind in this way, that the unloving parts of yourself, the beliefs, create shadows that manifest in thoughts and feelings and behaviours. They are merely where the Light has not come.

So, in this way, you do not see the shadows as reality. They are not real. They are merely an absence of Light, which is an absence of Love. And so this is why forgiveness plays such an important part in dissolving those blocks to Love's awareness, because it is only in those mistaken ideas and beliefs that you strengthen them and cause shadows. So when you say that you want the Light, you are giving Spirit — the Holy Spirit, me, your guides and teachers — permission to show you the beliefs that you hold in your mind, through experience, what is going on.

Many of you, now, are finding difficulties in life are becoming magnified, because the shadows are Being shown to you. This is a time of frequency acceleration. Now, we are speaking in the year 2019. These videos will be

up for a long time. We are speaking in February of 2019, and you are finding in your society an escalation of the revealing of shadows, and it is important that you do not become obsessed with the shadows, but indeed, you seek the Light, because it is the Light that will dispel the shadows. It is not focusing on the shadows.

Shadows, as you know, when you are outside, you try and erase a shadow, what happens? Absolutely nothing. How do you get rid of a shadow? You shine a light on it, or you remove the object that is causing the shadow. Those are your two ways of removing the shadow. So in your society, now, when you see something that is dark, something that is what you might consider evil, or distorted or perverted, remember, it is not the problem — it is the shadow showing you a lack of Love, showing you that somewhere in your society, in your collective consciousness, which is the gathering together of all of you, there is a lack of Love. So do not attack the shadow, but add Love, add Love, add Love. It is always the solution.

But first, you must understand that the projector is YOUR mind. So do not try and erase the shadow out there, but go into the mind and remove that which is unloving there through the practice of forgiveness, which demonstrates your understanding that the projection — the person, the place, the thing out there — is not the issue, it is the shadow, and YOU are the projector. Clean the lens on the projector and the movie will change — it will become clear.

I am that one that you know as Jesus and we will see you again tomorrow.

Lesson 74

"There is no will but God's."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is an important point this lesson brings to your attention. Many of your upsets are arguing with what's happening in front of you, whether it's a war, or a job loss, or a partner doing something you don't like, or children misbehaving — there is a constant battle going on between you and what is already in play.

So we must go to the fundamental here of what is in charge of your world. Well, there are many forces in charge of your world, most of them misaligned forces lacking light and love, and so they play out their drama, but they are allowed to. You must remember this is a place of free will. You have been given tremendous creative power and free will. That means that God allows what you see happening. In fact, God is not involved in most of what's happening on your plane because you have been given free will. It is only when you raise yourself up and begin to align with love that the connection and the communion that is felt as love and peace and spiritual connection — it is only when you use that free will to step above the battleground that you begin to actually feel that there might even BE a God. Because in the battleground, it surely looks like there is no God. So this idea that your will and God's will are in alignment is a very, very important one, because when you surrender to that which interest you, when you surrender to that which brings you joy, when you surrender to the inner guidance that is prompting you towards health and love and happiness, then you are in alignment with God's will for you, which is happiness and joy, fulfillment, experiencing that which you wanted to learn about in this incarnation. And that is all guided by your interior world, your interior guidance system.

The idea of withdrawal, now, is a very, very interesting one, because that is what most of you have done. You have withdrawn into the ego's illusory world and are not connected with your true guidance, and there, there seems to be darkness and light battling for supremacy. There the dualistic laws of the lower frequencies apply, and then it seems as if there is a battle between God and another "force". And as you go down in frequency, the other "force" seems to pick up more and more power. This is where the idea of evil or the devil has arisen. But you have merely stepped further and further away from the realm in which God resides, which is love. And so, that is why it's important for you to remember that love is your will. Health is your will. Creativity is your will, because it is God's will for you.

You will not feel conflict when you are in alignment. You will feel conflict when you are trying to choose between God's will for you and the ego's designs. Remember that. If there is conflict in the mind, you must look at what you are trying to choose between, and ask yourself which one of these is God's will for me.

Again, the clarification process of doing A Course In Miracles is very, very important because the ego will indeed try to deceive you into believing that its will is God's will for you. So we do not want to belabor this point here, but whenever you have a choice, do not rush it. Go inside for two or three days in calm contemplation and ask yourself, "Which one of these two roads is the one that is going to lead me towards love, health, happiness, and which one is the one that's going to lead me further into separation and closer to fear?"

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 75

"The light has come."

You are Blessed Beings indeed. I am that one that you know as Jesus, and when you begin to speak in this kind of way, "The light has come, I have forgiven the world." you are, in every moment that you say that, planting the seeds of truth in your mind, and you are stepping away from judgement. You are stepping away from the belief that you have had when your ego is in charge of the fact that to judge is to make things better, to criticize is to make things better, to argue is to make things better, to fight for what you want is to make things better.

Now, forgiving the world does not mean that you become weak. On the contrary, it means that you are in alignment. You are not wasting your energies on meaningless battles anymore. You are calm, and you are peaceful, and in that place you can be guided very, very easily. You are not in a tempestuous and unpredictable mood — you are calm and peaceful. And when an idea pops into your mind, which happens once peace is cast upon the shores of your thoughts, then you say, "Ah. That is an inspired idea. I am going to pay attention to that one. That did not come from me." When the waters of your mind are all choppy and upset with Being in the battleground, it is very, very difficult to hear those kinds of concepts and ideas that come from the higher realms as guidance and knowledge, and that is what we are seeking.

We are seeking clarified minds that can hear clear guidance. When you hear clear guidance, things seem to move more slowly. You are not running hither and yon all the time, trying to satisfy superficial needs. You begin to make decisions that reflect wisdom. You begin to be able to choose wisely, and when temptation comes along, you will say, "Not interested, thank

you. I have been there and done that, and I am really happy with the path I'm on, so please go on your way." And you can say it happily and with love. You do not need to attack anyone, and you know that attack and judgement is not your job. Attack and judgement keeps you in prison, and when the light has come, oh Dear Ones, what wonderful days you will have. You will be inspired. You will be active.

This is not a passive, weak path. Some Beings feel that when you surrender to love, and light and the will of God, that you are going to become some weak and namby-pamby person. On the contrary, you will be inspired. You will be healthy. You will be energized. You will be connected into the true Source of your power, and your body will thrive because it has now been put to use for good. It has now been put to use for love, and it thrives at that frequency. It does not thrive at the frequency of fear and anger and judgement. In fact, it withers and dies. And so, eternal life becomes something that is a possibility, because you will not need to go through the process of death when you realize that the light has truly come.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 76

"I am under no laws but God's."

You are Blessed Beings indeed. I am that one that you know as Jesus, and the ego will not like this lesson at all.

This is an important time for you to remember that these lessons do not have to be understood. They do not have to be agreed with. They merely

need to be practiced, because in your society there are so many laws, and you have been so indoctrinated into them, and you have incorporated great fear into the mind as it relates to your government's laws, and your tax laws, and your driving laws, and your parking laws, and your bylaws in your local communities. Laws, laws, laws, laws.

These are all designed to disconnect you from this truth that you are under no law but God's. When you begin to really believe and know and act as if this is true, you will see evidence of its truth. You will find that you are able to bring into Being circumstances and opportunities that defy the laws of your world. You will call them miracles, and that is exactly what God's laws do provide for you. They provide you with the opportunity to perform miracles, and in that demonstration, you will see the truth of what you have been learning.

But we don't want you to learn these lessons so that you can show off and produce miracles. In fact, the miracles should not be yours by design. You should allow them to be worked through you by higher teachers who know what is in the best interests of everyone. Only do what you are inspired to do. Trust in that guidance, know that there are things that may seem to be good on the surface, that you want to do when you are indoctrinated into your worlds laws, but they may very well not be working towards the good of all. Trust in your inspiration, trust in the guidance, and know that even though this lesson seems unreal to you in your current state of consciousness, it is the truth. You are under no laws but God's, and eventually you will see that that is the truth. But for now, do the lessons. Teach yourself this new idea, and understand that any resistance that comes is natural, because you are under so many other laws and you do indeed believe in them.

There will come a time on your planet when the laws of God will be far more visible, and we are working together towards that day indeed.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 77

"I am entitled to miracles."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is something that will sound arrogant to the mind that is in alignment with the ego: "I am entitled to miracles."

In your teachings on this earth, you have been taught to see yourself as small, and weak and undeserving, and many of you in the West have a terrible hatred or self-loathing of the self, and you do not believe that you are entitled to anything truly. You see yourself abusing your body or attacking yourself in thought, and you must, from those demonstrations, come to understand that you do not see yourself as entitled to miracles. So this lesson can upset the ego and can bring up in you some of the teachings that you've had: that you should not be proud of yourself or love yourself.

So this is one of the greatest disservices that religions, and particularly the Christian religion, has done to many. It is said that they are born sinners, and that they are undeserving of God's love, and that they are bad, and that all of the sins of the world are your fault.

On some level, of course, we say the miscreations of this place do you come from all of you, but there is no sense of moral badness about the truth of the matter — that miscreation does cause things to go off-track. You do deserve miracles, because you are made of love, from love, for love, and you are merely returning back to that truth.

And when I was on the earth plane so many years ago, that was why I was able to heal. That was why I was able to return Beings to their natural state. You see, I was not really doing anything other than removing what was not

the truth from them. Healing is just removing the blocks to the awareness of love's presence. And once you are aware of the truth of your nature, and begin to treat yourself as the sacred Being that you are, the thought in the mind of God that you are, you would never attack God knowingly, you would never blaspheme knowingly in that sense. But that's what you do when you treat yourself poorly.

So know that you are deserving of love. Know that you are deserving of kind and gentle treatment, and that you are capable of a LOT of things.

I am that one that you know as Jesus, and we will talk to you again tomorrow.

Lesson 78

"Let miracles replace all grievances."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is hard for you to believe that those Beings that you resent, those Beings that you hate, those Beings that annoy you are your saviours — but indeed they are.

It is through them and through your forgiveness of them that you will ease and minimize the separation, and loneliness and disconnection that you feel. The great fear of the ego mind, when you get into forgiveness practice, is that you will have to hang out with all these people. We want you to understand that that is not necessarily the case, although in some instances, your forgiveness practice will allow you to spend time with them again. But it is not necessary.

We are working with the mind, here, and it is important for you to understand that your grievances disrupt the frequency of your mind, and it is your mind that is the generator and projector of everything you experience. So your grievances interfere with the perfect functioning of your mind, and that is why you suffer, because your mind is set to connect with Source at the frequency of love. And when you have a grievance which is unloving, you are blocking intentionally (even though at times it feels involuntary), but you are choosing to block love, and so you feel the pain of suffering, which you, of course, attribute to their poor behaviour, but it is not. It is your judgements and your grievances that cause you to suffer, and as you become willing to give up your grievances, you are going to see that you stop suffering, and you will have that moment of epiphany where you realize that it was not them that was the problem. It was your beliefs about them that was the problem, and once you have done your forgiveness practice with a Being, you will find that they no longer pop up in your mind and cause you suffering. But they have not done anything in fact — it is you that has changed, and it is you that is reaping the rewards of that forgiveness practice.

So understand that peace lies behind every grievance you have. Access to increased health and knowledge lies behind every grievance that you have. Is it worth nurturing and feeding those grievances? Is it worth talking about people and gossiping behind their back? It is you that suffers the loss of the miracle when you do that. It is something for you to think about.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 79

"Let me recognize the problem so it can be solved."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is a very, very important lesson, as I seem to say so often with these lessons. They are brilliant. They are definitive, in the sense that they help you narrow down your focus into the correct place and in the right direction.

When you think somebody is causing you a problem, you always look to them to solve it for you. "They should not have said that." "They should change the way they are." "They should not be so independent," or "They should not be so clingy." — whatever you decide is the problem with THEM. And this is one of the ways that you guarantee that you will never solve the problem, because the problem is one of perception. The problem is within your own mind, and it is appearing out in front of you through the practice of projection so that it seems to be unsolvable. This is one of the great tricks of the ego consciousness. It is constantly creating situations outside of you that change form, that deceive you, that tempt you so that you will not go to the one place where the solution lies — which is inside.

So, the answer is within you. It is, as you say in your modern vernacular, an "inside job". But if you don't know that, if you don't know that getting calm and quiet and going inside and asking for guidance is how the problem will truly be solved, then you will be chasing idols all around the planet all of your life, trying to solve a never ending line of unsolvable problems. And even when you do solve one, another one will pop up just as quickly.

So, this idea of asking to be shown what the problem is, and realizing that it is separation — separation from All That Is, separation from Love in that sense, separation from Wisdom, there are many forms of separation going on on this earth plane — that they are all resolved by the same thing, which is the practice of forgiveness as described in A Course In Miracles text... Because forgiveness stops you attacking the outside, stops you moving the chairs around on the Titanic trying to stop it from sinking, but going inside and doing the work there to ask to be shown, "What is the distortion in MY mind? Where is the problem in my mind?"

Now, this may seem like blaming the victim to some of you, but we want you to understand that the entire illusory world in which you live is maintained by projection and the belief in separation as the fundamental structure of this reality as you understand it to be. It is through knowing and acting in accord with that, knowing that you are not separate, that you all come from the same place, that you are all made of the same thing, and that you all are loved by that which you call God — when THAT realization is truly made, there are no problems anymore. You have healed the fractured mind of the Son of God.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 80

"Let me recognize my problems have been solved."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is one of those lessons that your ego will just have a really, really hard time with, but we want you to bring your attention to that saying that is

often bandied about in your society: that the solution to a problem cannot be found in the same frequency or level of consciousness in which it was created. And this is really very similar to what this lesson is saying. If you stay down in the frequency of the problem, then you cannot find the solution. If you adamantly state the fact that the solution is already found, then you just have to allow your consciousness to drift up into the level of consciousness where that solution is.

In a logical way, you can see that every problem has a solution. Things can be solved, obviously. But where is that solution in relation to the person who has the problem? It is out of their realm of consciousness, and so this is one of the concepts that we want you to think about as you're doing this lesson. Your level of consciousness right now is down around the problem frequency, and we are going to get you up around the solution frequency, but you do not get to the solution frequency by banging around in the problem frequency. You aim your consciousness up, and you accept that it is inevitably solved, and you will find it, and that is the truth.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 81

Review of Lessons 61-62

You are Blessed Beings indeed. I am that one that you know as Jesus, and once again we thank you for joining us today.

Those of you that are hanging in there with the lessons are surely feeling some great shifts and transformations happening already in your consciousness. You are beginning to see how easily you are upset. You are

beginning to see how hard it is to get your mind to do what you want it to do, and you are beginning to see why people take themselves off to ashrams and monasteries to do this kind of work. But we want to speak to that subject here today. This idea of Being in the world but not of the world — for that is what you are all trying to do.

And that was my way when I was on the earth plane so many years ago. I had my family, and I had my wife and children, and I had my ministry, and I had to focus very, very acutely on my practice to be able to achieve what I achieved. And in living in the the ordinary world, you have a benefit in some ways. When you are sitting inside a little monk's cell, there aren't too many things to forgive, really. The mind will wander off on stories, but you are not Being shown yourself so frequently and so passionately by the people in your life. I'm sure monks do get on each other's nerves a little, but when you throw work and children, and making a living, and buying a house and all of these things on top of your practice, you are really doing the most difficult work as a spiritual seeker.

So if you are having a hard time remembering your lessons or if you are getting a little bit worried that you're not going to be able to master them the way you feel you should, we want you to really comprehend the size of the task that you are taking on. Not only are you standing firm against the propaganda of your society — which is magnificent we will tell you — you are also doing it in the midst of a busy life, and for that you deserve commendation. So today that is our message for you.

Well done for coming this far. Well done for hanging in there. Well done for showing up each day to listen to these lessons. Well done. Well done. Well done.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 82

Review of Lessons 62-63

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is important in this time and place to really focus on your function. Your function is to awaken from the dream. What is the dream? The dream is living in your mind with illusory ideas, feeling all kinds of feelings because of those illusory ideas and thoughts, and not knowing that you are living in your own self-created dream.

When you wake up through this process that we are sharing with you here, and that will continue on for some time for you, you are beginning to see that everything is a choice, and that what you focus on becomes stronger and more powerful in your life, and that your connection to the divine allows miraculous things to happen. You begin to wake up to realize that you may lucid dream. You know what a lucid dream is, when you are laying in your bed and dreaming — it means that you know you're dreaming. And that means that in the dream, you can choose to fly, you can choose to do whatever you want, and some of you have had that experience. Well, that is what a master is. A master is somebody who is lucid dreaming in this time-space reality, and that is a wonderful, wonderful experience indeed. To be fearless, to have the magnificent creative forces that have been given to you at your fingertips to do good and to share love and light — and that really is the function that all of you have: to share love and light.

It does not matter if you have completely accomplished this. If you are only sharing more love and light than you were a week ago, you are working miracles that you cannot even see — miracles that will show up in your life in fortuitous events and wonderful meetings and opportunities that would

not have come to you otherwise. Of course, you cannot do a double-blind study to prove what your life would have been like, but we guarantee that when you pass over from this realm, you will be shown the many forks in the road that you have taken in your destiny using your free will to choose love instead of fear, and you will see the network of miracles that sprouted from those loving decisions. And you will, if you are lucky, get to see what could have happened, should you have taken the old road of fear and the ego's way.

These are some of the great, exciting things that you have to look forward to — miracles sprouting up all around you, great health, great happiness, and a wonderful, wonderful experience here.

It is not true reality — there is a reality beyond this one — but you begin to dream a happy dream. You are not living in pain and suffering and believing every single illusion that your mind makes up. This is not a fun game when you are experiencing those kinds of things.

I am that one that you know as Jesus, and we encourage you to double down now on your practice. You have come into Lesson 82. You have gone past the honeymoon period where it's all very exciting and easy. You are now getting into the nitty-gritty of seeing what your mind can get up to. Do not be frightened of it. It is merely a cloud bank that is intimidating.

It is the light behind the clouds that you now want to seek. Whenever you see a shadow, whenever you see a dense cloud coming towards you — a fear, or judgement, scarcity thinking, understand truly in your heart and mind that this is an illusion; it is not real; it is not of God. You are focusing on that which is divine, and you will be able to go through those mists — those confusing mists of illusion — without harm. And you will, in fact experience that many, many times as you do these lessons. You will feel fear; you will call upon the lessons that you have learned, and you will go through that fear and you will come out of the other side and realize that it was nothing. It was an illusion that your mind had made up. But for many

years you would have believed those sort of things and now you realize that you don't need to.

I am that one that you know as Jesus. We will speak to you again tomorrow.

Lesson 83

Review of Lessons 65-66

You are Blessed Beings indeed. I am that one that you know as Jesus, and as we continue reviewing these ideas and adding some different ways of putting them, you will find that some of these sentences will be difficult for you to remember. What we want you to do is to take a few moments, a minute or so, when you are reading these application lines, and you can even make a note of them on some paper if you wish, and take them out with you into the day, and use them whenever you find yourself thinking about something upsetting — for example, a co-worker who is getting on your nerves. Take that little note of paper out, and read those suggestions. If you go to the bank, for example, and there's less money than you think there should be in there, and you feel that stab of financial fear, go and sit on a seat, take out your piece of paper, and read these, and remember that to allow your frequency to plummet down into fear or resentment is arguing with God, if you will. It is arguing with your purpose, which is forgiveness and love.

And so that is how we would like you to use these ideas today. Take them with you on a little piece of paper, and use them with every upset that you feel. What you are learning to do here is to allow the upset to come — because usually that's not your choice, you are triggered into feeling it —

but what you are doing is, instead of feeding that upset, instead of feeding that resentment, instead of feeding that fear, you are choosing love instead. You are saying, "I am destined to live God's purpose for me regardless of my bank account, regardless of my coworker. These things have nothing to do with the greater purpose of which I am apprised."

I am that one that you know as Jesus. We will see you again tomorrow.

Lesson 84

Review of Lessons 67-68

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is important for you to really deeply contemplate these lessons today — love holds no grievances. And that means that as a Being made of love, from love, for love; holding grievances is you using your free will to hide the truth of who you are from yourself, and so you will suffer because you are disconnected from the truth which is that you are a loving Being.

This is a simple practice. Saying words like this do not seem to have great import. When you are trained in your society, you are not taught that saying words to yourself changes anything. "It's an objective world," they say to you, "You thinking something different or saying something different is not going to make any difference out there. The 'out there' is solid — it is a hard copy." But what we tell you is, it is a printout from the software that you are all running in your heads. You understand this simile. It is like malware installed in your computer, and the printout becomes distorted and the words are not formed properly. This is what's happening in your world. The malware that you have had installed in your head, that you are ugly, or that you are going to die, that God is vengeful

and hates you and will punish you — He even punished his most beloved Son in a most horrendous way even though that person was so good — what is going to happen to YOU? These are the malware stories that you have had downloaded into your hard drive, so to speak, and saying these words repeatedly throughout the day, practicing them, honoring them, eventually integrating them and believing them is you cleaning up the hard drive of your computer so that the printout will be clear and clean — comprehensible. That is what we are seeking here. We are seeking to clean up that which does not belong in your most sacred mind.

And so when you get a grievance, when you feel resentment today, when you get angry at someone, quickly observe what has happened. You have unplugged from love for a moment, and you feel awful. But you want to plug back into love so that you feel good. And so you let it go. As beginner students of A Course In Miracles, you are going to get triggered, you are going to get emotional, you are going to get upset, because you have so many contaminating ideas in the mind.

But what you can do is bring this teaching as the remedy. What you can do is, instead of getting into a big, long drawn-out argument with someone, you can say, "This is not going to serve either of us to fight. I choose love. I love you." And you will be surprised at some of the things that will happen. Some people will refuse your love. Some people will stand up and give you a hug. But you will begin to see that you are not wasting your energy and your time on things that you do not like and that you don't want to participate in any more. This book is true medicine. It will bring you peace, and you will see that it is a scientific process. Cleaning up the hardware, removing the malware from your programs will make the printout much, much more comprehensible.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 85

Review of Lessons 69-70

You are Blessed Beings indeed. I am that one that you know as Jesus, and we are very pleased that you are with us today. Our Dear One has a little tickle in her throat, a little raspy voice that she has been struggling with, so we hope that you give her a little leeway in her performance today.

Your salvation lies within your own consciousness, and, of course, in your society, you are taught the very opposite. You are taught that your salvation lies in getting a new car, or buying a big house, or marrying the right person. And so for many incarnations you chase your tail, so to speak, chasing, chasing things outside of yourself, when in fact your salvation comes from within.

Why does it come from within? Well, within you is the key to the door to awakening. It is in releasing your attachment to judgement and separation that you find your way home. But it is IN and UP — it is not "out there". And so it takes a while for you to figure out that all of the idols, and all of the things, and the people, and places, and experiences that you chase do not make you happy — do not bring you peace. Once you have been doing this for a few decades, you have what you call a "midlife crisis", where you decide that everything you do is wrong, and it's not making you happy, and you're going to try something completely new. Move to Mexico, buy a sports car, ditch your spouse, marry a younger person, have a face-lift; whatever it is that you decide is going to be the outside thing that you did not yet find. Unfortunately, for most people in their midlife crises, they do not find it either.

But there is a strange energy afoot on your planet right now, a galactic speed-up, we will call it, where you are more likely to get the answer that you are seeking. You are more likely because it is the end of a spiritual season and everything in the non-physical — all of us teachers, all of us guides, all of us masters — are working with you to give you every single ounce of our guidance and help and direction so that you may learn to look inside, and once you go inside with assistance, you can find out where you are tripping yourself up. Because it is only you that's causing your suffering and your imprisonment, Dear Ones. It is your beliefs about reality. It is your lack of love for yourself. It is your judgements. It is your fears — all of which are your own miscreations.

This seems like a big job: turning within and going down deep into the mind, but A Course In Miracles is designed to assist you in this journey. You are not going into the basement of your consciousness alone. I am going with you. Christ-consciousness is guiding you, and with that guide you will be gently led through those outer rings of fear towards the light that lies in all of you.

I am that one that you know as Jesus. Keep up your lessons. Be diligent and relaxed. We will see you tomorrow.

Lesson 86

Review of Lessons 71-72

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is one of the fundamental core teachings of the Course In Miracles: that when you judge, when you hold grievances, when you say, "You shouldn't have done that. It shouldn't be this way. This is wrong." you are, in fact,

attacking God, in the sense that this thing IS happening, this IS what is Being expressed by the universe at this time.

And when you argue with "reality" in that sense (we are using this word reality with a small "r") — the world in which you find yourself now — when you argue with reality, you are fighting with God. It is that simple, because the thing that you are disputing has already come into Being. It IS there.

And so, it is important for you to truly understand the extreme power of acceptance. When you stop arguing with what is, and go into a place of accepting what is, even if you don't want more of what is right now, it benefits you to accept what is because that is what has been decided upon. That is what has manifested, and there's no point in arguing with it. It is what is.

And sometimes what is seems bad. Sometimes what is looks like the death of a loved one. Sometimes what is looks like lack of money. Sometimes what is looks like something that you don't want. But it is what is, and you are foolish and wasting your time to argue with what is. You may shift and change your perception. You may work on becoming more loving as a consequence of what is.

You cannot change it.

And so look to the world not for your salvation. Look inside for your salvation. Look to love for your salvation. Do not seek salvation in the world, or in another person, or in more money or in a better body, but seek salvation in aligning with love so that you match what is, for what is is always loving. It is your perception that is not loving. It is your judgements that are not loving. It is your attack on yourself or another that is not loving. It is your interpretation that is not loving.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 87

Review of Lessons 73-74

You are Blessed Beings indeed. I am that one that you know as Jesus, and we thank you again for joining us today in this review period. These review periods are important. You revisit ideas that you have been introduced to. You have a little embellishment on ideas that are related to these ideas, and so you are educating yourselves. You are learning new thoughts. You are learning new ways to see things.

When you are perceiving yourself as unfairly treated in the world, you are essentially saying that God is attacking you, that you should be getting something different than what you're getting. When you see an event in the world, and say, "That should not be happening." essentially you are playing God. You are deciding, with your very, very small understanding of reality, you are deciding that you know better than what is. So, for example, when you see Beings suffering, you may say, "This should not happen. This cannot be the will of God. This would be a cruel God if this Being was allowing this to happen."

But in truth, what is happening is, you are allowed to be free to choose whatever it is that you want to do by that God, and so you are experiencing and witnessing what you have been given the freedom to miscreate or create yourselves. When you miscreate repeatedly, you suffer each time, and when you suffer repeatedly, you begin to pay attention to what you're doing. The first few times you are suffering, not so much, but if you keep

seeing a pattern of behaviour in you and a consequent result in the world, you will begin to associate your decisions with your own suffering, and you will begin to understand that you are giving yourself the same gift/result each time.

And you are given the free will to choose differently. You have been given the free will to choose what it is that you want to do, what it is that you want to believe, what it is that you want to worship, what it is that you want to value. You are given free will to do all of those things because you are loved. You are given the free will by that which you would call God to choose again.

And that is what all of you who are here are doing. You are, after many years of having your free will to choose whatever you wish, choosing to come here and hang out with us, and that is a very, very clever thing that you are doing. You have finally decided that there is perhaps something you do not understand, something perhaps that you do not know, and that you are well served to learn some new things, some new ideas, some new perspectives. And so we applaud you for coming here today to learn those new things.

I am that one that you know as Jesus, and we will see you for more instruction tomorrow.

Lesson 88

Review of Lessons 75-76

You are Blessed Beings indeed. I am that one that you know as Jesus, and we thank you once again for joining us in these lessons each day. Why do

we thank you? We thank you because this is my work. This has always been my work and it will always be my work to wake minds up to the truth of what they are.

You are eternal spiritual Beings. You are incredibly powerful creators. You are made of love, from love, for love, and if you do not fulfill that purpose — to create, to be free, to express love, to generate love, to feel love — you are not living your True Nature, let us say. And so this idea of God's laws versus human laws is a very tricky one for many of you, because, as you can see, more and more and more laws are Being imposed upon you all the time.

If you listen to these laws only, you are going to feel very, very constrained; very, very small; very much under the thumb of the oppressor. If you pay attention to God's laws, which are that you are an eternal spiritual Being — so if you are focusing on the fact that you are an eternal spiritual Being, you will not be obsessed with the body and what it can do for you; the fact that it might suddenly die on you. You will be investing your time, your thoughts, your energy in timeless things. You will be cultivating healthy relationships because you know that your relationships with each other are eternal. You will be paying attention to inspiring ideas about creativity because you know that creativity is a natural aspect of your God self. You will be paying attention. When you understand that you are an eternal spiritual Being you will be paying attention to things that truly feed you, and, ironically enough, will help feed you.

When you are focused on the body, focused on society's laws, focused on all the limiting beliefs and ideas that are impinging upon your freedom, you will not feel very good; you will not feel very inspired; you will not feel expansive. You do not have to destroy those beliefs and ideas and laws, you merely have to turn your gaze away from them to the laws and the ideas and the concepts that are contained within this text, because those are going to lift you up into the realm of peace where you can tap into hidden knowledge — knowledge that you cannot access down in the lower realms

of the physical 3D world. You are not of the same frequency, and so your life will completely change when you follow God's laws.

And so we encourage you to expand your idea of yourself. We encourage you to follow your inner guidance, follow your heart. The world's laws will say, "You cannot you cannot make a living as an artist. You cannot be free. You cannot live a life of happiness and joy." Those are the world's laws, and if you listen to them, well, most of you know how that feels.

But if you listen to these laws, which are that if you follow your heart, you will be guided to live a wonderful life and find your true purpose and your expanded consciousness, what a wonderful and different feel that has. So we ask you to watch today where you are following the world's laws of scarcity and death and attack, and turn it around and follow God's laws of love, freedom, and self-expression.

We will speak to you again tomorrow.

Lesson 89

Review of Lessons 77-78

You are Blessed Beings indeed. I am that one that you know as Jesus, and all of you know the feeling of what a grievance living in your mind is like — it is indeed hell.

Everything fades away. You literally, at times, if the grievance or the upset is big one, you literally do not even see the surroundings. You may be driving your car and you will go for several miles and realize that you have

been in a fantasy in your mind, in a fight with someone, in an argument with someone, and of course you always win.

So when you see that you always win in an argument, you can determine from that fantasy, which is Being generated from your own mind — nobody else is there, just you and your mind and your beliefs — you believe that to attack back and to win an argument is your salvation. That is what that fantasy is showing you. It is showing you that you believe you have to win, and that the grievance is worth it, because in the battle, the fantasy battle at times that you have in your mind, you win and therefore you become the victor. It is a perpetuation of separation when you witness your mind doing these kinds of things.

Now we want you to not attack yourself now instead of attacking the other Being, but we want you to truly interpret what is going on in your mind when you have a grievance and you are regurgitating over and over scenes in your mind about that person. If you are in your ego mind at that time you will say, "Well, no, that's what that person does. I'm justified in this. I've seen them do this and they will do this again." That is how the ego will justify the fantasy in the mind. But as a good Course In Miracles student, you will realize that that image, that movie that you are watching, is coming from no one but you. In that moment, nobody else is in the car with you or in the room with you. That is purely a figment of your own imagination, and you are participating in it because you want it. You want the battle. You want the fight. You want the grievance, and you want to win.

Accept that this is a belief you hold in your mind — that you somehow lose if you do not win the battle. If you give up the grievance, your ego will tell you that you are losing, but all you are losing is the loss of peace. All you are losing is the fantasy movies in your mind that are entertaining you, and all that you are losing is the seeds of war that you are planting with that person. You are going to get back to a place of peace where you are intentionally and consciously creating a more loving relationship with that

person. So when you offer up a grievance with a particular person for healing as you do in these lessons here, we want you to understand that you are gaining only. You are gaining a happier future. You are gaining, therefore, less stress, which means a healthier experience within the body — temporary and illusory as it is, it is very real for you right now. And you will be sowing seeds that you will get to harvest in the future because you are Being more loving.

So make sure that you understand that grievances are hell-creating, in the sense that you lose your peace and you actually lose your presence. And there is nothing worse in the world for a human to be deeply involved in a grievance, because it is detrimental to all levels of your experience here.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 90

Review of Lessons 79-80

You are Blessed Beings indeed. I am that one that you know as Jesus, and very few of you see problems in this way, and of course, problems are never ending in your world.

Problems come. As soon as you solve one problem, another problem is there. As soon as you resolve this grievance, another grievance pops up, and it is because of the way your mind works. There is this idea, Being reviewed here, that you are separate from the solution, but you are not separate from the solution, because everything takes place in your mind. Your world is a reflection of your consciousness, and your mind, and its

actions, and its beliefs about reality. So any problem that manifests in front of you must be coming from within your own consciousness, because that is what life is. Your life, your experiences, your relationships, your values, your everything is coming from within your consciousness. You are the creator. You are the projector.

And so, if there is a fault on the movie screen of your life, it is coming from the projector. That means that the solution is behind the fault in the projecting mind. So the projector is creating/miscreating the life that you are living, and the problems are a demonstration of a distortion within that projector — let us say, a little bit of dirt on the lens of the projector of your life. Now, you know that running up to the movie screen and trying to change things on the movie screen is absolutely pointless. You know that trying to change your hairstyle in the mirror is absolutely pointless. You must go to the origin of the issue. And so we want you to clearly understand that your problems manifested out in front of you are within your own mind, and, therefore, are yours to correct, and for you to choose the miracle instead. The miracle is choosing love instead of the fractious, or refusing, or judgemental, or resisting idea that you are seeing manifested as the problem in front of you.

So when you see a problem in front of you, let us say, somebody behaving in a way that you think is unacceptable, put a mirror up, turn it towards yourself, look inside, and ask yourself this question: "Am I qualified to judge somebody else's motivations and behaviours? Do I even know what my motivations and behaviours are? Actually, no. Perhaps I should focus on myself a little bit more rather than feeling that I am self-righteously justified in criticizing others." This is one little example of how you can remove a grievance from your mind immediately; a problem from your mind and life immediately — by changing your point of view, reframing the way you are referring to the world. The world is here.

The world is playing itself out in front of you, washing over you every single day, and it is manufactured from within your own consciousness

and the collective consciousness of your society. Your job, however, is not to correct society other than in correcting your contribution to society. Are you contributing loving thoughts and ideas, or are you contributing grievances?

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 91

"Miracles are seen in light."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is important for you to truly grasp the power of your mind. Your mind focused on truth will bring about miracles; your mind focused on illusions will bring about death, sickness, destruction and fear.

And that is why your societies spend so much time, as we have said before, getting you to focus on the body, because as long as you focus on the body — its fallibility, the diseases, these kinds of things — you will not be in a miracle-minded way of perceiving, and so you will bring into Being these lower frequency experiences. When you tell yourself that you are above the body, that the body is not who you are, that you are the animating force, that you are connected to the divine, and that you have the ability to work miracles, to see miracles, to experience miracles, you will raise yourself up above the battleground, above the belief in the body and death and all of the consequent aging and decrepitude that can creep upon the body, and you will be holding your consciousness up in the light and the love of the One Creator. It is there, when you hold your mind up in those higher realms, that the body will take care of itself and raise itself up in frequency so that it gets to be healthy, so that it gets to be strong and fit, and you have

to do nothing essentially. You have to master your mind, but your body will follow along behind because your body is made from your mind.

So the thoughts that this society asks you to hold — a fear about death, a fear about aging, of limited belief in your ability to heal, in fact, the belief that you cannot heal yourself, that you need magical devices to do that — those are poisonous thoughts and beliefs and ideas to the mind, and they will, in fact, manifest themselves in sickness. They will, in fact, bring into Being that exactly which you are thinking about, which is that I am weak and my body is fallible and I can't trust it.

What is true for you becomes manifested into physical reality. This is what the idea behind creating your own reality means. Not just thinking about a car and getting it, but thinking and feeling your way into your miracle mindedness. What a joy it is to know this, what a wonderful, wonderful gift you are giving yourself in doing these lessons every day. Do not stop giving yourself this gift of truth. Do not stop giving yourself this gift of mind training so that you may, in the end, become a master of your own experience.

I am that one that you call Jesus, and we will speak to you again tomorrow.

Lesson 92

"Miracles are seen in light, and light and strength are one."

You are Blessed Beings indeed. I am that one that you know as Jesus, and there are, of course, resistances to this lesson, because you have been told indeed that the eyes are what see. But the eyes are the mechanism by which the ego brings its dark, separated world to you. And it brings it to you

because you want it. You all came here to explore the idols and the ego's playground, and you chose what it is that you would see here. You chose separation. You chose bodies. You chose your idols. And yet most of you know that those things do not please you. They do not make you happy, and, in fact, they prove to you your belief in separation and idols.

As you go through your incarnation, you become less and less enamored of the world. You become less and less enamored of the body, and as you are awakening in this incarnation, you are beginning to understand that it is what you believe about the world — that is what you will see. If you go into the world cynical and believing in death, that is what your eyes will bring to you, and if you go into the world focusing on miracles, that is what you will bring to yourself. And so you are the perceiver. You are the one that is deciding on what it is you will experience and what it is you will see, and so you are, truly, the creator of the vision, or the physical body's eyes seeing.

And this is why those Beings who have no spiritual practice look around the world and they are afraid, and they are scared, and they are disillusioned and sad and depressed and angry, because they are believing in the body's eyes. They are looking at the end result of the ego's playground and it is not a pretty sight.

For those of you that are doing these lessons, you begin to see the beauty in everyone. You see the light behind the dysfunctional behaviour. You become able to forgive and to offer love, and in that vision you create miracles.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 93

"Light and joy and peace abide in me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and light and peace and joy do abide in me, and that is why I am here, Dear Ones — to tell you the truth that you too can live in that place of light and joy and peace.

It is a truly wonderful thing when all of the untrue ideas, all of the hateful thoughts, all of the judgements, and all of the petty disturbances have left your mind, and you are at peace. It is something that is worth more than anything else that you can chase or buy or possess in this three-dimensional world you call reality.

Light and peace and joy abide in me. I am that one that you know as Jesus, and light and peace and joy abide in YOU. You are that one that is made and created in the image of that which you would call God — a beautiful Creator, a unique expression of the Divine, sacred in all ways. Be kind to yourselves. Respect yourselves. Do not let others beat you up or put you down. Understand that you are as God created you.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 94

"I am as God created me."

You are Blessed Beings. I am that one that you know as Jesus, and this is a very, very important lesson, and it is a wonderful, wonderful phrase to use within your mind anytime in the day that you feel that you have lost track of who you are — you feel inundated by fear or insecurity or anxiety.

You are as God created you, and any of the thoughts you have about yourself that are unloving make no difference. Any of the thoughts that you have about another brother or sister that are unloving make no difference. They, too, are as God created them. And so you must see that you are not more powerful than God in this case. You are as God created you. Your brothers and sisters are as God created them.

Relax a while in this knowledge. Relax a while knowing that all is well. You see, when you relax, when you stop running so fast and judging so harshly and fighting so hard, you realize that everything is all right.

Everything is all right. You are all right. Your brothers and sisters are all right. The world is all right for this moment, and so, in this moment let go of everything that is not true — everything unloving, everything fearfully created by your distorted mind. You are as God created you, and always will be, and have always been.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 95

"I am one Self, united with my Creator."

You are Blessed Beings indeed. I am that one you know as Jesus, and you can feel the truth in these words. You can feel the love in these words. You can feel separation is not what you want. Love is what you want. Communion is what you want. Connection to the divine is what you want. You do not want these idols that you have been chasing that are so meaningless and hollow when you catch them. You catch an idol and then you drop it saying, "This is not what I wanted. I thought it was what I wanted, but it is not what I wanted." Then the ego mind says, "But look over there. Look at that one. That is so shiny and so many people are chasing it — you should chase that one too." Three or four years later you catch that idol, whether it be a nice car, a new body to play with, an advancement at work, a marriage, children, or a bigger house...

What is it that you are looking for? You are looking for peace. You are looking for joy, and those things are not found outside of you. You think they are. You have been taught that to buy things and expand your possessions and to marry up or slim down are the things that are going to make you happy, but, truly, have they made you happy? Do they make others happy? You don't know. You see the smiling faces pasted on their social face, but are they truly happy? You hear stories of the unhappiness of the wealthy or the famous, the difficulties. We do not want you to relish those difficulties, but we want you to go to your own experience and ask yourself, "Have all the things that you have chased made you happy? Have they brought you peace in the darkest hours of the night? Have they brought you comfort and joy and love?" No. Most of them have not. Perhaps for a few weeks, a few months, a little while if you are lucky, and then they turn into something else. Then they turn into what they are:

temporary band-aids for deeper pain. We are going into the mind and changing the way you look at reality.

We are changing the value system of your consciousness from what you have had marketed to you by religions, family cultures, TV, advertisements, and movies. We are changing what you have had marketed to you from commercialism, materialism, fear, and death into love.

You come from love, you are made from love, and you are destined to love, and that is the truth.

I am that one that you know as Jesus. We will see you again tomorrow.

Lesson 96

"Salvation comes from my one Self."

You are Blessed Beings indeed. I am that one that you know as Jesus, and salvation is an idea in the mind of God.

You have stepped away from the connection that you naturally have with Love. This is something that is very important for you to remember — that you chose separation at some point in the Eternal Now. It seems to have taken place in the past, but when you think about it, are you still choosing separation now? Are you still choosing attack now? This is something that you all must look at because you think, "Well, why would I have chosen not love? Why would I have chosen to come into this difficult and challenging arena? I don't want to be here anymore. I want to go home to love."

And you can, but you must choose love to go home. Think about the times in your day when you say unloving things about yourself, when you attack yourself, when you think a hateful thought about another, when you are impatient, judgemental, angry, insecure or fearful. Every single one of those moments is a block to your return home.

So you must honestly assess how dedicated you are to salvation. For many, many Being say that they want to go home — they want to be held in the arms of God once more — and yet a thousand times a day they choose to be unloving to themselves or another. Think about that. What choices are you making? Are you choosing to follow your heart home to love? Or are you choosing to feel separate from others, to feel abandoned, to feel attacked and therefore to judge, to feel unfairly treated? These are all ideas in your mind that are not loving.

I am that one that you know as Jesus, and my purpose here is to remind you of the truth: that you are the captain of your ship, that you decide how you use your mind every single day. You decide how you use your body every single day. What use do you give your body? Do you use it to pursue salvation? Do you use it to pursue true love? Not the romantic love of your world but true love, self-acceptance and acceptance of your brothers and sisters, self-expression, and the appreciation of the talents, ideas, and passions that you have.

I am that one that you know as Jesus. We will speak to you again tomorrow.

Lesson 97

"I am spirit."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is a most powerful lesson because it tells you the truth about how your thoughts and your prayers, if you will, travel around the world to all your brothers and sisters.

Just as your fear is magnified through the ethers, we will say, so too is there an emanation from your loving thoughts and ideas. When you align with truth, you become a powerful beacon for love. And that ripple goes out from you to and through everyone, and anyone who has the slightest willingness or openness to tune in to that thought, that belief, that idea, will pick it up, and it will seem to be an inspiration. Inspiration means that you are in spirit. And that is exactly what is happening in that circumstance — your thoughts emanating, your frequency emanating from yourself.

As you go up in frequency, doing these lessons, practicing your forgiveness practice, looking upon the world with forgiving eyes, you become the beacon of love and light and hope for everyone on this planet. And the more of you that become miracle-minded — the thousands of you that are doing these lessons together on the same day — you are affecting the entire planet, do not doubt it.

That is what a miracle is. It is something that steps out of time and does not follow the rules that you have been taught. Miracles are merely things that you do not understand, in that sense. You have been hooked into the body, hooked into time, hooked into death, and fear. And that is what you believe in, and as you do these lessons you step up into the miracle-mindedness that is your natural inheritance.

I am that one that you know as Jesus, and we thank you for joining us today and working these miracles with us, so that your planet may be infused with love and light, and through the practice of forgiveness, so may your life. We will see you again tomorrow.

Lesson 98

"I will accept my part in God's plan for salvation."

You are Blessed Beings indeed. I am that one that you know as Jesus, and your part is a most magnificent offering, but you do not have to know what your part is. All you have to do is be willing to do these lessons with utmost honesty each time you come to that five minute moment when you sit down and say, "I'm going to do my lesson." Open your mind and open your heart to the possibility that I am with you. Open your mind and open your heart to the knowing that this is planting a seed for a magnificent and loving world.

Come to that five minutes not resentfully, thinking, "Oh my goodness, I'm wasting time. Someone's going to think I'm weird if I keep doing this." No. But understand that the craziness of the world is fed by people who are unconscious, who are unaware, who do not know what they are thinking, who do not understand the value system of that which is creation, which is love — love holds everything together. It is love that is pulsing throughout this universe.

When a Being becomes lost (and most of you have become lost because of what you have been taught that is incorrect), your most magnificent creative power begins to miscreate. It begins to cause illnesses in the body.

It begins to cause arguments. It begins to cause resentments. And it is only because you have been taught a valueless system. "By their fruits ye shall know them."

Look at your world. The natural world, if it's left alone by humans with greedy minds and hearts, does fine. The old trees fall over and the young saplings grow on the trunk of the decaying matriarch or patriarch, the bird's nest, the deer eat the leaves, the butterflies lay their eggs, and everything works in wonderful harmony. Now, nature is not separate from separation. It is also founded on death. Each thing must die for another to live. But each thing knows its place. Each thing understands that it comes and it goes and it comes and it goes. It is not trying to control the future. It is not hoarding for a future that it is afraid of. Even though it is in the world of separation, it is happily living its life out.

And that is what we are working toward for you — a time and place when you are happily trusting in life, when you are optimistic and kind and generous, when you love yourself and the opportunities that this physical experience gives you. Relax, knowing that you are meant to be here. How do you know? You ARE here. You are here in the Eternal Now.

But you miss this opportunity for creativity if you are always worried about the future and anxious about survival. You miss this wonderful holy instant when you are regretful of the past and resentful of other people's past actions.

Come into the Eternal Now, and trust that you will be shown, trust that you will be guided, and trust that that five minutes each hour is the best way you can spend five minutes. I will see you there in that five minute period.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 99

"Salvation is my only function here."

You are Blessed Beings indeed. I am that one that you know as Jesus, and forgiveness and salvation are one because when you practice forgiveness, you are no longer arguing with what is.

What is, is Being manufactured and created from the collective mind of the Son of God. You are experiencing the end results via the effects of your thinking and your belief system and your values. So there is no point in arguing with reality because it is the end result of a lot of thought, a lot of rumination, a lot of ideas. So it is like having a mold that produces a candle, and you are looking at the candle, and there is a fault in the candle, and you try to fix the candle. You shape it, you sand it, you smooth it until the fault is gone, and then you make another candle. But it has the same error in it. And so you must do the work again. You must shape it and sand it and smooth it until the error is gone. This is what you would consider problem solving in your ordinary day. And so the mold makes another candle, and lo and behold, isn't there another faulty candle Being made.

You see, this is what most of you are doing. Every single day you encounter problems that are distortions Being shown to you of the one mind of which you are a part. And yet you will not change the mold. The mold is what we are working on here. And that is why your life gets easier and easier when you choose forgiveness, for forgiveness is changing the mold. In forgiveness, you are no longer choosing separation. You are no longer removing yourself from love and your brothers and sisters, which are also love. You are, in fact, removing the error from the mold and you now will

produce a faultless candle, i.e., your life will become increasingly faultless. In A Course In Miracles this is referred to as the "happy dream" where, yes, you are still seemingly in a body; yes, you are still seemingly in time; yes, you are still seemingly walking the face of this planet; yes, you are still in separation, but you are not under the gun. You are not Being forced to participate unconsciously in miscreations.

You are choosing CONSCIOUSLY where your mind goes, what you focus on, and what you choose to let go of, because it is in the Eternal Now with the forgiving, loving mind that you have the ability to create what it is you'd like to experience. And that is what this world is for. It is not for the deep and terrible suffering that some of you go through. That is enough to cause suicide attempts — and successful attempts at times. It is not designed to be that way. You were designed to live a happy experience of separation, playing out the games that you want to play out for a little while — until you are tired of them.

So let us get you back into a place of peace. Let us get you back into a place of joy and happiness. And then you can experience the things you want to experience in this 3D world that you call life.

I am that one that you know as Jesus. We will speak to you again tomorrow.

Lesson 100

"My part is essential to God's plan for salvation."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it seems arrogant, does it not, to think that you have a part in God's plan for salvation.

But what other than you can be used within the brotherhood of your brothers and sisters on this earthly plane to wake them up — to help them see that suffering and sacrifice is not required? You have all been trained in your society to shut down your imagination, to turn away if you hear guidance from what seems like another consciousness. You close all the doors that we have to help you wake up. And so we employ your brothers and sisters — a Being such as this one is a good example — to help wake you up and help guide you towards the means that you have been given for peace.

And each one of you, as you awaken, will awaken to your special talents and gifts. Now, this does not put you above your brothers and sisters. This Being is not above you because she has managed to apply herself enough to her practices to bring about this transformation in her consciousness. But she is not above you, and she knows this — she's an ordinary Being just like you. But all of you will have access to increasingly wonderful thoughts and ideas, inspirations, and even talents that will begin to make themselves known. These are not for your aggrandizement, they are for you to enjoy. They are for you to practice. They are for you to become masters of in your own way, and in that mastery, in that modest pursuit, you will shine a light for others.

Perhaps you will begin to play that instrument that you have always wanted to play but would never dedicate yourself to, would never allow yourself to play. And over the next few years, perhaps you get good enough to give a few lessons. Perhaps you begin to inspire children to play music. Perhaps you are asked to play in an orchestra or choir. Perhaps you are inspired to go busking on the street and begin to share your talents. But perhaps it is just you and your instrument alone. But then there come words, words that seem to need music, and so you begin to write songs. This is how it unfolds. It is not for you to decide the path for your talent — you will be guided along the way so that you do not become intoxicated with fame, so that you do not become needy of other people's adoration. That is not what it's for. Each one of you will be guided to do that which is your purpose. Some may be quite public, and some will be completely private.

And each one of you has been selected, and your purpose has been selected by you in accord with your guides and teachers before this incarnation. You decided what you would offer to this awakening process on your planet. They are all important things. The gardeners and the farmers that nobody sees on TV or on the YouTube device that we are on now — these people grow your food, they bring to you healthy and wholesome meals. Are they less valuable than the famous ones? Of course not. And that is something that you must reflect upon. Your society has contaminated many minds with the idea of fame as success, of wealth as success, and we want you to begin to reassess what your idea of success is. A life living and doing what you love, and peace and joy with your family and friends and occasional "drop-ins" we will say — that is a beautiful thing indeed. And as you get older, as you get tired of playing the ego's games and chasing the idols that you have chased throughout the years so far, you will begin to see that a calm and quiet peaceful life, doing what you love each day, is a wonderful, wonderful experience indeed.

We want to thank you for sticking with this challenging training program for 100 days. Well done to all of you that have made it this far. You already feel the changes in your heart and mind. You already know that something great is happening within you. Do not despair, do not give up, do not feel overwhelmed — you are on the right track. You are saving yourself years and years and years of struggle.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 101

"God's Will for me is perfect happiness."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this smile you see on the face of this Being is because of that face on the couch that she loves so dearly, and we know that it is adding quite a nice little touch to these beautiful lessons that you are sharing with us.

Sin is not real. If sin is real, you are more powerful than God. You are able to do something that God cannot stop you doing. Do you think that you are that powerful? You are indeed a powerful creator — there is no doubt about it — but you are not as powerful as the Father. You are made in His image indeed. In giving you his image he has given you the ability to do what you want — to do and to create or miscreate along whatever lines you feel are necessary — but you cannot overpower the Source of All That Is.

And so if something has been done to you or by you, or you've witnessed something, you must remember that you are given absolute freedom, and that you are not going to be punished for following the guidance that you think is true. For anyone who does anything thinks it's right, thinks it's going to bring them what they want. They think it's going to bring them closer to their goals, whatever their goals are.

But so many of you, Dear Ones, have had your mind so contaminated with untruth that you are not able to discern when you are off-track. You simply are not able to discern it. You have been so deeply indoctrinated through fear and mental and psychic manipulation that you do not even know.

And so it is on this path with us here today, doing these lessons, shifting your consciousness, changing your mind, practicing loving thoughts and ideas — it is through this process that the dirt and the dust and the mud on top of your clear mind is Being removed, and you will begin to get true guidance. You will begin to get a feeling, "Ah, this is something that I should do. I don't know why I have this feeling, but this is an important thing for me to do."

And that is how the guidance begins. You will get this subtle little itch, a little nagging, something or other, that's pointing you towards something. It will not be strong enough in the beginning to override all of the contamination in your mind, but you will see, as time goes by, that this message gets stronger and stronger. It is there consistently, not pushing, not yelling, not arguing, but it is there. And in the end, it will become strong enough for you to listen to it and say, "Ah. This is something that I am going to do." You may have to fit it in around your schedule. You may have to rearrange some things to get to this idea, but you can just entertain ideas. This is one of the beautiful things about your consciousness — you can just think about that thing. You can envision yourself doing that thing. You can imagine yourself feeling good doing that thing that you are now inspired to do. It could be writing a book. It could be traveling. It could be growing a

beautiful flower garden, it could be anything. So you can get the feeling of it by just imagining it — just allowing some space your consciousness.

And this is one of the reasons we tell you not to be on your phones all the time. So that you might sit on a park bench looking at the ducks swimming on the pond without the phone in your hand, without the texts pinging all the time, distracting you from what is right in front of you, in fact, the Holy Instant where you can create what you want to experience. This is one of the sabotaging effects of these technologies that you carry with you all the time. You never have freedom to just BE, quiet the mind, gaze at the horizon, and allow those inspired ideas to surface in your mind.

So the next time you go for a walk, turn your phone off and leave it at home. It will still be there when you get back. But witness how much more peace you have. Witness that you SEE. You don't need to be hooked in all the time to messaging systems such as exist in your society now. We know this is a difficult one for many of you because your businesses and your relationships seem to depend on these constant interactions. But we will tell you an hour out in the woods without your phone will do nothing but improve your connection to the divine.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 102

"I share God's Will for happiness for me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and have you not noticed that it is always more preferable to be happy than to be sad?

There is an innate knowing within you that this is the way that you are meant to be. When you are happy, everything is better. Your life is better. Your finances feel better. Your relationships feel better. Your opinions of your yourself and others feel better.

When you are suffering, when you are sacrificing, when you are out of sorts, as you say, (everything) the very same things look awful. And so it is an innate knowing that happiness is preferable to sadness. It is an innate knowing that freedom is a natural preference over imprisonment. You don't have to study anything to know this. That is because it is God-given. That is because it is natural to be happy.

So when you are sad, know that you have made an error of thought. You are not sinful, you are not bad, you merely have made an error of thought. So ask yourself,

"What thoughts am I having that are causing this sadness?"

"I don't have enough money." That thought will cause you sadness.

"I'm not attractive enough." That thought will cause you sadness.

"I'm not a success." That thought will cause you sadness. And that means that that thought is out of accord with God's will for you.

If you say, "I am very successful." you will feel good, and that means you ARE successful. And that is the alignment that you are seeking. It doesn't matter how you define success, it may be that your idea of success is doing nothing all day long. That could be your idea of success and God's will for you, if that is your purpose, to be a non-productive person, and there are Beings whose purpose is that indeed. That will make you happy.

So, in your day-to-day, look for those little things that you indulge in, that cause you suffering and make you sad, and know that you are off track there. And that you need to reassess the wording of that thought, that belief, that idea, and in that reassessment, shift it around a little bit. Turn it around. Make it go back to front, upside-down, and see which statement feels better for you.

You are the master of your ship. You are the acceptor or the eliminator of your thoughts. Some thoughts need to be ignored and let go and they will dissipate and go away. Other thoughts need to be paid attention to because they are inspirational — they cause you joy, and they return you to that natural state of happiness that is God's will for you.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 103

"God, Being Love, is also happiness."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is one of the great lies that has been perpetrated upon your collective consciousness, and that is that you should fear God.

It is not God that you should fear — it is fear itself. And you have heard this phrase, "there is nothing to fear but fear itself," and that is true. Fear is an illusory feeling, idea, energy that permeates the body and causes everything in you to disconnect from love and to shut down. But fear is self-created. Your mind makes up stories that terrorize you, and you have been fed stories from the time you were little that have terrorized you, and every time you get that horrible sinking feeling that you have sinned, that you have been bad, that you have done something terribly, terribly wrong, you are out of order. You are incorrect, and that is why you feel so awful. You have disconnected from the truth which is love, which is freedom, which is joy, which is happiness, which is God.

And so the stories of an angry God smiting those who do not do as they are told are fictitious fear-mongering, just like your new stories today. They are the "new" stories of old, and they kept everybody down in those lower frequencies of survival — fight or flight or freeze.

This is a very primitive state of the human body-mind consciousness, and it is important that you understand that these things, these words, these phrases that we are teaching you are lifting you up out of the fight, flight or freeze paradigm. That is the world of the ego that is the world of death. And "fight, flight or freeze" will age you and terrify you and put you into hell.

These loving, compassionate, kind and true statements that we are asking you to repeat to yourself to recondition your mind into alignment with love are the opposite of that. They are the truth, and they will feel good because they are the truth.

I am that one that you know as Jesus, and we will see you again tomorrow.
Lesson 104

"I seek but what belongs to me in truth."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is important for you to understand that everything that you need is within you already.

You do not have to perfect yourself — you are perfect already. You have merely covered up your perfection with other ideas and other beliefs and other goals that you have allowed into your mind and that you have followed through the many brambled pathways that lead you nowhere. This is what this lesson is about. It is about coming to understand truthfully that everything that you were ever given by God: your creativity, your alignment with love, your affinity to your brothers and sisters; this is your God-given truth, and you don't have to do anything to deserve it. You don't have to do anything to truly experience it other than stop following the other things.

So one of the ways that you can do this is through pursuing your creativity by understanding that whatever you give energy to, whatever you focus on intently with joy or any strong emotion is going to get infused with your energy. So when you are looking at things that you don't want and passionately hating them, you are infusing them with your creative energy and they will expand [and] get stronger. When you look upon something that you love with passion — positive, loving passion — and you infuse it

with your energy, it will get stronger. You are a creative Being made in the likeness of a creative Creator. You, too, are a creator. You did not create God, God created you, but you are alike in that way.

And so it is important for you to understand that anything that is not loving is truly not you. And that's why it hurts. That's why it causes suffering. So keep it simple. When you begin to feel bad, when you begin to feel less than at peace, ask yourself what you are doing, or not doing, that is in accord with love. Perhaps it is as simple as taking a nap because you are tired. Perhaps it is as simple as saying, "I don't really want to do that," because it's not what you feel like doing.

These seem like inconsequential things, but when you are going through your day, you will have many, many opportunities to say yes or no to things. Take a moment before you say yes to something. Is it really in alignment with what you want for yourself? Do you want more of that thing? Or do you want less of that thing? Now many of you will immediately go to the jobs you dislike and you must own that decision too. You must say, "I chose this job. I go here every day. At some point this job seemed like a good idea. How do I know? Because I'm here and I go here every day." If you have setup systems — mortgages, people who depend on you to go to this job — then you need to address it in a slow and steady way. Just as you miscreated along those lines, if you're not happy with what's going on, so you can choose again.

You can begin to discuss it with your loved ones; that you are not where you wish to be. Do not blame them. Do not say, "You are making me go every day because you have become dependent on me." There is a dance that you are doing with your family, there is an agreement that you have made with them, and you are fully participating in the choices that support that agreement.

So it is important for you not to act as if you are Being victimized by others when you are fully engaged in the choices that you make every day. Some

of you will say, "That's not fair. I don't like the choices I have made." Well, you are the captain of your ship, and if your ship is going in the wrong direction, then you must correct the trajectory of that ship. When you are changing the course of a ship you do not suddenly turn hard on the wheel. You do it gently and slowly and make a wide arc until you are going in the direction that you have carefully calculated from the stars or from your nautical maps. For you, it is from your guidance system. If you are off-track and heading off to a land that you do not want to visit, make a new trajectory based on the map that is your guidance system. But do not reef hard on that steering wheel because you may unbalance the ship and capsize it — better to go slowly and steadily back to a path that feels correct for you.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 105

"God's peace and joy are mine."

You are Blessed Beings indeed. I am that one that you know as Jesus, and as you understand it, there is a phrase that has been attributed to me which is that you must "pray for your enemies". And that is exactly what this lesson is about. It is about wishing for your enemies that which you would wish for yourself. In that prayer, you are dissolving the separation. You are refusing to see an enemy as an enemy. You are refusing to see sin as real, and you are refusing to say that there are separate needs between my brother, my sister, and myself. We are all the same. We are all God's children. We all deserve the peace and joy that are our natural right, and so that I can have my peace and joy, I offer you your peace and joy.

For when you have an enemy and you deny them the thoughts that this lesson is asking you to gift them with, you do but deny yourself. You deny yourself the very thing that you deny them, because you are going to see in yourself what you see in your brother. And if you see in your brother that they are a Holy Son of God connected to the divine just like you are, and that they deserve — just by their Being — they deserve to be peaceful and joyful, then you will see the same for yourself. And if you see your brother as sinful, separated from God, isolated, alone, and undeserving, you will but magnify that for yourself. Because that is how your creativity works. It is so powerful. You will get what you give.

It is a difficult one for those of you raised in the material 3D world where you are taught that you lose what you give. But you don't, and we are not only speaking of material things here. This is where your training in materialism shoots you in the foot, so to speak, because you think that if you give something, it must be in the physical, material way. No, it can be a loving thought. It can be a prayer. It can be an idea. These are the things that are eternal — thoughts, ideas, feelings. These are non-physical things that give rise to the material world, so do not only give credence to the hard copy of something. Remember that the hard copy of something — the physical, material copy of something — comes first from the non—physical.

So be generous with your love to yourself and others. Pray for your enemies, because you know that in praying for your enemies you will reduce the separation and fear in your own mind, because you are demonstrating your understanding of these laws that we are teaching here.

I am that one that you know as Jesus. I will see you again tomorrow.

Lesson 106

"Let me be still and listen to the truth."

You are Blessed Beings indeed. I am that one that you know as Jesus, and have you not noticed that the world is constantly asking you to do things, to buy things, to run hither and yon, to cook, to shop, and to do all of these things? It is so that you will not go inside and listen. It seems as if this is a conspiracy — the world is designed to keep me from listening. But it is. You designed it. You sprinkled it with all of the temptations that you believe in, so that you would not go inside, because inside is the ego's undoing. Inside is separation's undoing.

Once you begin to truly grasp the idea that inside lies the answers to all of your problems, then your problems begin to disappear very quickly because you are no longer projecting. You are no longer blaming. You are no longer insisting that others change to make you happy. You go inside and say, "Why am I unhappy? I must make myself happy. And how do I do that? I keep my thoughts in alignment with love. I step back from judgement inducing further separation." And lo and behold, you become happier. But you must take some time out of the busy doingness to do that. You must sit once in a while on your couch and just stop.

Just stop. Silence feels so good. The doingness passes away from your mind and you realize that you are here in the Eternal Now. In this holy instant is the place where realizations can dawn if you are listening.

Take this lesson today to heart and listen.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 107

"Truth will correct all errors in my mind."

You are Blessed Beings indeed. I am that one that you know as Jesus, and, of course, truth is true. Truth is the nature of what you are. When you are out of alignment with truth, you feel "off". You feel sad. You feel depressed. That is your knowledge that you are out of alignment with truth. Truth is eternal. Truth does not fight for its opinion. Truth is true, regardless of whether or not you believe it.

And this is something that is important for you to remember as you go through your day. Arguing with others is not what truth would do. Truth does not need you to defend it, like a lion does not need you to defend it. It can sit there quietly knowing that it is respected and that if anyone messes with it, it is a lion. It is the truth. So relax a little today, knowing that when you are relaxed, when you are trusting of your own inner guidance, and trusting of the process that you are involved in here, you do not need to micromanage and stress over every tiny little thing. You can say, "The truth is true, whether or not I yet see it, whether or not I yet believe in it, but it is there and I will find it."

And when you find it, everything is quiet, everything is calm, everything is peaceful, because you are aligned. So in your battles, in your fights, in your arguments and your disagreements, remember this lesson: that the truth does not need to fight for itself. It is there, quietly holding space until you find it.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 108

"To give and to receive are one in truth."

You are Blessed Beings indeed. I am that one that you know as Jesus, and of course this seems the absolute opposite of what the ego believes to be true. It is very protective of its possessions. It does not want to share its possessions. It certainly does not want to give anything away. But the most important things that you have to give are not material at all. And in material terms it can seem that this statement that "To give and to receive [are one in truth]" is not a true statement.

But in the realm of love, in the realm of ideas, in the realm of inspiration, in the realm of concepts you can see that to share an idea increases it without any loss to you. In fact, you get more back from sharing an idea because it is multiplied. So this applies in the non-physical realms of love. This is not specifically speaking about the material, physical, hard-copy world, because that is a world of scarcity and limitation.

You must remember about the frequencies in which we are asking you to play. We have now taken you up above the battleground. We have taken you up above the physical material world into the world of concepts, creativity, idea and inspiration. Up there everything shared is multiplied. Everything given away is returned to you, because ultimately, in the end, there is only you playing with your own consciousness here.

When you give something you have a true comprehension that you own it — that it was yours to give. If you do not share things, if you keep them secret, then you are intellectually aware, perhaps, that you own something, but you do not really have the true measure of its value in your experience.

And this is a big leap of faith for many of you because you hoard your money, you hoard your possessions, and you do not want to share them. You do not want to have this experience. But we will tell you that if you begin to share ideas, share your feelings, share those things which you would like to keep and to have more of, you will begin to see that this is indeed true. If you keep your love to yourself, it is a lonely journey indeed. But if you share your love and give your love for beauty, for children, for flowers, for cooking — you love many things — when you give those things away, you really reap the harvest of that wonderful multiplication.

I am that one that you know as Jesus, and all I have given you is my love for you, and so I feel it more each day. All we ask for you to give is your love to the world. The things you love, the people you love, the experiences you love, the music you love — give it away. Share it and you will feel the multiplication of its energies and you will realize that you have literally lost nothing.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 109

"I rest in God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and I rest in God and oh what a joy it is.

What a joy it is not to be pushed and pulled by the tiny and incessant nagging and fears and judgements of the world. Take some time today, Dear Ones, to stop and be quiet with yourself and rest in God, knowing that all is well in the world.

The ego mind will argue and say, "I cannot rest. I have too much to do. I have children. I have a job. I have a mortgage. I have bills and dishes... I have so much to do."

Even in that life, with so many obligations, so many responsibilities, you can sit in your car in the parking lot for five minutes and rest in God. Stop thinking. Stop judging. Stop fearing, and stop worrying, and just be, and you will see a difference in your world. If you do that for five minutes each hour, you will see at the end of the day that you have transformed yourself. Each hour that follows that five minutes you will find that you are less anxious, that you are less worried, that you are less controlling or fearful or bullying because you are reinforcing the truth that you can rest in God.

The ego's stories convince you that there is no place for rest. And you have a phrase in your society: "the devil loves idle hands". That is because that teaching; "the devil loves idle hands", is to prevent you from stopping so that you will discover that you can rest in God.

The idea of the Sabbath is a more positive reflection of that — the idea that you can rest for a day and the world will still continue — and that is the truth. If you take five minutes out of every hour, you will see that everything keeps going. You are not that important. You are not the thing that is driving this world. There is an energy that is playing itself out. The collective manifestations of everybody's beliefs, thoughts, and ideas is going to keep bringing things your way.

But as you decide to tune in, tap in, to that source energy that is where you come from, you will be energized in a different way. You will be getting your energy not from the horizontal ego world — what you can get, the material possessions, the prestige. You will not be getting your power from there. You will be getting your power from where true power comes which is your connection to the divine, and you will see it play out in a different day.

I am that one that you know as Jesus. I rest in God and I suggest you do too. We will see you again tomorrow.

Lesson 110

"I am as God created me."

You are Blessed Beings indeed. You are as God created you, and I am as God created me. One of us has merely forgotten it.

I have not forgotten it. I remembered long ago that I am as God created me. And in incorporating that knowing into your mind, you relax. In incorporating that idea into your behaviour, you become honorable. You honor yourself, and you honor your brothers and sisters. You do not disrespect yourself or settle for cheap trinkets as your reward in this incarnation. You know that you are one with greatness, and you know that it is your responsibility to align with that loving greatness and demonstrate it in this incarnation. You are as God created you: a magnificent creator, a magnificent teacher, a Being aligned with love that has been made by love, from love, for love.

I am that one that you know as Jesus, and the Christ lives in me. The Christ lives in you, but it is covered up by untrue ideas. It is covered up by a lack of faith in your divinity, and that is what this lesson asks of you — it asks you to remember your divinity.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 111

Review of Lessons 91-92

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is important for you to focus on the light. Not the physical light of the sun necessarily, although it can be used as a metaphor. If you are constantly looking in the shadows in your 3D physical world what are you going to see? It is not clear. It is murky. It is not illuminated, and it is not so beautiful. If you look out into the sunlight — all of you know how wonderful it is when you get up in the morning and it's a sunny day and you can see everything so clearly and everything seems so much more vibrant. This is true of your spiritual sight as well. This is true of how you observe the world as well. If you are on the news all the time looking at the destruction and the starvation and the environmental degradation, you are looking at the shadows.

You must look at the light. You will feel weak when you look at the shadows — uninvigorated, uninspired. When you look at the light, people cooperating with each other, beautiful art, beautiful music, communities, gardeners that are vibrantly supplying each other with food; you want to look at that which is LIGHT, that which is LOVE. If you do not regard the other things they will fade from your vision, and your vision will only be in alignment with that which is working, with that which is healed, with that which is happy.

So if you are eating to avoid sickness, we suggest you eat to enhance your health. Because if you are eating to avoid sickness, you are looking at the shadows the whole time, and your body will respond accordingly. If you are eating for health so that you can enjoy yourself, there's no fear in that motivation. You are going to have much better results.

So do it with everything that you are encountering. See the functioning of your body rather than the dysfunctioning of your body. See the good things about your partner rather than the bad things about your partner. See the things that you have already learned doing this course rather than focusing on what you're struggling with.

Look towards the light, Dear Ones, look towards the light.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 112

Review of Lessons 93-94

You are Blessed Beings indeed. I am that one that you know as Jesus, and as you go through these reviews, we want you to feel how they make you feel. Make them less about thinking. Make them less about words, but really get into the feeling.

What does it feel like to know that you have never been changed by any of the foolish ideas and judgements that you have made? What does it feel like to remain perfectly as God created you? This is a feeling. That feeling gives you confidence. That feeling brings you peace. That feeling causes the ups and downs and the winds of change to fade away from you, and you see that no matter what has happened in your life, no matter what has come and gone, no matter what joys and sorrows have passed across the sky of your consciousness, the sky is still there. The blue sky is still there. The sun is still there. You are still there — always there regardless of what dramas pass across your mind. This is a very, very important realization,

because the next time a drama comes, or an intense joy comes, or a change in your life comes, you know that it really has nothing to do with you. You are the changeless sky. You are the consciousness that observes. And this is a wonderful, wonderful place to be.

It does not mean that you do not care about anything. On the contrary, it means that you are able to see that you are above and beyond and bigger than all of those things that play out on the drama of the stage of your life. You are indeed the stage; you are not the players. This allows more calmness. This allows more peace. This allows more joy to actually enter into your consciousness because you do not see any of these things now as a threat or something to be grasped and held on to — the clouds that are allowed to pass across the consciousness of your sky.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 113

Review of Lessons 95-96

You are Blessed Beings indeed. I am that one that you know as Jesus, and do you not feel these different selves? One self wants to be single. One self wants to be married. One self wants to eat. One self wants to be slender and fit. One self wants to leave the country. One self wants to buy a home. So many individual ideas and beliefs in the mind often conflicting with each other.

And so you get a very erratic, emotional life, because each belief that you hold implanted in your mind, perhaps by a mother, a father, a religious teaching, commercial television; all of these ideas have been planted in

your mind by a person who was very invested, or a system that was very invested in you taking on this belief for some reason. You do not even know where most of them come from.

And yet you listen to them and they generate thoughts and they generate feelings and emotions. So you are all over the map, often contradicting yourself with the same behaviour in the same day. You may argue for one side of the coin in the morning, and you may argue for the other side of the coin in the afternoon, and you wonder why you do not make progress.

The one Self that is united with your Creator has never changed. It will never change. It was before this body was born. It will be after this body has stopped Being useful. You are that one Self, united with your Creator.

And as you focus on that more and more, the imperfections of your training program begin to reveal themselves, and you see that most of them don't make any sense. It is in aligning with your Oneness, it is in aligning with Source, with love, with truth that you become calm, that you become focused, and that you become able to dedicate your life to something of great value.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 114

Review of Lessons 97-98

You are Blessed Beings indeed. I am that one that you know as Jesus, and these are the truth. This is why these lessons are so powerful: because you are aligning your mind with the truth. And as powerful creators, once you

are aligned with truth, you can begin to manifest very, very quickly thoughts, beliefs, ideas, and even physical objects and relationships that are in alignment with that truth because you are not swimming against the current of what is. You are aligning with the fundamental principles of creation, which are loving, and extending, and they are spiritual.

You must remember, the physical/material world is the end result of a whole bunch of non-physical things — emotions, thoughts, beliefs, ideas, prayers — all of these things are non-physical, but they give rise to the world that you see. This is a fundamental error in your thinking, that when you look at the world, you think you need to change the world. You need to change your mind about the world because it is all coming from beliefs, ideas, fears, arguments, all of these non-physical, emotional, mental concepts and constructs.

So you want to get back to basics, and this review period takes you back to basics.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 115

Review of Lessons 99-100

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is a very, very important review because you are dealing with the fundamental structure of "reality" the way you see it. That is, when you judge the world, when you attack the world, when you decide that it should be other than what it is, you are perpetuating separation, and you are feeding this idea of suffering and sacrifice.

Why are you doing that when you judge, when you attack? It is because there is only one mind really here. You are playing with your own consciousness. You are seeing your own beliefs, thoughts, and ideas, manifested in front of you in form. And so, when you attack that form, whether it's your mother-in-law, your sister, your brother, your husband, your partner, whatever it is that you are attacking, you are literally attacking a part of your own mind. And that is why it causes you suffering, because you truly don't comprehend what you are doing. You are literally attacking your own mind. And it sets up a great deal of fear and guilt within the mind that is very distressing, and it leads to a loss of peace.

When you forgive the world and understand why you are forgiving the world — because it is a projection of your own mind playing out for you to see the unloving parts of your own mind, you understand why you are forgiving. You understand that your part in salvation is so important because you are helping to manufacture a dangerous and violent world when you have unloving thoughts in your mind. So your part in salvation is very, very powerful because you literally are creating a world from your beliefs and ideas.

I am that one that you know as Jesus. Once you understand this principle, you will evolve very, very quickly, and you will stop judging, stop attacking; you will begin to live in a state of deep acceptance and surrender. And you will be able to, very, very quickly, remove those beliefs and thoughts and ideas from your mind, because you will realize that they are your enemies. They are not there to benefit you. They are not there to bring a peaceful world into Being.

We will see you tomorrow.

Lesson 116

Review of Lessons 101-102

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is obvious to you that feeling happy is better than feeling sad. Feeling free is better than feeling imprisoned. Suffering is not something that you are drawn to when you are healthy — when you are vibrantly alive.

There are many distortions in your mind, however, that can lead you to believe that feeling sad, or feeling put upon or unfairly treated, sacrificing yourself, suffering because of that sacrifice — there are many of you that have this belief deeply embedded, not only in your own personal teachings from your families, your cultures, your churches, but as an element of your overall society — this idea that those of you that go to war and die somehow are performing a wonderful sacrifice. You can feel that even questioning this brings up some confusion because it is such a deeply entrenched belief: that sacrifice is important, and that suffering is holy somehow. It is because of the church teaching everybody for generation upon generation upon generation. And so when you feel resistance to the belief that God wants you to be happy, that is what is happening.

So do not doubt it. Understand that every time you can choose a thought or a focus, or concentrate your mind on something that brings you joy, brings you happiness. That's your feedback system saying, "You are on track." That's your feedback system saying, "Yes, this is good, this is good. You're heading in the right direction."

Now until you've had your mind fully clarified by doing these lessons, some distortions will make you happy, and this is okay for you to witness. You may realize that there are some unhealthy things that make you feel

good, but they generally are to do with the physical body. And this is the point that we would like to make this morning. If you are using a substance of some kind, or an activity that is very body-focused, pleasure-focused, then that is not really happiness. That is a sensation, a sensory input that is distracting the mind from its suffering, and therefore brings temporary relief.

What we are asking you to do is to choose things that really make you happy. It could be planting some flowers in the garden and seeing them grow and flourish. It could be having great conversation with a friend. It could be petting your dog or your cat — things like this that are less destructive. Yes, everything in your experience, really. Using the body is of the body, but in these early days, we want to really get you to understand the difference between those pleasure feelings of eating and drinking, for example, as opposed to the nice feelings of creativity, of investing in your life, of Being out in nature, of feeling sunshine and wind in your hair and listening to the birds. Yes, these are coming through your sensory input device, but they are of a different quality, and you obviously know what we are talking about here.

So be happy today. Choose happiness today. See how well you can practice the choice. Am I going to look at the shadows or am I going to look at the light? We asked you to look at the light today. Look at the good in your life. Look at the things in your life that are simple, simple gifts that can bring a smile to your face.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 117

Review of Lessons 103-104

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is always a very, very important reminder: that you are allowed to be happy.

Happiness is alignment with love. When you enjoy, oh, let us say, baking cookies for your family, and that is something that you really, really enjoy and it makes you happy, then that is the right thing for you to be doing in that moment. If laying down in your bed in the middle of the afternoon when you're tired for a nap gives you joy, because you relish that feeling of surrendering to your bed so much, it's okay. You can be happy and have a nap. These are some of the things that you have been taught are inconsequential, worthless, or even sinful in some way.

Happiness is that feeling, "I'm doing exactly what I want to do right now. It is perfect. I do not want to be anywhere else. I do not envy anyone. I'm not lusting after anything, or idols. I'm not chasing anything. I am perfectly happy Being me — Being here." Wonderful. That means that you are doing something right. When you are frustrated, when you are angry, when you are ill and out of sorts, you are not happy. That means that you are out of alignment with God's will for you. God wants you to be happy. It's okay.

But it is a great cultural teaching: to suffer, to sacrifice, to labor hard, and to put your shoulder to the grindstone; there are some of these phrases in your society. They are designed to make you unhappy. An unhappy person is not somebody connected. It is not somebody who is tapped into their true source of power, and so they become tired and they become disillusioned. Disillusioned means you still believe in the illusions.

Make sure you are happy. Make sure you are connected — even if it's for a moment. Be grateful that you can do it for one moment. When it leaves, at least you know the feeling.

I am that one that you know as Jesus, and I'm happy to see you tomorrow.

Lesson 118

Review of Lessons 105-106

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is important for you to remember all of the things that you have chased in your life, believing that they would make you happy, bring you love, bring you peace.

So many of you, when you come to this text, are tired. You are tired and you are disillusioned. But as I mentioned in the previous lesson, when you are disillusioned, that means you still believe in the illusion. And that means that once you have had a little rest you will go out and you will chase something else, because you still believe in illusions but you are disappointed in them, even though you still think there may be one, "There may be something I've missed."

This journey into the interior of your heart and mind, healing that heart and mind, is truly what you have Blessed yourself with right now. For those of you that are doing these lessons, you have given yourself the ultimate gift, which is to bring everlasting peace to your mind by aligning it to the frequency of the creator of that mind which is Love. Your natural

home is love, and that is why, when you judge, when you hate, when you fear, you feel terrible, because you are not in alignment with your true self.

Once you get this, once you truly understand that to feel at peace or contentment or to be even happy means that you are in alignment with God's will for you, then you begin to really enjoy life because you do not think, "Oh, well, I must toil away at something I hate every day because that means I'm a productive and worthwhile member of society." No, you say, "I'm going to learn to surf. I have always wanted to learn to surf. When I'm on that board I am so happy — that must be God's will for me."

Now there are those of you that would say this leads to a self-indulgent world, but we ask you to look at the state of your world right now. We ask you to look at the suicide rates, the drug use rates, and the alcoholism rates. We ask you to look at those rates. We ask you to look at the environment. We ask you to look at your inner cities. We ask you to look at the health of your young children.

"By their fruits ye shall know them." Are you so sure that it will corrupt society to be happy? Are you so sure? I am that one that you know as Jesus; I am sure. Happiness will not corrupt your society. It will be the absolute opposite. It will be joy where there is darkness. It will bring love where there is fear. And it will bring happiness to those of you that are following this path.

There are many pathways. There are a thousand pathways and you are free to choose them if you wish. For those of you that are here this morning, we say perhaps this is your language. Perhaps this is your pathway — see where it leads you.

We will see you again tomorrow.

Lesson 119

Review of Lessons 107-108

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is important for you to remember that giving of yourself is very, very difficult if you have not been appreciating yourself, if you have not been loving yourself, if you have not been investing in yourself, if you have been denying yourself because of the teachings around suffering, sacrifice, and martyrdom in your society. It is very, very difficult to give freely when you have not invested in yourself, and this is a beginning teaching of these wonderful, wonderful lessons here.

You must allow yourself to invest in yourself. That could be that you invest in healthy food for yourself, because you are clear on the fact that if you don't eat healthy food, you may very well contaminate your body enough to cause it to dysfunction.

You may decide that you are going to invest in educating yourself. Perhaps you never went to post-secondary school, and you have a subject that you would like to pursue more deeply. That is a way of deepening your connection to yourself as well, although the education system in some ways in your society is detrimental. It is, we will say, "the devil you know," but you can also, if you want to educate yourself, you can look for people who are living the lifestyle that you like, that are doing what you like, and that you are interested in and contact them and ask them, "Did you have a conventional education, or did you find out how to employ yourself in this way another way?" A lot of people who are living deeply, deeply creative lives never ever went to school. But for some of you that may be the path.

Do not judge what it is that you are feeling. Allow guidance to arise in you. What you also must remember is that you are where you are on your spiritual journey. For some people who have been in a deep state of surrender for many years, the less conventional path is okay. For those of you that are on the more normal track and are just dipping your toes in this new way of Being, it may be too much for you. You may need to go through some conventional education because otherwise you would be too uncomfortable and too fearful and that would not serve you. So trust your guidance. Trust what you're interested [in]. Trust in your curiosity and understand that to give freely and deeply of yourself requires that you are well acquainted with yourself, you love yourself, and you have nurtured yourself.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 120

Review of Lessons 109-110

You are Blessed Beings indeed. I am that one that you know as Jesus, and I have to say to you today that you are all doing beautifully.

There is a tremendous number of you right now who are feeling very, very inspired by these teachings through this particular format. And of course, we inspired this Being to do the lessons this year because you would all need them. You would all need to really understand the power of your own mind. You would really need to understand that Being distracted and led astray by the world does not serve you. It has wasted too much of your precious time already. To go inside, align with love, let go of your resentments; let go of your fears; let go of the things that do not feel good,

and what is left is your true self: you are as God created you. You have merely dumped a lot of untrue ideas on top of that truth, and you know that they are not true because they make you fearful. They make you angry. They make you judgemental.

So own that part of you deep, deep within you when you go into your meditation time with that phrase, "I am as God created me. I am as God created me..." Then feel your way into that. Feel your way into the consistent and perfect consciousness that you are. You have traveled through many bodies. You've had baby bodies, and child's bodies, teenage bodies; but there you are in the background, observing. You have gone through many trials and tribulations, and yet there you are in the background, observing.

Just imagine if you let go of all the trials and tribulations and remain with that pure, clear, observant, wise self that you truly are, connected to All That Is through love. It is a beautiful experience indeed, and you are all stepping closer to it each day.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 121

"Forgiveness is the key to happiness."

You are Blessed Beings indeed. I am that one that you know as Jesus, and forgiveness is the most powerful, powerful process of this earthly plane on which you find yourself.

You think exercise is. You think dieting is. You think earning money is. You think saving money is. You think investing is powerful. You think education is powerful. But it is forgiveness that will bring you the real treasures of peace of mind. For what use is it to have a beautiful car, a slim body, and a nice house if your mind is in turmoil, if it's full of resentment, if it is holding a low frequency? You will not be able to maintain an abundant life. You will fail in your health. You will fail in your marriage. You will fail in your business, because you are holding a frequency in your mind all the time that cannot bring to you peace, abundance, joy, and a beautiful, beautiful, comfortable life. It has to bring you pain because it is not of a loving nature.

So forgiveness does not deny you anything. Yes it denies the ego its battles. Yes, it denies the ego the satisfaction of saying hateful things and poisonous phrases, but that is all. It denies you have nothing. It brings you peace, the greatest gift you can give yourself. And peace means the body will function at a high level. Peace means that you will have access to guidance that you cannot access in a troubled and tormented mind. Peace means that you will live longer in a happier and more fulfilling way. Yes, you will be living in a state of separation, but this state of separation that the unforgiving mind brings forth is so painful it is like living in hell.

Once you have a peaceful mind you feel as if you have moved into the garden of Eden and everything seems brighter. Everything seems better. It is a beautiful, beautiful experience. Yes, you are still in separation, but you are not deep in separation. You are into a more loving form of separation which we call the "happy dream".

Do this exercise sincerely today. When you envision your enemy, do exactly as this lesson says. You will lose nothing but pain. You will lose nothing but poverty and scarcity. You will lose nothing but disturbance in the mind.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 122

"Forgiveness offers everything I want."

You are Blessed Beings indeed. I am that one that you know as Jesus, and of course it is amazing that this Being does this work with this dog so close at hand. But this is a testament to her forgiveness practice. She is able to weather some of the ups and downs that would have sent her through the roof in her younger days, and for this she is eternally grateful. And this is something that we want you to really appreciate as you are doing these lessons: that you are not the "you" you think you are.

There are sharp edges that you have: impatience, fear, anxiety, depression, control issues, judgements, resistance, all kinds of things that you perceive as aspects of you, but they are not. They are merely things that have not yet been released from your consciousness. And so they make you feel bad about who you are, but they are not who you are. They are mistakes. They are not sins; they are mistakes to be corrected. And so it is important for you to understand this. It is forgiving of you to look upon your faults as temporary errors. They do not belong to you. They are not your babies. But when you see them as yourself, when you perceive them as yourself, you tend to hate yourself. You tend to say: "I am impatient. I am frustrated. I am fearful."

No, you are something far greater than that that is hidden beneath the layers of incorrect teaching and imperceptible distortions that you are unaware of. You are in error thinking that they are you. They are not you. They are the contaminants. They are the little bits of dirt in the water that can be filtered out by forgiveness.

So do not come to these lessons thinking them laborious. Do not come to these lessons thinking them a time waster. They are the very opposite; they are a time saver, and you will save many relationships. You will save many, many years of unnecessary suffering by practicing these lessons.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 123

"I thank my Father for His gifts to me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is important to give thanks, to have gratitude for what you have.

It is one of the great sicknesses of your society to constantly seek another thing, another thing, another thing, when you have a whole world of things. We see Beings in your society with big houses full of nice furniture, technology, a couple of cars in the garage, a wardrobe full of clothes hardly worn, pets, children, and all kinds of investments and banking assets, and still they are looking for something else.

Stop, all of you. Stop, and ask yourself, "What have I already got?" Not only in the material possessions that we described here, although that is one of the great infections of the Western mind — this constant seeking for more, more, and more, waiting for Christmas to buy gifts, to get gifts. This is not the only thing, of course.

You have the most magnificent gifts of God, which are things like imagination and your desire to connect and love and to express yourself — this unique ability to express yourself — what a wonderful, wonderful

thing to be grateful for. You have ideas. You have inspirations. You have purpose. You have passion. Be grateful for these things, the non-material things. These are the truly nutritious things that are going to prevent you from needing the material things.

So the training in your society is constantly focusing you on the body, constantly focusing you on the next big house or the nicer car or the upgraded telephone. They do that for a reason: it keeps you from going to the non-physical things that are truly satisfying — again, your creativity, your ability to communicate, your ability to love, your ability to be inspired and have purpose and direct your life to the good.

If you stop focusing on the material so much, you could even give yourself a purchasing diet for a few months and say: "Seriously, when we look at everything we have, we do not need any more. Let us not buy anything more for three months. Let us use what we have in gratitude." And you will be astonished at how much money you save.

You will also be astonished at how much better you feel, because you are not constantly seeking outside of you for something to make you feel just a little bit better for a few minutes. You are going deep inside and you are excavating and appreciating those truly wonderful gifts, gifts that are God-given: your intelligence, your caring, your love, your interest, your curiosity, your creativity, your passion for life, all of these things. They diminish when you focus on the material. They increase when you focus in gratitude on them.

I am that one that you know as Jesus. We will speak to you again tomorrow.

Lesson 124

"Let me remember I am one with God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and is not this the opposite of separation?

This is the prayer. This is the statement. This is the mantra that you are not alone. You have never been separated from that one that you call God. You have always been loved. You have always been cared for. You have merely been living in an illusory world where you think you are alone. This is why these statements bring you peace, because they are true.

This is why it takes away the fear and the frantic nervousness of your world. When you focus your mind on the truth that you are one with God, you will look at all of these shenanigans that are going on in the world, and you will say: "These are the ego's playgrounds. These are the ego's toys. I am really not that interested in them." And you will save so much energy by not believing the playground of the ego.

Now, many of you get worried when we start getting you to focus this intently on God, because you feel as if you are going to lose the world. You feel as if you are going to lose your connection with people, or your work, or your home, or your figurine collection, whatever it is that you are afraid of losing — your freedom perhaps. This is the clue that these are the things you want. This is the clue that these are your idols. This is the clue that this is why you came into separation — to chase these things. Because when we are asking you to focus your mind back home onto love, back home onto unity with God as your focus, you begin to get nervous, you begin to become afraid, and that is your clue. That is your helping explanation, if you will, that this place you came to because you wanted it. Many of you

ask this question: "Why on earth would I ask to come into this place? Why on earth would I ask to come into separation?"

Well, you know when you get these feelings that you do not want to relinquish it, when you do not want to love, when you do not want to forgive. You are seeing that you value the world. You value hatred. You value your judgements. And this is you constantly choosing separation day after day after day, and it is those choices that reinforce separation in your experience and prevent you from returning to your true home which is in God in love.

This is not to judge you. This is merely to let you see what your mind is up to. The face of innocence that you give yourself says: "I am loving. I am kind. Why would I come to a place like this?" Well, when you are asked to relinquish this place, when you are asked to love, and when you are asked to forgive and do these lessons, you begin to see another aspect of your mind that is hidden from you. Because the world will never ask you to turn to God. The world will never ask you to relinquish itself. It calls you, "Come here. Come here. Come to me. I will give you everything you want." And so you wander into the world believing the siren song that it sings you.

But most of you have lived long enough and had enough stuff and had enough relationships and had enough pain and suffering to know that you lead yourself astray. These words bring you back home to the simple truth: You are at home in God. You are one with God. God is with you. You are with your Creator at all times.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 125

"In quiet I receive God's Word today."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is so important for you to take some quiet times — not with your feet up reading a book, not with you scrolling through your phone, which is what most of you do these days when you have a few moments — but to really take some time; put your hands on your lap, your feet on the ground, sit straight and calm, close your eyes, and just be still. Be still and listen, for most of your minds are so so very busy that we cannot communicate with you easily.

That is one of the things that led this Being to Being able to channel. She followed these lessons, and as she practiced forgiveness over many years, her mind became quieter and quieter. It is not totally silent; she still has her small trials and tribulations that she is working on, but her mind became quiet enough that she was able to listen. And she dedicated her life — and this was a most powerful prayer for her, not one to be copied lightly — she dedicated her life to becoming a perfect communication device for God. That was what she decided she wanted to be, because she knew that anything else was really not very interesting to her. She had come to a place in her life where the temptations of the world did not interest her any more. And that was not from a place of living like a monk. Oh no. She had tried many, many different things. She had done everything that society had told her to do and it had almost destroyed her until she came to a place where she decided to step out of the world. And that was when the real transformation began.

Now when we speak to all of you, we do not expect you to do what this Being did. She has a particular assignment and her history with me was a

particular one. And so this work was something that was in her chart, so to speak.

But you all have the ability to keep chasing idols in the world endlessly and relentlessly. Some of you will have many things that you have yet to do, and that is fine. You can do those things. You can chase those things. You can pursue those passions; it is all well and good. But take this time each day to do these lessons, because you will begin to clarify the reason why you are doing what you are doing. You will begin to change the intention behind what you are doing. It will no longer be an ego-driven passion to make something of yourself, to be seen as special in some way, but you will remove the ego's tainting and you will come into true alignment with your purpose. And it may indeed be the same purpose, but the intention and the frequency behind it may very well be quite different. So you won't be seeking as a source of aggrandizement, you will be seeking because it is truly coming from within your heart that you want to have an experience doing a particular thing.

Take these quiet times, Dear Ones. They are important. They are so so restful, and you will enjoy them.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 126

"All that I give is given to myself."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this world is an upside down world is it not? Everything that you have been taught is good for you is not good for you. Everything that tastes good is bad for you. And this is one of the greatest lessons of all: that you

are projecting things out from you, and so when you put things outside of your mind seemingly through the practice of projection, they have not really left your mind. So the characters in your play that you are interacting with — the people that you call enemy, the people that you have resentments against — they are the trigger for your inner transformation. They are your salvation.

Why? Because they are not separate from you. They are a part of your mind that looks as if it is outside of you. So when you attack them, you attack yourself. When you give them forgiveness, you forgive yourself. It is a difficult concept for those of you that are not taught deeply about the laws of reality that exist in a course in miracles. If you are doing these lessons but not studying the text, you are going to be more and more confused as we go along. And this is the time that we really want to emphasize this because the lessons and the transformation of mind that the lessons bring you are based on the theoretical understanding of the text, and there are going to be shifts and changes in your consciousness, which, if you do not understand what they are based upon, may frighten you.

Instead of Being full of gratitude for the transformations that are going to take place in your consciousness, you may feel fear because you do not understand the principles that these lessons are based on. So for those of you that have not yet bought the book, today is the day that you need to buy the book and follow along with the text with these lessons. Today is the day that you need to begin reading the text even if you don't understand it. It is a sophisticated language that is designed to transform the inner layers of your consciousness, both your conscious mind and your unconscious and subconscious aspects. These unconscious and subconscious aspects you are completely unaware of until they are triggered and come up into your conscious mind.

So, for example, if you have unresolved issues with your mother, but you live far away from her, perhaps you don't talk to her anymore, there will be people that you meet that remind you of the unforgiven aspects of your

thoughts and beliefs and ideas about her. It may be somebody that you work with that has a similar personality type or speaks in the same kind of language or values the same sorts of things, and your unforgiveness of your mother will be brought up to the surface of your conscious mind for your assessment. If you do not understand what's going on here, you will dislike the person who has triggered these old and unforgiven aspects, and you will think that you do not like them and that you should stay away from them.

On the contrary. This person has been sent to you as a gift to bring up in you your unresolved and unforgiven aspects around your mother. So this is a very, very important principle for you to understand, that when somebody brings up in you pain that is already existent in your mind, it is not your job to attack them, but to thank them. It is your job to forgive them so that you may receive the gift of forgiveness yourself, and that you may see some of the dark shadows that are lurking in your subconscious and unconscious minds.

These principles are important for you to understand at this stage, now, because you are going to begin to head into the deeper, darker realms of your own consciousness as we head into these further lessons. So we want you to really, really understand that, and as we said, for those of you that are not following along with the text, we would like you to do that now. So purchase your book. Ask a friend to borrow theirs if they are not using it (but we would recommend you have your own text).

And at this point we would say to you: do not belabor which text you buy. The lessons are all the same, and if there are slight variations it does not matter. A word here, a word there does not matter. It is your practice, it is your forgiveness practice that transforms everything. It is not the word on the typed page. So there are many discussions about the different texts. We want you to understand that there are differences. There are editings that have happened in these different texts, and we do have an opinion about those, but we will not share it because we do not want to start a war on

planet Earth. We want you to pick the book that comes your way. The one that appeals to you. You want to do the lessons, and for those of you that have not yet begun to study the text, now is the time. You do not want to get left behind. You do not want to become confused because you do not understand the principles on which these most powerful transformative lessons are based.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 127

"There is no love but God's."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this truth will clarify the heart and mind of all who attempt to believe it. We understand that you have many, many different kinds of love that you believe exist on this earth plane: the love of a mother for a child, the love of a musician for music, the love of a lover for one other person; but we want you to understand that the essence of true love is never changing.

The world in which you live is based on separation. That is the foundation of this place. That is the default setting of this place. But you come from love, and that is why you do not feel like you belong in this world. That is why you look upon the world and know that something has gone terribly wrong, because you are made from love, for love, by love, and your guidance system is connected to that invisible home.

It is invisible to you now because you live in the world and you value the world. But you will see that the more you look at the world, the more you look at death, the more you look at the things that are happening on your planet at this time, the worse you feel — unless you focus on God's love.

God's love is the eternal. God's love is the timeless. God's love is that which is in you that is never changing.

It is God's love that has given you the opportunity to come into separation because you wanted to. It seems insanity, and as you look around yourself on this world, you know that to be true. This is a crazy, crazy place you find yourself in, but do you not want aspects of it? Do you not lust after aspects of it? Do you not chase after aspects of it?

That is what you must look at here and ask yourself: "Is that what I want to spend my life doing? Do I want to spend my life chasing after the idols that the marketing systems of this earth have trained me into, that the education system of this earth has trained me into? Or would I rather chase after the trip home, not in death — death does not bring you relief — but in life, in pure, true life aligned with love?" That is what will bring you relief, and that is timeless. You were before this body was born, and you will be after this body passes away from its usefulness. And that is love: the undivided, the unconquerable, the unchangeable connection that you have with the divine.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 128

"The world I see holds nothing that I want."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this seems like insanity, does it not? When you think about all of the investments you make in the world: your bank accounts, your body, your marriages, your relationships, your children, your pottery collection, your art collection, the car, the holiday you want in the winter; these are all

seeming high-value items to you and you think: "I do not want to give all these things up. Why should I give all these things up?"

This is an error in the beliefs about what happens to you in salvation. When you begin to focus on the higher frequencies, when you begin to focus on love and forgiveness, when you stop trying to find peace in the world...

(For that is a foolish task. You can see that it is a foolish task when you look at the world, and you look at how people invest in their bodies only to have them hurt in car accidents or taken by disease or death. You can see that people put all of their investment in a relationship or house perhaps and lose it to bankruptcy or divorce. You see people putting their heart and soul into things that are transient and transitory and do not last. And this is what causes such intense pain and suffering.)

When you put your faith in God, when you begin to put your faith in the practices of this text and these lessons, when you begin to forgive and you begin to attain a level of interior peace, these things outside of you are not required to make you happy. You find yourself walking lightly through the day. You find yourself happy with the simplest of things — planting some flowers in your garden or talking to a friend.

You begin to see that you are not in turmoil and trouble all the time. You are not upset all the time, and, in fact, you are enjoying your life more and more and more each day as you practice your forgiveness lessons and as you do the exercises recommended in this text. You begin to see that the world is not the place to go to get salvation but it is inside; that is the place to go to get salvation. It is through your practicing of loving-kindness, your practice of forgiveness that you will begin to feel a "peace that passeth all understanding". You will begin to feel a connection to all Beings because you are dismantling and dissolving the hateful ideas and beliefs in your mind, and you realize that all the dissatisfactions you had and all the needs that those dissatisfactions generate in your mind are disappearing, and you

find that you need less and less and less and you are happy about it. You are not feeling deprived at all. (But the ego feels deprived.)

So we want you to really understand that as you go through your ascension process, you are going to feel less and less owned by the world. You are going to be able to look upon the loud and angry conversations of politicians and see it for what it is. There have been hundreds of years of angry conversations between politicians. Why would you get upset about it? Why would you let it drag you down?

The material things in your life come and go. The body changes. But your connection to the divine is unchangeable, unsinkable, unbreakable. But you must accept that that is so and you must focus on that connection to feel its true worth.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 129

"Beyond this world there is a world I want."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this time and place on your planet is becoming more and more challenging.

You are all feeling it. You are all feeling the wavering and wobbling house of cards that this world has become for many of you. Whether it is a job that you go to every day that you think, "My goodness, how am I going to continue going to this place for another 20 or 30 years?" and your heart breaks at the very thought of it. When you are stuck in traffic, perhaps, commuting to a job and you feel frustration when you drive past green fields and trees and birds sitting on fences, and you think, "Oh to sit under that tree for a little while would be so restful. I am tired." When you are in

your family that is having difficulty, your children are on their devices, your partner is out somewhere you know not where, and you are feeling that the dream you have been sold on this place was a lie indeed. Many of you are coming to these places. Some of it is through sickness, exhaustion, disillusionment, or just plain unhappiness. You are feeling an increasing distortion that is becoming less and less tolerable.

This lesson is for you. This lesson is to let you know that you do not have to participate in the world in which you have been taught. But you have been taught deeply and you have been taught long, and you must accept what has been done to you. And when you accept what has been done to you, you must do something about it. And that is why we want you to stick with these lessons. Many of you are struggling a little bit with the longer periods of time that are dedicated to these lessons each day. Some of you are feeling as if you are adding a burden to your already burdened lives by having to do this work. But we tell you, if you continue on with these lessons, things will get easier. You will see where you are becoming involved in dramas that you don't need to become involved in. You will see where you are making unloving choices for yourself. You will begin to see more clearly what you are up to and how you are Being influenced by those around you to compromise yourself.

Mostly it is through the conditioned trainings that you have been subjected to. And this is why these lessons are so important. This is you reclaiming your sovereignty. This is you reclaiming your mind and evicting from your mind everything unloving that has been implanted in there, everything fearful and materialistic that has been implanted in there by your ruling teachers.

We love you very much on this side, and there are a multitude of us here helping you, and you are walking with great teachers as you do these lessons. Not just me, but many other Beings are assisting in shifting and changing the consciousness on your planet at this time, and we encourage you deeply to keep on with these lessons and aim yourself towards a life of

peace, joy, happiness, and love. It is possible for you. It is possible for everyone.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 130

"It is impossible to see two worlds."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is important for you to truly grasp the magnificent power of your own mind. Your own mind decides between love and fear every second of every day, and if you are suffering you are choosing fear. If you are happy and content and relaxed and inspired, you are choosing love. And so for those of you that find yourself deep in suffering, it is a very, very important thing for you (even if you don't know how you're doing it) to accept the possibility that you are very fearful, and that you are mis-choosing, mis-creating throughout your day, and that is why you're feeling anxious. That is why you're feeling angry. That is why you're feeling fearful. That is why you're feeling unloved, or that is why you're feeling unfairly treated.

These are all clues. These negative emotional feelings are your guidance system. Remember your guidance system is your umbilical cord to the mothership, home, God, love, whatever you want to call it, and it is at a frequency of love connected to that divine truth. You are an extension of that divine truth and your natural frequency, when you are connected to Source, is love, and that is what your guidance system is. It's a loving beacon for you to know when you are in accord with your higher purpose, your truth, in alignment with God's will for you. You will feel good. You will feel content. You are not always going to be exactly happy; you are going to feel as if you are on the right track.

When you are off that track, when you are getting lost in the weeds, when you have taken a detour that is away from your purpose, away from God's will for you, you will begin to feel awful. And that awful feeling can come in as simple way as having a hateful thought about yourself: "I'm unsuccessful." If you have that thought you will immediately get feedback from your guidance system saying, "No. That is incorrect." — negative feedback and negative emotional response. If you say to yourself: "I'm doing really quite well. I'm not exactly where I'd like to be, but I'm heading in the right direction," you will begin to feel relief, and that feeling of relief is you heading towards your purpose.

Now relief is not the end result of this work; you are going to find peace and joy and happiness. But relief means you have stepped up from the suffering that you were previously feeling even a moment before. So that is what we want you to truly grasp. We want you to truly grasp that when you are in alignment with love for you — and that is your purpose, God's will for you here, what you have come here to learn and what you have come here to express yourself through. It can be anything. It doesn't have to be a big fancy career. It can be growing seedlings in your greenhouse. It can be reading a book to your child. It can be going to the gym and having a satisfying workout session. It can be cooking a beautiful meal. It could even be all of those things at different points in the day, because that is what you're inspired to do and you are listening to your guidance system and you are listening to inspiration. What does that mean? You are in spirit. That means that you are in the love realm. When you are in the fear realm, there is resistance. There is complaining. There is sickness. There is a lack of joy. There is stress. There is judgement. There is fear. There are tears of sadness.

Now, we do not try and make you inhuman. We do not want you not to feel what you are feeling, but you must understand that if you are in a regular state of feeling off, then the decisions you are making are coming from that fear thought system. The ego's thought system is a complete

thought system. The Holy Spirit's thought system is a complete thought system. You are sitting right between those two, and you must decide which one — are you going to step left into fear or are you going to step right into love. And these are very, very small decisions sometimes. It could be that you get off your bus a block early so you can get a little exercise. That's a loving thing to do for your body. If you feel the you need to get a little movement because you're feeling a little stiff, hopping off the bus a block early and walking through the morning light is a loving act for yourself. You are saying, "Hmm, my body hasn't moved enough, I'm going to support it." These tiny, tiny decisions throughout the day are going to build one on top of the other, and as you see the import of these tiny thousand decisions, you will begin to realize how you change the trajectory of your life. It is one tiny decision of it at a time, choosing love over fear, and that is what a miracle is. Where there used to be fear you are now choosing love.

So we encourage you today to really get down into that guidance system and ask yourself: "Where am I feeling bad on a consistent basis, and why am I feeling bad on a consistent basis? What unloving thing am I doing, thinking, eating, saying, believing about myself or another that is causing this negative feedback?" And that is your homework for today, because you want to choose love and that means you must become aware of where you are choosing fear over love. And you must now make the decision to make a new decision to choose again, to choose love.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 131

"No one can fail who seeks to reach the truth."

You are Blessed Beings indeed. I am that one that you know as Jesus, and the truth is the truth, and it always will be the truth.

All of the variations and arguments and wars and battles and disagreements and divorces that you all go through on this plane are illusory. They are arguments about duality. They are arguments about hot and cold, rich and poor, faithful and faithless, untrue and true, but they are all games that you are playing in the horizontal zone rather than the vertical zone.

You have two choices: you have the choice to go up, straight up to the Godhead; or you have the opportunity to go horizontally and get your power, your plays in the ego's world. Those are your two choices. Love is the direct route home through your emotional guidance system telling you when you are off track or when you are on track. That is what love is. It is honest. It is clear and it is true and it is forever there for you to call upon. So your guidance system is loving.

Many of you do not feel that it is loving because you are so far off your path that you are in a constant state of pain and suffering and so you believe that God does not love you. But what you have been given is an unrelenting, constant, and ever-present indicator of whether or not you are on track with God's will for you, which is your will for you. When you understand that God's will for you is your will for you and that God's will for you is shown to you through happiness, then everything begins to change. You realize that the idea of sacrifice is pointless, because God would never ask you to sacrifice because it does not bring you joy.

But there are great distortions in the ego's mind. There are many, many thousands of years of untrue ideas that have been fed and nurtured and told as truth. And so when the lie is told as truth, the truth seems to be a lie — that God wants you to be happy, that you are destined to be happy, that it is your birthright to be happy.

You came here to chase your idols, it is true. But some of those idols can be beautiful. Music, art, gardening, raising children, these can be experiences that bring you joy. You do not have to suffer. But you must train your mind. You must own your mind. You must have a sovereign aspect to yourself that is not easily overcome by the outside world. You must be "in the world but not of the world" (you have heard this phrase before). So that is what we are seeking here. We are seeking to bring you to a place where you go up to your connection with the Divine for your answers, to pose your questions, and for your energy in that sense. You are not seeking it from others. You are not demanding others be anything other than what they need to be on their journey. Keep your attention on your life.

Keep your attention on those things that you wish to have more of and that you wish to nurture and grow. This does not mean that you ignore people, but it means that you understand the laws of creation, that you do not need to suffer, that sacrifice builds resentment, and that God wants you to be happy.

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 132

"I loose the world from all I thought it was."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is the most challenging principle behind these teachings, is it not, that the world is not real?

If God is real, the world is not real. But you must understand, this is why people look at religion and say: "Well, if there is a God then I do not want that God because... Look at the world. Look at what is here. Look at children Being hungry. Look at religious institutions misusing their power. Look at the money system. Look at the environment. Look at the industries polluting this most gorgeous planet. If there is a God and if God is all-powerful, then God does not exist in this place or this God is insane."

And that is why people are leaving religions because they are realizing, as time goes by, that this place is becoming crazier and crazier and crazier. Why is it becoming crazier? Well, you are all acting out of accord with your natural selves. You are moving into urban environments. You are living in little boxes surrounded by electricity. You are avoiding nature. You are doing all kinds of things that are detrimental to your natural state of Being. As you step away from Being a natural creature — and you can see that other natural creatures, when they are not imprisoned by humans, have an ease and way about them that is peaceful, even though they end in death, even though they may be eaten by a predator. While they are alive and free they have a lovely time of it. But you have been riddled with distortions, intentionally so, and that is why you have strayed so far from your natural self. And that is why we keep telling you to do things like eat healthily if you can. This is why we tell you to get out in daylight and moonlight and starlight. Get out in nature because it recalibrates you even a little bit each day — recalibrates you back to a more natural place.

Now, this world, even in your healthy state, is a world of separation. It is created by you all together. But you are not responsible for anybody else's thoughts; you are only responsible for your own mind. And it is your own mind that you must see causes you suffering. It is your own mind that you must see tells lies, makes up stories, creates dramas, and causes all kinds of shenanigans in your day. If you are present, purely present, and you are not in the past, and you are not in the future, and you are not gossiping about anybody, you will see that most of the time you are fine — that nothing bad is happening.

The power of now is the most powerful, powerful place there is in the universe, for it is the place where you decide: are you going to choose love or fear? Are you going to drift off into the fantasies in your mind about what he said, or what she said, or what terrible future awaits you, or sickness may be growing in your body? Or are you going to be present in your body, calm and peaceful, and existing in the place that you are meant to be? This is the challenge that the course sets up for you. And it is important for you to understand that you create your own suffering by living in an illusory world.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 133

"I will not value what is valueless."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is a very, very difficult thing for those of you raised in this materialistic culture that you find yourselves in. You have been deeply indoctrinated into valuing the body, overvalued the body, hating the body — they are two sides of the same coin. They are materialistically focused, and you have been tempted and trained and cajoled into spending all of your time

trying to gather around you material possessions. The unhealthiest version of that, of course, is the billionaire — the person who has far more than they need and continues to take from others. Regardless of the methods they use, they do not need any more. And yet they feel if they give away what they have that they will be losing, when, in fact, they will be gaining. The other example of the materialistic person gone wild is, of course, the hoarder. But in real spiritual terms, many of you in North America are hoarders. You have houses filled with art that you don't particularly like. You have cupboards filled with old objects, constantly buying new clothes when you have a wardrobe of things you barely wear, building your library of shoes, or cars, or whatever it is that you have in your home. We would like all of you to actually, in this moment, when you have finished this particular recording, to take an inventory of your house and to see: how much do you value the material/physical as a demonstration of your power, your influence, and your success? If you have far more than you need... (And you will know straight away when you look around your home; is it full of things that you barely use or look at?) You want to accept that you have been trained into materialism. And that to truly expand your consciousness, you must begin to shift your focus from the physical/material world. That is a world of entropy and death; the body, of course, is going to die at some point. What we want you to understand is that it is not until you realize what you have become that you can change it. If you are in denial of your materialism, then you will not look at it and you will not change it. But if you take an inventory of your home and your closets and your kitchen and you see all of the masses of stuff that you own, then you can begin to say: "Ah. This is what I'm focusing on. This is why I have been unhappy because I have been seeking happiness in material objects and clearly they don't satisfy me because I keep buying them." This is not about consumerism as such — us getting you to stop Being a consumer. It is about getting you to become aware of where you are focused. Your focus is going to determine how happy you are. Your focus is going to determine what grows, what develops. I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 134

"Let me perceive forgiveness as it is."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is so important for you to realize that your judgements and your hatreds and your attacks, even though you think they are justified, put YOU in hell.

It is you that is suffering because of a constant litany of decisions that things should be other than the way they are. It is simply arguing with reality. When you begin to love what is regardless of whether you understand it or not, when you see something happening out in the world, when you see somebody behaving in a way that you think is inappropriate, how about you start saying: "I actually don't know everything, and I don't know what this person's path is. I don't know what role they're playing in this grand design. I will just observe with forgiving eyes for a little while. I will not be sucked in by the news media. I will not be sucked in by my friend's repetition of the news media. I will simply say 'I don't know.'"

That is forgiving — when you step back from attack, when you step back from gossip, when you step back from pretending that you know why people do things and how they should be punished.

In fact, playing God is what you are doing. When you realize that you are playing God and that you have no qualifications to do so, becoming a passer-by with all of the dramas of this life becomes easier and easier and easier. What seems like a good idea in January turns out to be a bad idea in June. What turns out to be a bad idea in June turns out to be a good idea in September. If you are patient and you allow life to play out without leaping and jumping to ignorant conclusions, you are going to find that you suffer less and less. You will realize: "Ah... my first instinct was to get in there and say that, but now a week later, I am hearing the other side of the story." for

example, or, "I'm seeing that the problem resolved itself and everybody within the problem actually needed a stimulus to begin communication or they needed a challenge to get themselves over a little hump." And what seemed to be bad was not bad, and so, had you become involved in it, had you participated in the drama, perhaps you would have even derailed a beneficial situation. Do not be so sure that you know what everyone is up to.

We suggest that you pay attention to what YOU are up to. That you look upon the world with forgiving eyes, knowing that it has its own energies, that people are playing out their own dramas, many of them not yours. How about you focus on your life? Are you focusing enough on your life, or are you involved with things across the other side of the planet, other people's business? Are you neglecting your own life? Are you projecting all of your energies to situations, people, places, and things that really have nothing to do with you?

Bring back your focus. Call back those little tendrils of your awareness and begin to employ them in the doing of good for your life, investing in your life, cultivating your mind, educating yourself about these spiritual truths and spiritual principles, Being loving in your life.

Step back from judging everybody. That is the practice of forgiveness.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 135

"If I defend myself I am attacked."

You are Blessed Beings indeed. I am that one that you know as Jesus, and defensiveness is one of the things that ages you and makes you very, very ill because you are in a constant state of preparation for war. And that

means that you are functioning in that treacherous fight or flight mode, where you are quick to attack or quick to separate, and that is the ego's defense mechanism when danger is present.

Now, when you remember that the ego's purpose is to keep your body alive above all else, this makes sense. If you believe that there is danger out there, and you are functioning in the horizontal ego world — you have stepped away from miracle minded thinking — then you begin to act as if attack is imminent, and that is a very, very stressful situation for the body. You have good sciences now; they measure these stress hormones and these things that cause you to behave in a very animalistic way. You can actually measure the ego's playground these days.

So this is an important thing for you to remember, that when you become defensive, you are already in fight or flight mode, so you will attack or you will separate to attack later. And you are doing it by defending. What are you defending? This is the question that you must ask yourself as you are studying this particular passage: "What is it that I am defending? Am I defending my body because I think I will die? Am I defending my reputation? Am I defending my money?" What is it that you are defending? What is it that you place above peace? What is it that you place above love? Because that is what you are giving up when you are in a defensive stance. You are choosing the horizontal ego's battleground to play in, and you are forgetting that forgiveness, openness, courage and defenselessness will bring to you an experience that is very, very different than the fight or flight of the ego.

You are giving up a lot of beautiful things when you prepare for war because you are lowering your frequency significantly, and you are then down in the battleground. When you are defenseless, when you allow a conversation to go on, for example, let us say somebody offends you, and before A Course In Miracles you would have attacked back, you would have been protecting yourself, how about you open up to what that person has to say? If they have accused you of something, let us say, Being harsh

with your words, instead of leaping in to defend yourself, listen to what they have to say. Open your mind, open your heart and say, "Please tell me what you are perceiving. I'm very curious [about] how you see me and how I am acting around you." This is a moment for learning. This is a moment for growth. This is a moment for forgiveness, for that is what you are doing. You are acting in a forgiving way when you set aside your defenses and you, with curiosity, ask that person: "What is it that you want to tell me? What is it that you want to show me?" Perhaps they are telling you something you need to hear. Perhaps they are showing you something valuable, but if you are defensive and shut them down, increasing separation, strengthening the ego mind, you will never hear the gem that they may have to offer you.

So watch your defensiveness. When you feel that surge of adrenaline, that fear come up, somebody has offended you or they've threatened you in some way (perhaps only subtly by implied words), go inside immediately and say: "What am I afraid of here? What am I defending here? What is it that is so valuable to me that I am willing to relinquish my peace over it?"

I am that one that you know as Jesus, and we will see you again tomorrow.

Lesson 136

"Sickness is a defense against the truth."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this, of course, is the ego's greatest argument. When you sicken and your body seems to betray you, the ego can say to you, "See you are abandoned. God does not love you. God would not let this happen to you if He loved you. You are Being punished by God." And so your own distortions are projected upon God and you become the victim and God becomes the perpetrator.

This is what the ego's wish is. You must remember that in the origins of your separation experience, you chose to separate yourself from oneness, and in that separation you became so overwhelmed with guilt and fear that you created this world. And in an effort to prevent God from punishing you for what you perceive to be the ultimate betrayal, you then begin to punish yourself. You become guilty and you become sick because you do not believe that you are indeed the Holy Son of God, the Holy child of God, the Holy Daughter of God. You believe you are a sinner and you believe that you have failed by coming into this place, but you have made your mind forget it, but you have not forgotten the guilt and the shame and the fear that you felt upon that initial separation, and the belief that God would punish you, so you are leaping in first to punish yourself.

Now these are all quite esoteric ideas and most of you will say, "I just got a cold. I don't know what you're talking about." But these are the unconscious motivations for your sicknesses. Most of you become sick to achieve something that you do not believe that you can achieve in health and love and life. You are indoctrinated into sickness, you are indoctrinated with such ideas as Being vaccinated. This means that you have a cultural belief that unless a human intervenes, you are going to become sick and potentially die. This belief is, in fact, the unconscious guilt that you carry from the original separation.

Your mind is far more complex than you know. It has more information in it than you know — multiple lifetimes and a plethora of details that it has been collecting every second of every day since you were born into this body. It is a machine that is working very, very hard to keep you separate from the truth. "Why?" you ask, "Why is it doing this?" Because the truth is overwhelming. The truth to the ego is ego's death, and so in choosing to come into separation in that original decision (that somewhat foolish decision), you miscreated an entire world and a belief system that says: "Love is dangerous. God is going to punish me. I must keep away from love for God is the ultimate expression of love." That is why you have so

many issues with loving people and loving yourself on this planet, because you literally chose to enter a realm of not love.

Now you will say, some of you, "Oh, well, I see love all around me. My friends love me and my mother loves me, and my children love me." But we will ask you, how conditional is that? What do you have to do to get that love? How many hoops do you have to jump through before somebody decides that they are not going to love you?

We want you not to be disillusioned with the world; we want you to understand that you are rising above the world. You are becoming a beacon of light for those that are deeply immersed in the 3-D scheme/paradigm that you call life. You are stepping above the logical. You are stepping above the battlefield, and you are aligning with higher principles that really do not exist on Earth in this time and place. So you could be called "Pollyanna". You could be called "delusional". You could be called someone looking at the world through pink-colored glasses, because you are not getting all upset and twisted out of shape. But you understand the bigger picture. You understand that through your forgiveness practice, through the understanding that guilt is not necessary, sacrifice and suffering are not necessary; you are stepping one step at a time, one forgiveness practice at a time, one day at a time, further and further up that ladder towards the light and love that is your natural home.

You have frightened yourselves. You have taken a deep detour into fear, and you are afraid to go home because you think the father will punish you. That is what the story of the prodigal son is here to tell you: that the Father is only happy that you come home. There is no sin. There is no punishment. You will be welcomed with open arms in absolute and unconditional love.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 137

"When I am healed I am not healed alone."

You are Blessed Beings indeed. I am that one that you know as Jesus, and healing is one of the great mysteries of your world.

You have been indoctrinated into the physical/material beliefs of your scientific method, and so healing in the way that is transpiring when you practice forgiveness does not make sense, because in the western medical tradition it is the body that rules. The body is the one that causes dysfunction. It seems to go randomly wrong for no reason and try to kill you. That is the basis on which western medicine is based — that the body is the be all and end all. This is why they don't ask you about your feelings. This is why doctors don't ask you about your diet. They are going to the effect, which is the body, the end result, and deeming it cause.

When you are looking at things correctly, the mind is the cause and the body is the effect, so to heal the body you must heal the mind. It is that simple. That is the truth. That is how it goes. And this is why in western medicine you are merely suppressing symptoms with pharmaceutical drugs, and you are seeing the consequences of it over the last few decades. You are seeing a society that is getting sicker and sicker, and the side effects of those drugs have nothing to do with health or healing. You are literally poisoning your bodies.

And so, healing, as described here in this particular lesson, is something that is from a transformation of mind. And when you transform your mind, you transform the projector that produces everything that you are experiencing as your life, and that is really what a miracle is: it is a change of mind, a choice to choose love instead of fear that precipitates a random or seemingly random event outside of you to shift and change. And that

can be your body as well, but it can also be the bodies of other Beings. It can be relationships. It can be all kinds of things outside of your immediate realm of effect because you are all connected. The western medicine model says you are all separate. So it is in fact a device of the ego's thought system because it insists that what you do is completely isolated from everybody else, that body is the creator. That is a materialistic belief, a low 3-D belief, and that is why your pharmaceutical industry causes so many deaths — because it has nothing to do with healing. True healing always comes from the mind.

True healing always comes from the person who is sick in the sense that you must decide that you do not want what sickness offers you. You do not want the isolation that sickness offers you. You do not want the pain that sickness offers you. You must become aware that those are things that you want when you get sick. Those are unconscious desires that must be addressed. Now, most of you would say, "Oh no. Those are not things I want. When I got food poisoning in Mexico I did not want to suffer so." But we will say to you it is a match to some of your beliefs about yourself. It is a match to self-loathing. It is a match to fear. It is a match to self-mutilation or self-abuse in whatever way that you are participating in it. And so you will find that there is a match somewhere in your frequency.

If you look in the mirror and you say that you hate yourself, that is a very, very low frequency. It is the ultimate act of aggression, the ultimate blasphemy if you will, and many of you in the West have this belief that you are unlovable or you are unattractive and therefore valueless. When you have these kinds of thoughts going through your mind, you will create a sick body. You will create something to punish yourself with because you are not loving yourself. So know that when you heal yourself, you are giving a great gift to the world and your brothers and sisters, not just for you.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 138

"Heaven is the decision I must make."

You are Blessed Beings indeed. I am that one that you know as Jesus, and heaven CAN be here on Earth in that sense. The suffering and deep pain and guilt and shame that you feel on this plane in these lower 3-D realms is completely unnecessary.

Even though you are in separation when you have the happy dream (you have not yet transferred yourself over to true reality which is your reunion with All That Is), you have a much better time of it when you are trained to perceive clearly and to see rightly. When you are seeing with the right side of your consciousness, the loving side of your consciousness, the suffering and pain and guilt and shame and sickness begin to fade away. When you are deciding with the ego's thought system, then you are in pain, and when you are in pain it is hard to imagine that you could be in a sort of heaven on this earth plane, but you can be once you begin to raise your frequency up through the practice of forgiveness as described in the text.

Once you have decided that you are going to choose love as often as you can during the day — respecting yourself and others, giving to yourself and others, and remember, you have been taught to put others before you — but in these early days, it is important for you to invest in your own mental clarification. And this is often going to go against your internal rules.

We seem to be contradicting ourselves here, but we are not in fact. What you give to another you give to yourself, but if you do not have a clarified mind and you do not understand this principle, then it is impossible for you to give because you do not believe it. You do not trust in that process. This year that you are spending with us is the process of clarification that

most of you need to realize that everything you've been taught is upside down, and that to give is to receive.

So this is a training program so not all of these lessons are going to make sense to you. Not all of these lessons are going to feel right to you because they are not yet the predominant frequency of your thought system. You are still deeply immersed in the ego's thought system at this stage of the game. You are learning to choose differently and you are beginning to feel differently. You are beginning to see that your choices, your internal thought choices, your value system, is changing; and you are therefore suffering less. And this is the most wonderful, wonderful point, because you realize that if in 138 days you have accomplished a significant change that is actually felt and is measurable, what will happen in a year? What will happen in three years?

Yes, your work is going to continue after 365 lessons. You are then going to practice forgiveness. You are then going to use these lessons as your thoughts. You are going to ruminate less on things and have these kinds of statements as your internal dialogue. And when you begin to have the lessons of A Course In Miracles as your internal dialogue rather than the endless ruminations of fear, judgement, hate, and guilt that brought you to this place, you will lead a different life indeed. And it will seem as if heaven is on earth compared to the deep suffering that you used to experience.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 139

"I will accept Atonement for myself."

You are Blessed Beings indeed. I am that one that you know as Jesus, and the Atonement is bringing you back into a united state of mind. It is this that we are seeking with this lesson — that you are not constantly arguing with yourself, that you are not constantly judging yourself. Think about it: if you do something or don't do something and then you judge yourself for it, you are demonstrating a split mind. For who decided to do it or not do it and who decided to judge it or not judge it? There are seemingly two Beings inside of your consciousness and this is what causes you a lot of your stress, a lot of your anxiety, a lot of your fear, for a mind divided cannot rest.

And that is where most of you in the West find yourselves — those racing minds, the inability to sleep, waking up in the middle of the night, worrying, worrying, worrying, because you see yourself as separated from God. You see your own mind even as separated from itself because you are arguing with yourself all the time. A peaceful mind is a mind that has been reintegrated and that has accepted the atonement for itself, accepting All That Is, accepting itself as a sacred Being, as a Holy Son of God, paying attention to the experiences that it's having with its whole mind, not judging and leaping around from pillar to post, bumping itself in the head doing so. This is what you are all doing when you feel anxious. This is what you are all doing when you are creating fear in your mind. You are arguing with yourselves. You are judging yourselves. You are hating yourselves. You are loathing yourselves. Constant dieting to improve the body to make yourself acceptable to others is a perfect demonstration of self-loathing where you are demeaning yourself by only seeing yourself as

a body, not developing your other beautiful skills of intelligence and creativity, compassion and kindness.

You can become something that is so beautiful, that is so radiant, that is so glorious that everyone will love you. You do not need to sacrifice yourself and starve your bodies to achieve that. Some others of you will seek after fame and fortune or large sums of money to make yourself acceptable to other people, when in fact, the truth is you are unacceptable to yourself. Those are the minds that are in pain. Those are the minds that are suffering, and those are the minds that need this work. So if you are in pain and suffering, and you are witnessing some slight shifts and changes in your experience as you do these lessons, we ask you to stick with it and continue on this journey with us together.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 140

"Only salvation can be said to cure."

You are Blessed Beings indeed. I am that one that you know as Jesus, and salvation is an alignment with love, a reunification of your mind, a separating yourself from fear in that sense. Once you begin to choose love, then the frequency of your entire body must change because the body is Being generated by your consciousness. It is not a thing that exists without you.

Again, we go back to the western medical model that says the body is what has generated you. This world is an upside down world; YOU have generated your body. And so the transformation of mind that salvation

offers — that means the true and absolute alignment with truth — is the thing that is going to change your body to such degree that you will not recognize it. It will, in fact, stop you aging and in the end you will overcome death as I did. There are those of you that do not you believe that you can do that, but that is the truth. All of the things that I have done, you too can do.

I am merely further along the road to love than you. I've had many incarnations that prepared me for my incarnation on earth, the last one in which I needed to have a body. I do not need to have a body now but I can manufacture a body at will because I have mastered the physical/material world through the practice of love and forgiveness, and that is what you are doing here. You are merely in the early, early stages.

So hold fast Dear Ones. Know that the truth is true. It always will be true. You do not need to battle it. You do not need to worry about where it is. It is contained within you, and your truth — your guidance system — is your way home. It is the map that you have been given. You are not allowed to come here unhelped, abandoned — you were given a map home, and it is the map of love. And through forgiveness, you align yourself with that frequency, which is the frequency of the mothership — God, All That Is. That frequency is love, and the more you align with that frequency, the better you will feel, and the better you feel you will know that you are closer to that home that is your forever-place.

When you return home there will be more lessons for you. There will be opportunities for expansion beyond your ability to comprehend right now. We know that some of you are very, very curious about what happens to you once you are allowed to make that ascension process, but we really don't want you to think about that right now. We want you to stay focused where you are because that is where the work must be done now.

Just as some of you can be obsessive about past life incarnations. If a past life memory or imagery or vision comes to you, do not go back there and

try to live through that life, but take the information you are given and see if you can use it beneficially in THIS life. It is all about this incarnation now. It is all about this power of NOW, the Holy Instant. This is the only place you can change anything. It is the only place you can choose love over fear. It is the only place. It doesn't matter what you've been through in the past. It doesn't matter what you think will happen to you in the future. That is merely a dream inside a dream.

This moment is the moment that you want to be in. Be present. Be aware. Be loving to yourself and others, and you will do well.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 141

"My mind holds only what I think with God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is very, very hard for the mind trained in your society to believe that forgiveness is going to bring you everything you want. But do you not seek everything in this world to make you happy? Do you not seek everything in this world to bring you excitement or peace or joy? Yes, you do. You think that material things will bring it to you and for you. But this is not true. And many of you that have lived on this earth plane for a few decades have come to see that no matter which road you take in the earthly realm, it always seems to end up a little disappointing — sometimes tremendously disappointing.

So we want you to really understand the power of forgiveness. Forgiveness, as described in A Course In Miracles, is your alignment with

the truth, the knowing that anything that is occurring outside of you is Being generated from within you and so to attack what is outside of you is to attack your own mind, to generate fear and anxiety, and to completely miss your ability to evolve out of this dualistic paradigm. That is what forgiveness does for you when it is practiced in the way A Course In Miracles practices it.

In your forgiveness practice, you are demonstrating your understanding about the laws of creation: that your world is projected from within your consciousness, and that you are merely experiencing aspects of yourself that you have dissociated from, that you have split off from yourself — not truly but seemingly so. And so when you offer love to Beings that you meet, Beings that are difficult to deal with; when you forgive them for their transgressions, so to speak, you are really saying there are no transgressions, because whatever I am Being shown here is Being generated from a frequency within my unconsciousness and therefore I am the one that is causing all this for myself.

There is no point in attacking a character in a dream. You think about having a dream — it seems very, very real when you are asleep and you can be chased by a bad man or you can be falling or see a tidal wave coming towards you, whatever the dream is, there is nothing you can do within the dream to change it — until you start to lucid dream. And that is really what we are leading you towards. We are leading you towards lucid dreaming, which means that you are aware all the time that it is a dream. And when you begin to lucid dream in this reality, in what you call your waking reality, you begin to be able to shift and change that dream because you are aware of how the mechanics of creation work.

So you are becoming the true creator that you are destined to be. And as you do these lessons, as you review these lessons — there are no specific instructions in this particular lesson — we want you to use a format that you are familiar with, that you have used in previous lessons, that suits you, and that has felt good to you so that you are now beginning to decide

how and when to meditate during the day and to use your own volition to make that decision.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 142

"My mind holds only what I think with God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and in the worldly interpretation of this, it seems such a strange thing to say that my mind only contains the things I think with God. But you have an incorrect definition of God and so it does not make sense given that definition. Your definition is of a Being separate from you. Your definition is of a Being who does not communicate with you.

Why would you think with God when you are completely separated from that which you believe it is? He is All That Is. The truth is, God speaks to you through your heart, through your passions, through your love. That is the energy that you share with your Creator. You are created in the image of God, which means that you share his wonderful creative nature. You share his alignment with love, and you are made of love, from love, for love.

And so when you are loving something, that means you are reading that book that you adore, when you are walking with your grandchild, holding hands, and you are happy, when you are throwing the ball for your dog and you are in a place of absolute joy, thinking I would not rather be anywhere else — that is God's will for you — to be happy.

Now, in your society, you are trained to think that a spiritual life must be ambitiously spiritual in the sense that you must run retreats or that you must be a teacher or whatever. But that is not true. Your life lead happily, following your guidance, following your intuition, doing the things you love, making your life your investment, you are spending time with yourself getting to know yourself, getting to know the things in your mind that are not serving you — this is God's will for you. To wake up and to align with love: that is God's will for you.

And you are guided by your guidance system through negative and positive feedback. So you are given negative feedback when you are off track — that means you start to feel bad — and when you are on track and getting closer to love, you begin to feel good. It's very simple. The ego has made it very, very complicated and your training programs have made it very, very complicated. But you are in alignment with God when you are feeling good, when you are happy.

We must here of course add that warning: when no drugs or alcohol or substances are involved and you are engaged in the natural world. It can make you very happy to sit up all night and watch Netflix, but that is more of a pleasure. It can make you very happy to sit up all night smoking pot, but that is more of a pleasure. It involves a physical stimulus of the body that is distracting you from your suffering and so you seem to feel better. We are speaking about things like natural creativity. We are speaking about things like conversations with good friends, hanging out with your family and loved ones, Being in nature, using your self expression in whatever way feels good for you.

We want you to understand that there are many pleasures in your society that can make you temporarily happy, but they are not there permanently and your happiness wains as soon as you stop doing that thing, taking that drug, drinking that drink. So we are seeking for happiness that is more gentle, that is more of a heartfelt nature. But many of you will have these contaminating ideas early on in your Course In Miracles studies and you

will say, "Well, it makes me happy to watch TV so I'm going to do it." And we say, well, if that's what you believe, then it's important for you to align with your beliefs. But as you watch television and you're listening to the news broadcasts or the horror stories about death and destruction around the planet, if you are honest with yourself, you will go internally and you will say, "This actually isn't making me happy. It's a habit I have. It's something I've always done. It's something I believe I should do to be informed, but if I actually go in and get to my frequency, happiness is not what I'm feeling."

So we want you to be really honest with yourselves here about what is in alignment with God's will for you — something that is coming from deep within you, a simple pleasure in the natural world. And we want you to understand that the contrived stimuli of your society are not what we are speaking about here. Your thoughts are going to go through a similar process. Your thoughts are going to be materialistically focused, ambitious focused, worried about what-other-people-think-of-you focused. If you go into your emotional guidance system you will realize that those thoughts do not make you feel good necessarily. They may motivate you to be a workaholic or some such thing, but they are not good-feeling thoughts. Good-feeling thoughts are loving thoughts, kind thoughts, gentle thoughts, and eventually, no thoughts.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 143

"My mind holds only what I think with God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and as you feel the worry about how to do these lessons, it is important for you to remember that you have had over 100 lessons of training already, and you have surely figured out what works for you and which format works for you. We are giving you a little bit of self-responsibility here so that you are... it would be like training wheels on a bike. The first time your parent lets go of the saddle of your bike and you're on your own it feels a little wobbly, but the training wheels are there. You have had enough experience to go back to another lesson and follow the directions there for example.

Eventually you are going to have your training wheels taken off, and these lessons will be done, and then you will have the entire 24 hours of your day to yourself to decide: "What am I going to do with my mind? How am I going to use these lessons?" We want to reassure you, as you are floundering a little bit perhaps today, that you will have no problem figuring it out. You will have found some of the lessons that really resonate with you and that have become thoughts inside your own mind. You will find that there are days when you are struggling because you have been triggered into the ego's thought system, and it is okay to grab the Course In Miracles and sit down with it for half an hour and review some of the truths that you have temporarily forgotten because you have stepped into the ego's thought system. That is perfectly good. A Course In Miracles becomes your painkiller. It becomes your anti-anxiety medication. It becomes your sleep aid, and there are no side effects except miracles.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 144

"My mind holds only what I think with God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and these are challenging lessons for the ego-ruled mind, and you must understand that you are not necessarily going to be comfortable with these ideas because you have been taught that your thoughts are your own. And this is one of the errors that you have been laboring under, because when you think that your thoughts are all your own, you are assuming that you have absolute free will over what has been put into your mind, and you have not had that. You have had many instructions in your society early on in your development, deeply embedded through repetitive and, at times, traumatic indoctrination, and these are still there.

So those beliefs that are still there in your mind — they were adopted by the ego mind as a form of survival. So, for example, if you were two years old and you got in a lot of trouble when you didn't eat your peas, and your mother withdrew love from you or punished you or force-fed you, you would have learned a particular behaviour during that time to keep you safe. And this would have been the ego saying, "It doesn't matter what you want, you have to just keep this body alive." It is a survival mechanism, a very primitive frequency in that sense. And so you would have developed a behaviour. Let us say, you began to cave-in to eating what other people wanted you to eat because you got in so much trouble. Even though you were just a little baby, you got in trouble or your mother abandoned you, turned her back on you, punished you, gave you a nasty face (which for a little Being is very traumatic). It's very awful Being force-fed.

And you may have a weight problem now, but you have no recollection of that trauma. It is deep in the subconscious mind, and that belief and that

coping mechanism, however, will generate thoughts and feelings. And you may find yourself struggling to eat healthily and having a desire for a healthy figure, a healthy body, but you can't maintain it because that deep programming has been embedded in you.

So when you say things like, "I'm only thinking thoughts that God thinks," or that, "God's love is the only love there is," we are gently reprogramming you back to truth, but you may not believe it yet. And that is okay because we are overriding and we are counteracting and we are contradicting many of the thoughts and beliefs and ideas that you experience every day in your normal ego-driven mind. So if these beliefs seem a little highfalutin or out of your ability to reach them, be patient with yourself. We are counteracting thoughts and beliefs and ideas already existent in the mind, and the ego has developed those to keep you safe, to keep you from Being punished or hurt. And it will send up a warning signal that you are stepping into treacherous territories, trying to reprogram the mind, because it has done this after all to keep you from getting in trouble. And so you might feel like a very strong argument comes up to some of these lessons.

It does not matter. You can observe the argument and go, "Wow, my mind really disagrees with this. Very interesting." Try not to allow the thoughts of disagreement or argument win. Do your lessons diligently and faithfully, and all will begin to change slowly but surely into a much more peaceful mind.

I am that one that you know as Jesus, and I'll see you again tomorrow.

Lesson 145

"My mind holds only what I think with God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and if you have ever spoken to somebody who has practiced the Course In Miracles for several years, they will tell you that there are two worlds. There's the world of the ego which drives most of you to take the Course In Miracles and do the lessons, and there is another world. There is a world of peace and happiness and joy and understanding about how your thoughts, your beliefs, and your emotional guidance system work.

You begin to see clearly the direct relationship between what you think and what you believe and how you feel. Now a lot of you will have erroneous thoughts — thoughts that are not based in truth — but as you become more experienced, you will see that you don't need to believe every thought you have. This is what drives people mad, is that they have this idea in their mind that every thought is worthy of their attention and love, and it is just not true. There are thoughts that come across your mind that you should look at and go: "Wow, that's a really unloving thought. I wonder who put that belief in there? Let me see what that belief is." Because the thought is telling you that there is an unloving belief hidden in your mind generating that kind of thought. You must also remember that if you are generating unloving thoughts, you are probably in the ego's realm. That means you have probably made a decision quite recently that is based on the ego's world — a materialistic thought, a belief, an observation, a judgement, something unloving, and once you take that step into the ego's thought system, then more and more and more thoughts of that same frequency can come to you.

They are not necessarily all contained within your brain. The ego's thought system is a massive thought system that is a thought form because it has been fed so much food in your society. Thousands and thousands and thousands of movies about war and the Holocaust and starvation and rape and murder, all those TV shows that have murder as their core are feeding the ego's thought system and so it has a tremendous amount of energy. And so when you step one step towards the ego's thought system it can tumble in on you, as if you have completely lost control of anything that you have ever learned before. But you haven't. You've stepped into another frequency, and in that frequency you are an antenna for unloving beliefs and ideas.

So we want you to understand that. We want you to understand that the quicker you can reclaim your place in the Holy Spirit's thought system, the love thought system, the kind thought system, the better off you're going to be. In the early phases of your Course In Miracles studies, you may get taken down a rabbit hole, as you all say, and be there for a couple of days, feeling terrible, feeling like you've made a terrible error, that the course is stupid, that people are going to think you're crazy, maybe you ARE crazy — those are the kinds of thoughts that can begin to tumble in on you when you have stepped into the ego's thought system. And if you've been there for a couple of days, you will not be able to pinpoint the original thought that caused you to step into that thought form. So when you begin to feel bad, as quickly as possible check yourself and ask yourself, "What am I thinking about? Oh, I'm worrying about not having enough rent for next month's payment." or, "I'm worried — my husband's late and I'm worried that he's cheating on me." These are the kinds of thoughts that will send you into a tailspin, throw you right into the ego's thought system, and you will feel as if all of these lessons have gone out of the window.

They haven't gone out of the window. You cannot straddle these two thought systems. You cannot have one foot in one and one in the other. And so what happens in these early days is that you can feel as if you are a little less stable because you are hopping from one thought system to the

other, and you must remember that before the course came to you, you didn't hop into another thought system. You were in the ego's thought system. Yes, it was tumultuous. Yes, it was frightening. Yes, it was many things, but it was constantly inconsistent. What's going to happen now is that you are going to get periods of peace where you are aligned and that is going to feel great — you're going to feel comfortable and you're going to feel at ease and you're going to feel happy and content with your studies. And then when you plummet into the ego's drain hole, we'll call it (because that is what it feels like), the contrast is tremendous, and it will actually feel worse than when you were there all the time.

So understand these things and understand that you just have to grab your book, stop what you're doing if you feel yourself going down into a spiral, and head to your bedroom, head to the bathroom if you're at work, take a little early lunch break if you can possibly swing it, get your book out, get yourself back on track as quickly as possible. This does not mean that you are a failure. It does not mean you are a bad student. It means that you are in a training program to change the most powerful thing in the world, and that is your mind.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 146

"My mind holds only what I think with God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is a very, very good time as we are speaking about these review periods here. You must remember the tremendous amount of training and learning that you have done. When you struggle with this particular

course, it is quite interesting to us because we see how very diligently you followed your teacher's instructions in school, for example, getting your times tables inside your minds, learning your alphabet, learning to spell — quite a learning feat indeed in that 12-year period.

And we would like you to understand the joy that comes from, for example, Being able to read a book. If you can read a book it comes from your diligence in your learning program. So we're not trashing your education system 100% (although it is a very dysfunctional program). We want to focus on the good that it gave you through discipline, so we are asking you to do the same. We are asking you to trust in the fact that when you have learnt these lessons and put these lessons into practice, you are going to be doing the same thing as a young child learning their ABCs. You remember — it's a bit of a struggle. You had to learn to hold the pencil and learn to write them properly and got bad grades for bad spelling and you had to learn to study words. You have now the ability to read a book and for it to transport you into another place and time, and what a joy that is to read a really, really good book.

So we want you to think of these early lessons in that way so that you are not too hard on yourself. You would never yell at a little six year old child who is struggling to spell the word 'them', or can't quite form the letters properly. You would sit down patiently with them and you would say, "It's okay. This is a really hard job. You've got a lot to learn here. How about we just try that again?" We want you to talk to yourself that way. We would like you to be kind to yourself as you would a little child learning to write and read. When you sit down with your child or your grandchild or your niece or your nephew, and they are trying to learn to read, you don't yell at them and tell them they're stupid or that they shouldn't do this... "Okay, well, reading is clearly not for you, let's give up on this project." But you WILL say that to yourself about this particular training program.

So please keep that in mind as you are going through these lessons and these reviews. If you can't remember things, it's okay. You are learning to

remember. You are training your mind. If you knew how to do it, you wouldn't need a training program. So be gentle with yourself. Be the parent that you wish you had had or the teacher that you wish you had had when you were learning to read and write and things will go much better.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 147

"My mind holds only what I think with God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is important as you go through these lessons to remember what we are leading you towards. We are leading you towards peace, and peace is a quality of mind that is going to allow your guidance to speak to you very, very easily.

The ego's job is to keep you alive, to keep you safe, to keep your body physically present so that you can be here in this 3-D focused experience. But when you begin to use the ego for future planning, it does not fare well. And when you are constantly in the ego mind, which is promoted in this society — so there is not a lot of spiritual teaching in mainstream media or in your movies. Sometimes religion will show up in your movies, but it's usually in a horror movie in some capacity — you are living in the ego mind most of the time. So when you begin to go into the future, the ego mind becomes panicked and anxious. And this is what keeps many of you awake at night, trying to figure out how to, for example, get the money together for an event next month that you wish to go to. And you will be trying to figure it out, but you can't figure it out. You won't be able to find

any peace because you are actually in the ego mind trying to figure out something that is not its job to figure out.

The spiritual guidance that is your natural right, however, is much quieter than the ego, and as you go through this journey towards peace, your guidance is going to get louder and louder or more easily discernible. It doesn't ever yell at you like the ego does, but it becomes more easy to discern. So for example, if you envision yourself down in a dense forest — there's a pathway there — you can't really see where you're going, and you are stepping over a bridge that looks like it's a little wobbly. The ego may send a shock of adrenaline through your body saying, "Stop. Don't go over that bridge." And that is an appropriate use of the ego mind. It is telling you to stop; it's dangerous to go any further. Now it is as if Spirit is up on a mountain looking down on that dense forest and you are down there with the ego, not Being able to see where you're going. Spirit will then communicate with you and say you need to turn left here at the fork in the path. There's a big crevasse ahead of you if you continue straight, but if you go left you're going to find a way much more easily — we can see it from up here. If you are only ever listening to the ego mind you may not take that left hand fork and you may continue on without that guidance that was offered to you.

So what you want to understand here is that as your mind becomes more and more peaceful, the ego's raucous and fearful voice is more easily discerned, and the quieter gentle nudging of spiritual guidance can be felt more clearly. They are often drowned out by the overly fed and overly boisterous ego's voice. So this is something that we want you to understand is going to shift and change as you go through these lessons. As you go through these lessons, you are going to find that you have less tolerance for the fear-mongering of the ego. And when the ego starts to get you worried about something in the future or resentful of something in the past, we want you to bring to mind this idea of the forest and the ego's inability to see further down the path. We want you to then say, "Ah... okay, I must be using my ego mind here because I'm very fearful about the future. Let me

not listen to these thoughts. Let me not empower the ego's thought system here. Let me step into the Holy Spirit's thought system. Let me grab my course in miracles until I feel calm again. Let me mull over a few lessons. Let me do it little meditation, and let me ask for guidance, because I really don't know what decision to make here."

And you don't have to make a rushed decision. The ego will push you to make a rapid decision; Spirit will guide you slowly and gently and surely through your life. And so that is just a little story we wanted to bring forth to you today so that you understand what process you are involved in. Instead of listening to the ego all the time, you are now beginning to get periods of peace in which you can hear and feel your guidance from above.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 148

"My mind holds only what I think with God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this idea of defensiveness is something that is a very important subject for you to understand. When you see a well-armed society, you are indeed planting seeds of violence because you are defending yourself against an anticipated future attack, which means you believe you will be attacked and therefore you WILL be attacked. It is that simple.

When you walk around armored because you have been hurt in the past and you therefore believe that you will be hurt in the future, it will come true, because you are using all of your creative power in an effort to prevent future attack based on past experience. This is what would be

considered contaminating the Present Moment with past ideas. You are given fresh "Eternal Nows" constantly. You have the ability to choose whether you are going to choose fear or love. Defensiveness is a constant and unrelenting choosing of fear. This is because the ego is in charge. The ego says you were hurt by someone who looked like that person, therefore the odds are likely that you're going to be hurt by that person. But you must become wiser as you are going through these lessons. You must become wiser when you realize that the person that you're speaking to now has never hurt you. They've never done anything; they merely remind you of someone from the past.

And so a lesson is coming to you one more time: the opportunity to forgive, to open up, to be trusting. Now we are very well aware that many of you will say, "Well, you can't trust everybody." And that is somewhat true. But everybody is not your business. What we want you to understand is that your defensiveness is going to promote attack and that's the only thing that you can change.

So if you have been attacked many times in the past, you may want to look at how defensive you are. Are you always prepared for war? Have you always got your next argument in your back pocket? Do you judge others or attack others relentlessly? If you attack others, you will be sowing seeds of attack for yourself. So defensiveness and overt aggression are similar in the sense that they will promote attack seemingly from the outside. But it is merely a response to the own frequency that you have set for your life.

It seems as if it is foolish not to use past experience to predict future events. That is something that most of you do every single day. But we want you to understand the limited life that it produces. It allows you to have only one kind of experience. It doesn't allow you to get close to people, it doesn't allow you to even love people. This is why many of your relationships fail because you come into relationships with old wounds and you put those old wounds between you and the person who has never done anything to you. And you predict that they will do it again. And sure enough, don't

they do it again. If you see a pattern like this in your life, it may very well have something to do with your defensiveness.

You do not need to defend yourself. You are powerful, creative Beings. You have a connection to Source that is unassailable and eternal, and that is what you want to focus on. You want to focus on that and it will give you the courage and strength to walk through life without your armor on.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 149

"My mind holds only what I think with God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is important for you to remember that you are a Blessed Being indeed. I always start the commentary with that, and I do it so that you remember that you are a Blessed Being indeed.

You have been created to experience yourself. In coming into separation, in coming into this place you are chasing the idols that prevent you from Being yourself as God created you. And that is why there is so much suffering here because you are often deluded about what you are. You see yourself as fallible, as sinful, as unworthy, as unlovable — many of you carry around these beliefs, and this is what generates the suffering in your world, the suffering on your planet, because you are not acting as a sacred Being. You are not acting as if you are a divine aspect of God-mind.

These lessons gently lead you towards that realization: that you are exactly as you are meant to be, and that if anything comes up that disturbs you

that it is not actually a part of your true self. It is a part of something else that you have mistaken for yourself. When you stop identifying your negatives — your short temper, your anger, or your fears — when you stop identifying them as who you are, and rather as an interloper in your mind, your peaceful mind that is connected to the divine, you do not feel so bad about yourself. You realize: "Ah... there is something active in me that isn't loving. That, then, is not me. It must have been put in there somehow, some way by somebody else." You don't have to know who it was or when it happened. You may remember; you may realize that it's your mother's voice or your preacher's voice or your father's anger that you are hearing in your mind. But if you don't know where it came from, it's okay. All you need to know is that if it's not loving, it doesn't belong in there, and you shouldn't listen to it. It will only make you feel sad and take you into the ego's thought system. The ego's thought system is a mixture of all of the fearful and unloving ideas that have ever been thought, and you can tap into it once you make that first unloving, judgemental thought in your mind true for you.

So watch out what you believe. Don't believe every thought you have. Don't act as if every idea is a good one. Contemplate things slowly. Meditate on them. Get yourself in a deep and peaceful place and connect with your higher mind and ask: "Is this something that is good for me? Is this something that I should contemplate, or am I way off track here? I need some guidance." And sit quietly and patiently and wait for the answer — it will come.

You are not used to doing this because you have been taught that you must go out into the world. It must be a material/physical thing. This is why your indoctrinations into materialism in this society are so intense, because they do not want you to go inside. And even the church's prohibitions about going inside by yourself are designed to keep you beholden to the church rather than having your own direct conscious contact with your guides and teachers such as this Being has here. She, too, takes off on a tangent once in a while and gets herself in a little bit of trouble, but she has

figured it out pretty well and knows that she can always come to ask for an answer. And she knows that she can trust her inner guidance system. She knows that if she remains happy and at peace when things are not quite right, she will feel it, and she can trust that. She can trust it as a "no", not to go down that path, or she can trust it in that she is off track herself, and so she will go inside and investigate.

This is really what living a life consciously in the Present Moment looks like. It is not perfect. It does not mean that you will not have your challenges, because you have many, many unconscious beliefs and ideas that have not yet been removed from your mind and they will be miscreating all the time or creating all the time. And so you are going to encounter deeper and deeper levels of your own consciousness as you go through the many years after you have finished A Course In Miracles.

We don't want you to feel disappointed that your work will continue throughout your whole life. But your journey into fear has gone deep, and your confusions are many. It takes a while to sort out these ideas. This is why this book was written. This is why these lessons are given to you: so that you can help yourself climb out of the hole that you have dug for yourself. Nobody has done it to you and nobody can rescue you. We can merely hold up the light for you and say, "Come this way. The path is clear ahead."

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 150

"My mind holds only what I think with God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and what is the Atonement but the reintegration and the healing of your mind? That is what we are asking you to receive through your practice of forgiveness. And so when you see division, practice forgiveness. When you see and feel rage, practice forgiveness.

Now all of you think that this is going to make you a weak doormat. On the contrary: it makes you a most powerful creator because you are not knee-jerk reacting to the effects of the ego's playground. That is what you are seeing and witnessing when you see things happening in the world. It is the end result of a lot of thinking, a lot of ruminating, and often a lot of hatred and fear. So when you react to it and say it is wrong, you are looking at the wrong thing. You are looking at the end result of a lot of deep thought with a lot of emotion attached to it. What you want to be aware of through your forgiveness practice is that you are focusing not on the end result, which does not give you any power, but you must forgive, knowing that you are transforming your mind, and in transforming your mind you will affect all of those around you. And in choosing to transform your mind into a more loving, creative device, a more loving communication device, then you are doing the thing that WILL change the world.

You are not going to change the world by acting as if the material world is the cause of the problem. It is not the cause of the problem. It is the end result of the problem which is a collection of unloving minds. Any of you that have done A Course In Miracles are quite surprised early on in the lessons to see just how judgemental and unloving your minds are. And this is the great secret you keep from yourselves. In projecting guilt out

onto others, in raging at others you do not see your own unloving mind. And it is your own unloving mind that is contributing to your unloving society and your unloving experiences. So make sure you keep your focus on the Atonement, which is the reintegration and healing of your own mind, and in that you will achieve great results. When you focus only on the material end results of everybody's miscreation, you can waste an entire lifetime. Stay focused on the interior of your OWN mind and heart knowing that every loving choice YOU make will change the world.

I am that one that you know as Jesus, and I'll see you again tomorrow.

Lesson 151

"All things are echoes of the Voice for God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this idea of judgement based on incomplete evidence is something that you all must really take a look at. When you see something on your televisions, or you hear something on your Facebook news feed, or you listen to somebody on YouTube ranting and raving about something they hate and you see people Being incited into violence or war or whatever it is, they are basing their judgements on the surface actions of the egoic consciousness. They are not Being loving in any way, shape or form.

They are in the battleground. They are at the ego's whim and they are fully engaged with death. The ego will kill. You can see it in war. You can see it in murder. You can see it in family violence. You can see it in destruction of the environment. The ego, in its efforts to get what it wants and take, it will destroy everything in its path. And in the end it can even destroy itself, as seen in the suicide victim. The mind untrained is dangerous. All of you

who are doing these lessons must be beginning to see this, that the ego mind let loose on the world can destroy everything.

When you are in your life now we want you to really grasp this principle because it is very, very important as a principle that you do not know what somebody's past has driven them to. You do not know what evil thoughts are tormenting them from their egoic consciousness. You do not know the pain and suffering that they are living in. You do not know what is driving their behaviour. You do not know. You barely know what drives your own behaviour, so you should not be so quick to jump and attack somebody else for doing something that you do not like. We suggest that you stay in your own lane, and that you focus on becoming better yourself, nurturing yourself, coming to train your mind, seeing how unloving it can be, relinquishing those unloving thoughts and beliefs and ideas, turning towards peace and compassion and joy, living a full life, investing in your own life, because it is the only one you truly are permitted to live. When you are interfering through judgement in another's life, you merely waste your own.

For those Beings that invest in themselves, clarifying their minds and training this most powerful, powerful, creative device, the sky is the limit. They can do anything; miracles become their way of living. Is that not a better path than to sit and judge others relentlessly? Your mainstream media systems are designed to get you to judge — that is what they are training you to do in an effort to keep you underpowered and easily managed. We want you to become powerful and unmanageable, connected to the divine, guided by love and leading the love revolution on this planet.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 152

"The power of decision is my own."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is a very, very powerful lesson indeed, is it not, to accept that it is the collective and individual desires of all of you that have created this chaotic world rather than God?

God did not create this world that you see. This is a world of separation. The default setting here is fear. The default setting here is isolation and separation. That's why many of you are in so much pain. And it is why many of you feel abandoned by God. But it is a world of projection, which means that you believe God has abandoned you. But in truth, you have abandoned God. That is what projection is: you accuse others of what you have done yourself. And so it is with a humble heart that we accept this teaching, that we have created the chaos. We have created the pain, and we have created suffering. Any of you that have been doing this course in miracles for a while — some of you are repeating these lessons — have come to see that as you practice these teachings, the suffering in your mind decreases because you are causing it. And as the suffering in your mind decreases, your frequency goes up. You become a more loving Being, and the frequency that you emit (for you are also emitting a frequency) becomes more loving to reflect the forgiveness work and the education that you have accomplished.

And that frequency then begins to attract things like itself unto itself, and this is why you get the phrase "misery loves company", because it is true. Miserable people hang out together, violent people hang out together. Loving people hang out together, but the decision is yours. Do you believe that your thoughts are secret? Do you believe that your beliefs have no

power? You are made in the image of God. You have the ability to bring into Being whatever it is that you focus on, and it does not mean what your social face says. It means: what are you focusing on inside your mind, inside your heart? Are you living life fully? Are you living a life that is in accord with God's will for you, which means it makes you happy? If you are living a miserable life, it is because you have made a decision to live a miserable life.

And today, we want you to make new decisions. We want you to step up your game. We want you to lift your head up high. We want you to love whatever around you is lovable. And instead of heaping criticism and judgement on yourself and the world, look on yourself with love and appreciation as God looks upon you. Look on the world with love and appreciation for all of the things that are working out there. It is the same as when your body goes wrong. You say, "Oh, my ankle hurts. That's all I can think about." But there are a million other things your body is doing perfectly. Do you ever thank it for that? Do you ever give it kudos for just getting you around? It is often a deep and dark sickness that makes you appreciate your health.

But today, the decision is yours. Are you going to look at the world through gray tinted lenses, or are you going to look at the world through the eyes of love and appreciation, which are, after all, the eyes of forgiveness? Look upon the world with forgiving eyes. Look upon your brothers and sisters with forgiving eyes and know that they are as confused as you, that they too have been mistreated and mistaught and that they know not what they do. "Forgive them for they know not what they do."

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 153

"In my defenselessness my safety lies."

You are Blessed Beings indeed. I am that one that you know as Jesus, and that, of course, was the lesson that I was teaching when I went to the cross. I was defenseless. I could have left at any time. I could have fought. But in my alignment with love, I knew that I was safe because I am an eternal spiritual Being and my body is not who I am, or was in that case.

And the same is true of you. Do not be so beholden to the body. The body is what makes you fearful. The fear of loss of the body or control of the body or decorating of the body is the obsession of your western society. Getting it in perfect shape so that it's the perfect bait to get the perfect partner, to wear the perfect clothes, or sit posed in the perfect car — these are all body-focused thoughts and activities, and they make you fearful because the body is so fallible.

You must focus on Spirit, which is eternal. Your everlasting life, your everlasting consciousness can never be destroyed. It always was, and it always will be. The body is a temporary car in which you drive yourself around because you believe in separation, because you are believers in fear. And that is why it is so terrifying when you focus on the body. This is why when young people begin to overly focus on the body, they will become anorexic or bulimic. They are using all of their creative power in an effort to mold the body and control the body as the thing that is their salvation, and it takes them so deeply into fear that they often die. The mind, untrained, can do that. It has the same power as a trained mind. And so just as the trained mind can take you into a wonderful life where you focus on what you want more of and what you'd like to experience and learn and grow —

and you can bring that into Being — but if you are untrained, the mind can kill you. And that is true.

So you see it around you in your society a lot these days, and so we really want you to understand what this defenselessness means. It means that you do not need to protect yourself against attack. When you defend yourself you are attacked already because you are believing in your mind that an attack is imminent and you will live in fear and that is a form of hell. When you begin to open your heart, relax, open your mind to new experiences, you are freer. You are more creative, you are more connected. And your body will follow along. You do not need to marshal it the way you do. It is Being generated from the frequency of your mind. And so the more defensive you are, the more fearful you are, the more contracted you are, the more sick you are. The less defended you are, the more open you are, the freer you are, the happier you are, the more creative you are, the more abundant you are, the healthier the body is because it is following along behind you. It has no volition of its own.

So in defensiveness you are proving your allegiance to separation in the ego mind. So be aware of where you feel defensive and begin to open up a little bit. If there's a person in your life around whom you shut down and cross your legs and fold your arms, the next time you're in their company unfold your arms and be aware of what it is you fear. Do you fear attack from them? Well, then you are the one who is attacking because you are preparing for attack, anticipating attack, wanting attack. If you didn't want it, you wouldn't think about it. If you didn't want it you would be relaxed and happy. So it is one of those cases of projection where our defensiveness causes the belief in the imminent attack and that is where your creative power then goes. And so it will be, because you are that powerful.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 154

"I am among the ministers of God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this, of course, puts fear into the heart of the ego. It does not really want to be a minister of God. It does not want to proselytize, and that is not really what this lesson is about. This lesson is about YOU employing in your thought, word, and deed the principles and energies of these lessons so that you are acting in accord with these lessons.

In your demonstration of your understanding of what love is and what giving is and what extension is and what projection is and all of these things that you are learning as you are studying this material, in your demonstration of that, you ARE a minister of God. People witness you. They may come up to you and say, "What is it that you're doing? You are not the same person you were before." And that is a perfect opportunity to share with them what you are doing. You do not need to stand on a soapbox; you will be guided. And if you are not Being guided to do something as outlandish as this Being is doing, do not fret. Do not worry about it, but listen to your inner guidance. Listen to that still small voice within that says, "Take that class. Go on that trip. Phone that friend."

That is how this Being was trained. She was trained into listening to that guidance, and over many years she became very, very good at listening to that, and that was when we decided that she was capable and willing and able to do this work. And it has been a great growth experience for her as you can imagine. But her many years of doing the Course In Miracles practices of forgiveness, asking for her own perception to be healed instead of asking for everyone else to be changed set her up for doing this work.

This is her specific assignment, and you all have a specific assignment. It may be in teaching children. It may be in becoming a healer of some kind. It may be in writing a book or painting a painting or growing a garden. Listen to your guidance. If you are happy doing something then that is your purpose. And you may say, "Well, how is it so great that I'm gardening and I love gardening and that's my purpose?" Well, everyone needs beautiful flowers and everyone needs fresh and luscious food and the gardeners out there are going to become in greater and greater demand as your food systems become more and more obviously poisonous. You can see it happening already. So those Beings that have been gardening for years wondering what their purpose is — their purpose is to bring into Being beautiful, fresh and healthy food that is uncontaminated. And that is where we ask you to go when you buy food. Buy it as cleanly as possible within your means at this time. You always have the ability even to change one item of food.

Some of you will say, "Jesus shouldn't talk about food; it's not pure non-dualism." But we say to you in your society with the degree of pollution that you are dealing with, it is now an important subject that must be addressed. The toxins in your society are causing problems in your bodies that are untenable, and we ask all of you to choose as healthy a diet as possible.

When you are on this ascension journey, frequency matches are the way it goes. So you have an increasing frequency on this planet because of the increasing frequency in your solar system and the increasing frequency in this part of the galaxy. And we want you to understand that the higher your frequency match[es] to that, the less stress you will be under. So when you go outside walking in the sunlight or the dappled sunshine or the moonlight or the starlight and you are out in the air and the fresh breezes of your natural environment, you are Being upgraded. Know that this is true. And so when you start to feel a bit woozy from Being on your computer too long or a bit pummeled by Being in front of your television

too long, turn it off, put your shoes or your sandals on and get outside and get an upgrade and know that that is indeed what's happening.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 155

"I will step back and let Him lead the way."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is one of the lessons that will bring you great peace and joy as you learn to surrender to a will greater than your own seemingly — but in accord with your desire for happiness.

Many of you have lived unhappy lives, tortured with divorce and financial issues, health issues, weight problems, relationship problems, all of these things, but they are the devil you know. They are things that you have believed in in your own way because you have made them happen. They are demonstrations of your level of consciousness as you made those decisions throughout your life. Most of you that come to the course see that there is something incorrect about how you are creating and miscreating in this world. You see patterns of dysfunction. You see patterns of scarcity or poverty. You see health issues. And you think, "There's something wrong with what I am doing here." And yet those are the idols that you have been worshiping.

Some of you worship the idol of poverty and scarcity and claim to want money. But you are constantly speaking about how poor you are. You are constantly speaking about how much everybody else has and that you don't have anything, and the universe is listening; it reflects back to you

your belief in your poverty. And so that is an idol that many of you worship — this idol of scarcity. Instead of looking at what you have, instead of looking at the abundance of vital life force even in your own body, instead of looking at the things that work on your body instead of the one thing that doesn't work, you are worshiping that idol, strengthening that idol. And it will stay as long as you do that.

When you begin to practice forgiveness and gratitude and look around the world each day to see the beauty, to see the love, to see the good in your brothers and sisters rather than their annoying habits, you will begin to shift and change your frequency enough that you will see: "Ah. There is something that is Being healed here. There is something that is changing." And you will know that you did not know how to do it yourself. It is this course that is teaching you how to do it, and that is the other higher consciousness leading the way for you because you have all been taught incorrectly on this planet.

And yet you came here. You came into this particular configuration of body, mind and world to chase your idols. When you stop chasing your idols and start to chase peace and joy and happiness using all of these tools that you are learning in this course, you will have magnificent miraculous transformations of all of those aspects of your life that used to cause you pain.

And so here we are approaching the halfway mark in these lessons. Have we not had fun together doing this. Have we not enjoyed the peaceful communion that these lessons have brought you instead of the raucous battles of the world and the dramas of your families? Have these cool and quiet mornings together not been a joy? Well, there is more to come Dear Ones, there is more to come. Keep coming to these lessons each day as this Blessed Being does even though it's not always convenient, even though she has to scramble sometimes to get these lessons to you. She remembers this dear friend. She remembers these beautiful words and she knows that this book has changed her life and, in fact, saved her life.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 156

"I walk with God in perfect holiness."

You are Blessed Beings indeed. I am that one that you know as Jesus, and these words bring peace and joy to the heart, do they not? For it is true; when your soul hears these words it recognizes the truth. Just as when it hears lies it can feel them. You have had many experiences of this in your life, where you were with somebody and they were telling you an untruth and you knew it. You could feel it as a form of anxiety or fear in the heart, in the body, the physiological response. That is because you are a truth teller — you are a truth generating machine.

And when you are out of accord with truth, you know it. You see it in your behaviour. You hear it in your words. You feel it in your sickening body. And we want you to understand that those of you that are beginning to feel the positive effects of this work, these daily rituals that we are doing together — your body is healing. Your body is getting stronger. The energy systems and the nerve endings and the electrical systems of your bodies are getting stronger, and that is why you are feeling better, because you are aligning with truth. You know this is the truth — you can feel it in the cellular structure of your body, and your body responds because you are the creator. You are the One. When you know that you are safe, when you know that you are guided, when you know that even though things around you may look a little chaotic now, something good is going to come from this. And so many of you have had this experience in life where you

felt something was bad but years later you say, "That was the best thing that ever happened to me."

And that is the love that is behind all of the events of your world. It is hard for you to believe that as you see this chaotic maelstrom on your planet playing out, but it is the death throes of a sad society. It is the death throes of fear, and you all — every single one of you that are doing this practice — every time you forgive, every time you love, you are healing not only your body, your family, but your WORLD, because it is all coming from all of YOU.

You are the holy Sons and Daughters of God, and you are created in God's image and you are powerful. You are a part of that which is All That Is: the great universal consciousness. You are not separated from it. Even though at times you think you are; but you are deluded in those thoughts. Know that God walks with you. I walk with you every moment of every day, and we are leading you towards the light.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 157

"Into His Presence would I enter now."

You are Blessed Beings indeed. I am that one that you know as Jesus, and as these lessons become less instructional and more experiential, the ego mind is going to panic a little bit. It is going to begin to seek for things within the silence that we are asking you to participate in. It is going to pop thoughts up into your mind. It is going to suggest that nothing is happening. It is even going to perhaps generate a little fear because this

lesson tells you that you are going deeper into your connection with the Divine. You are going deeper into your True Nature, and after all, what is the ego but the part of you that is not your True Nature? And so as you approach this part of yourself, the ego may begin to kick up a little dust and cause some angst. This is natural. Do not fear the fear. Understand that the ego is slowly Being dissolved by your freewill choice. You are slowly but surely choosing love more frequently. You are slowly but surely judging less. You are slowly but surely accepting your True Nature more, and realizing that all of the shenanigans that the ego gets up to — the judgements, the fears, the desire for separation and attack — do not serve you. They do not serve you at all. And it is your peace of mind that now is becoming the most valuable asset that you have.

And so as we go into these lessons that involve less ritual but more experience, you are going to require a little more discipline in terms of not following the thoughts that come through your mind. If a thought wishes to assert itself, just let it go through your mind and then let it go. Come back to the point of the lesson. Come back to the direction of the lesson. I am with you always when you are doing these lessons, and it is that connection that you are seeking. So know that the frivolous thoughts and the frivolous judgements and fears of the ego are meaningless compared to the connection that we are working on together. You are working on connecting to me as your teacher, as your guide, as your assistant through this ascension process, through this clarification process.

You are coming to see that you do not want certain things, and you are coming to see that things that you did not value before, such as a quiet mind, are worth a lot — a lot more than you thought. So in leaving the world for this time that you do this lesson, we want you to do it with enthusiasm and with intense focus. You are learning to focus your creative device. The mind that is aligned with love is the most creative device in the universe, and you can bring worlds into Being. You have in fact brought your world into Being, but most of it is inadvertent or accidental or miscreation. What we are working towards is the intentional creation and

focus of which your mind is capable. You can bring into Being a happy dream. Before you leave this place, before you choose to go home completely, you can begin to live a happy dream, and some of you are getting small glimpses of that now. So hold fast as you go through these next few lessons and know that I am with you walking beside you, your friend, your teacher, your guide.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 158

"Today I learn to give as I receive."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is the great projection — the grand projection this world has hidden from your eyes — that you are what you look upon. And whatever you think about another you think about and strengthen in yourself. This is what projection is. Extension is loving the Being behind the form, knowing that you are all made of the same stuff, that you are all guided by the same light, and that you are all in this together, equally loved by God, equally forgiven by that Creator that has no recognition of the separation into which you have brought yourself. You have all done this to yourselves, and you can all get out of this yourselves, but you must return to the knowing that you are all equal, and that you are all loved by that Being which created you.

You are creators yourselves. You extend yourselves daily. You extend your consciousness daily through your mind, and it is your mind that you are seeing. It is your salvation that you are preventing when you judge, when you hate, when you discriminate. Think back to yesterday and recall some

of the judgements that you made about this earth, this world, its people, your family, yourself. Each one of those negative beliefs, those negative statements that you made in your mind yesterday, have kept the separation alive today. And today, whatever judgements or fears you have have kept the separation alive for tomorrow.

It is through forgiveness, through seeking the love and light in your brother, in your mind, that you will break free from this prison that you have created for yourself, this seeming body that wants to age and die, this world that is full of friction and war — this is all self-created. It can be undone step by step, thought by thought, belief by belief. But you are given many, many opportunities through your seemingly separate brothers and sisters to practice this idea, and so from this day forth we want you to look upon anyone you meet as a Being who was loved and created by God and is your reflection, and so to love them and to be kind to them and to smile at them and to be generous and give them what you would love to receive which is your forgiveness and your smile, is to give it to yourself.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 159

"I give the miracles I have received."

You are Blessed Beings indeed. And this is the gift that you all can give yourselves. When you practice forgiveness, the ego tells you that you are giving a gift to someone else and that you will lose. If you give up your resentment, if you give up your bad memories, if you give up your history, that you will lose. You will not lose. You will gain freedom, and you will see that to offer forgiveness to the world through looking upon it with

knowing and forgiving eyes, you but free yourself from the drama and the slavery to death that the world of separation offers you.

Those of you that are in trouble mentally and emotionally are judging something. You are judging your life as incorrect. You are judging a family member as sinful. You are doing something that is causing your own pain. And the ego — the mind that believes in separation or the part of the mind that believes in separation — must create separation, because that's what it believes in. So you are suffering. There's a part of your mind that believes that you are separate from God and from your brothers and sisters, and if only THEY would change then everything would be better. The world must change for you to be better.

But the truth is, YOU must change. You must change what you believe to be true about reality. You must change your mind about yourself and your brothers and sisters and see that you are the bringer of this suffering, and that it is through your judgements that you are implementing this creative process. It is a miscreation. You don't want to suffer, but you are doing it inadvertently. Any of you that look upon your own suffering will see that there is an unloving thought in there about yourself or one of your brothers or sisters, or about a place, a person, an idea, and so you cause your own suffering when you believe that idea.

Turn towards the Holy Spirit and ask to be shown where you are unloving. Ask to be shown where your mind is projecting hatred and separation onto somebody or something. You will be shown, but you must want it. You must want something other than your suffering. You must want something more than your anger. You must want something more. You must want peace, and you must want to be able to see the truth. The truth is you are all one. The truth is you are all equal.

The truth is that only errors are made here; errors of thought are made on this planet. No permanent sin is made. No permanent sin is committed. Forgive them for they know not what they do.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 160

"I am at home. Fear is the stranger here."

You are Blessed Beings indeed. I am that one that you know as Jesus, and as you read this lesson do you not realize how often you are fearful? Do you not realize how many times you watch fearful movies or fearful television shows? That music that they play, that suspenseful music that is intended to make you frightened, believe it or not, separates you from your knowledge of God. That is why we are so insistent that you stop watching violent movies and frightening shows, the news and such, because every time your consciousness is taken into fear and fear is incited in your heart and mind, you become more separated from love. You become more separated from that which you would call God: your Self.

And so today we ask you to make a pact with yourself:

That you will no longer watch frightening and horrifying information.

That you will, as you listen to the radio and hear about a local murder, that you turn it off.

That you do not subject your mind to hateful and fear-inducing information.

That when you turn on your computer or turn on your television, if you still have one, that you recognize the moment that fear is Being incited in

you, and would you if you knew that this is going to cause you suffering? Would you if you knew that this is actually separating you from your connection to the divine? Would you still listen? Because if you are, then you are making a choice that is intentional, and you are using your free will to disguise from you your True Nature and the love that is your natural inheritance.

Be aware of what you are using your free will for. When you go to the movies are you Being driven by society's dictates? Are you going to watch a movie where millions of people are killed, or hundreds of people are killed? Or are you going to see a movie about infidelity and fearful ideas about relationships and the opposite sex? Why are you going to watch that kind of information? Stop and ask yourself, "Why am I going to this movie? Is it because I have been seduced into believing that this movie star is the be-all and end-all of my world?"

Ask yourself these questions, Dear Ones. Fear is not your natural home. Love is.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 161

"Give me your blessing, holy Son of God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and that is why that saying "Forgive them for they know not what they do" is such an important one. You must forgive your brothers and sisters the sins they have not committed.

Your life is but a projection when the ego is at play, and you will accuse others of what you are doing. That is the projection element of the egoic mind. The other side of that coin is that if you see through the actions of your brothers and sisters that you deem to be sins and love them anyway in your heart and mind, then you are forgiven all of your perceived sins and errors and mistakes.

A lot of the shame and guilt that you carry around with you [is] based on the belief that you have done something wrong, that you are not a good person, that you are not lovable. These are all ideas of the ego, and they are all untrue. How do you know they are untrue? Because they make you feel terrible, and they counsel you to attack others.

So in this practice today you are Being asked to do the very opposite of attack. You are asked to dissolve one of the ego's greatest weapons which is judgement — deciding that YOU know how everyone should behave, deciding that YOU are playing God in your life in the sense that you mete out punishment to people who you think have broken God's laws. God allows the freedom of every Being to do whatever it is that they decide they want to do. Who are you to say that other things should happen?

We want you to stay in your life, in your lane, in your business. If somebody is in front of you and they then become your business because you are interacting with them, use this technique so that you are not condemning them and therefore condemning yourself. You see, nothing truly leaves your mind. When you are projecting onto others, it is an illusion of getting away with it. You are not getting away with anything when you judge another, when you hate another, when you berate another or belittle another. YOU suffer because they are part of you. Do not attack others thinking that you are free from the consequences of that attack. You will suffer the consequences of that attack, not because you are Being punished by a vengeful God, but that this is a reflective universe, and everything you sow you reap the harvest of.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 162

"I am as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and you are as God created you. You are a Being made of love, from love, for love, and you have remained so even though you have forgotten that that is what you are.

That is the power of this statement. It reminds you of the truth that you have forgotten. You see yourself as guilty sometimes. You see yourself as stupid sometimes. You see yourself as unaccomplished sometimes. You see yourself as grandiose sometimes, but you are as God created you. You are made of spirit, and you came here to experience what you are not. This is the world of separation. This is the world of death. This is the world of bodies. These things you are not, and this is why you suffer so here.

Now some of you will say, "What can I do if I don't have the world? What do I have?" If you begin to focus on Spirit, if you begin to focus on love, if you begin to focus on that which you love, you will find that your world will change. If you focus on your sins, if you focus on your brother's guilt, if you focus on shame, you will create a world, but it will not be a fun one.

Your mind is the creator. You have been made in the image of God, and that means that you are a powerful creator. You choose what you experience here. Many of you will say, "I do not choose the broken ankle that I have." or "I do not choose the unhappy partner that I have." But you do. You merely have forgotten that you chose those things. Keep choosing love.

Keep choosing to do your forgiveness work and your world will shift and change accordingly. As you stop laying guilt upon the world, as you stop laying stories upon the world, and as you remember that you are created in the image of God, loved by God unconditionally, you ARE as God created you still — it has merely been hidden by layers of lies and untruth and misperceptions and illusions.

Trust in yourself. Begin to appreciate yourself. Love yourself as a sacred image of that which you call God. Even though you have come into separation to chase your idols, you still are a sacred Being. Never forget this. I am that one that you know as Jesus, and I am sent here to remind you every single day of your beauty and your loving nature. I am sent here to you every day so that you remember who you are. You are a sacred Being.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 163

"There is no death. The Son of God is free."

You are Blessed Beings indeed. I am that one that you know as Jesus, and does this not seem impossible to believe: "there is no death"? Well, I have overcome death. I live on. You were alive before this body. You are living in this body, but you are not this body, and you will continue to live on after this body has given up its usefulness.

Death is an illusory idea. Death does not exist. You tell a story about death, and yes, you worship death. Look at your television shows. Which ones are the most popular? The ones about murder. But you are watching it for the

drama, you say. No, there is a fascination with death. And you can see it in your fascination with sickness as well — how quickly you tell somebody that you are not well, how quickly you tell somebody of the pain that you are in, wishing to share that pain with somebody else, to inflict it upon them.

These truths are hard to hear because you believe in them so completely. You believe that you will die, and so it is true — you will die in the form in which you believe in it. You will NOT die. Your consciousness will carry on after the body has fallen away from you. But it does not have to happen this way. That is not what happened to me. I did not die on the cross. I left my body and remanufactured another one. I was not condemned to living within the mortal form anymore because I had reached a point of consciousness evolution that allowed me to master the physical/material world. My complete alignment with love, my complete connection to the Divine sets you free from the burden of death. And it is there for all of you to take, but you must stop believing in death. You must stop seeing it as an inevitability.

We want you today to begin to tell yourself a different story. "I can overcome death." can be your mantra. "Death is an illusion." could be your mantra. "It is not true." could be your mantra. "Death is not true. I was alive before this body was. I am alive within this body. I am not this body, and I will continue on to live forever and ever, Amen."

Death is the great grim reaper that the ego uses as proof that God is not real. And that is why your world is such a confusing one for you, because this place of separation into which you have come, this place of separation in which you worship death and talk about it all the time — this place is NOT made by God. It is a place that you have chosen to come into to chase your idols and to continue on the karmic cycle. We want you to break free of that cycle. But you must do it within a lifetime. It does not happen to you in the afterlife if you have still believed in it in your lifetime. So start today to tell a new story about death. Begin to tell yourself that it is not real, even though you still believe it is. Start to experience and experiment

with these new beliefs and ideas. They are powerful indeed — hard to believe, but true.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 164

"Now are we one with Him Who is our Source."

You are Blessed Beings indeed. I am that one that you know as Jesus, and today is the only day that you can choose to do this work. You can't put it off until tomorrow because tomorrow will become today. So why not start now? Why not start now owning your own power? Why not start now trusting in this process completely and absolutely?

Many of you are resistant to these lessons, complaining a little bit that you have to do them. Many of you are doing them with a more rote behaviour rather than truly believing that they are changing your mind. Let us all today take upon our shoulders the knowing that salvation can come to you today, knowing that you can connect with the divine today, knowing that you do not have to suffer anymore.

Suffering comes from distortions in the mind, and those distortions are there because we allow them to be there. We want you to choose love today. It is the only day that you can choose it. Why put it off? Why suffer tomorrow? Why suffer the day after? Begin today to claim your place in salvation. Begin today to free up your mind so that I may use it together with your free will, with your blessing, so that we can work together to transform and shift this world.

Suffering has been going on long enough on your planet, and these escalating energies are bringing up all of the shadows of all of the Beings on this plane. It is not optional anymore. Time for procrastination is over. Dedicate yourself to love, to clarification of your mind, and to freeing up some space on your hard drive, so to speak, so that we can download some new software for you. The software that has been instilled in your hard drive is not loving. It is not good for you, and it does not make you happy. So free up that space. Get rid of those ideas and beliefs that YOU know are causing you pain and suffering. Judgement, fear, guilt, shame, anger — ask them to be taken from you, that you do not want them anymore. They are not serving you. You must do this with your free will; you must ask for help. You must say: "Please take these thoughts from me. I do not want them anymore." And your part, then, must be not to believe those thoughts anymore, not to empower those thoughts anymore, not to act as if those thoughts are true anymore. Any unloving ideas you have in your mind — begin to see them as unwelcome visitors that you are evicting now from your mind.

I am that one that you know as Jesus, and I'll see you again tomorrow.

Lesson 165

"Let not my mind deny the Thought of God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is hard for you to imagine that it is merely a decision on your part that brings peace to you. It is merely a decision on your part to focus on love, to focus on the interior of your mind rather than the exterior world. It is only THAT that is required for you to begin to connect and to see the results of that connection.

You are as God created you. You are not lacking anything. You have an amazing resource available to you, and it is contained within you. It is your joy. It is your love. It is your creativity. It is your endless connection to All That Is. THAT is where you are going to find what you are seeking. You are not going to find it in large sums of money, sought after by working very hard and long hours. You are not going to find it by molding and sculpting the body to make it the perfect bait to catch the perfect person (or the person you think is perfect). Those are not the things that are going to bring you happiness and joy; it is everything that is contained within you. This self that you think you are — its ideas, its creativity, its funny jokes, its laughter, its kindness, its joy, all of these things — if you allow yourself to align with love, and you allow yourself to listen to that inner guidance that is coming to you all the time from your feelings, guiding you to turn left or right or to talk to that person or to talk to this person or to put your feet up and take some meditation time — your guidance system is always speaking to you. You have merely become used to ignoring it and choosing the world instead of the guidance that spirit offers you through your feeling, emotional body.

Now, some of your emotions are frantic reactions to fear. That is not spiritual guidance — that is the distortion that has been placed there by inappropriate teachings. A Course In Miracles lessons are designed to align you with the truth. And as you align with the truth, those untrue ideas, without your backing, without your constant support, without your constantly feeding them, will begin to fade from your consciousness. And so that is what we are seeking here. We are seeking the peace that passes all understanding, and it comes from aligning with love.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 166

"I am entrusted with the gifts of God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and these gifts are precious indeed. They are, as we mentioned yesterday, things like your creativity.

How are you using your creativity? Are you putting it aside as something valueless because your school system trained you to do such? Are you using it and expressing your unique nature through your creativity? Your creativity can look like anything: a beautiful garden, the training of a pet through innovative ideas and ways. It can manifest in many, many ways, and creativity — you expressing your unique connection to the Divine through yourself — is one of the great gifts that you have all been given.

We want to bring to your mind now how little creativity is valued in your society, how you are taught to value the intellect over creativity, how you are taught to value hard work over creativity. We want you today to ask yourself, "How am I ignoring or using my creativity, and is there some way that I can increase that?" Perhaps if you turn off your computer a little earlier in the evening you will have more time to investigate your creativity. Perhaps if you do not listen to your financial fear thoughts, you will spend a little money on those paints or on that creative outlet that you have been balking at because it's going to cost you a little bit to get set up.

We want you to understand that we speak to you, Spirit speaks to you through your creativity in whatever form it comes. If you love to cook, if you love to write, if you love to paint, if you love to sing, if you love to dance — it does not matter which form is your form, but please make sure that you are creating things, that you are bringing forth your ideas, your

unique point of view in whatever form it takes so that you may share it with your brothers and sisters.

This is just one of the gifts that you are given by the Divine. You come in with this amazing interior world and your society only values the outside world: the car you drive, the money you earn, the body that you exhibit. We want all of you to begin to spend more time inside with your creativity and listen to the muse.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 167

"There is one life, and that I share with God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and these lessons are becoming quite challenging to your belief system, are they not? They are, in fact, really poking at some of the fundamental ideas that you hold about yourself and about your life and about your purpose here.

You are not a body. You are Spirit encased in a heavy physical/material manifestation of separation, and it is not who you are. The body is not who you are, and the body is the only thing that seems to die because YOU leave it. You leave it when your life here is done. When you have expressed and opened to as many new ideas as you are able to in this lifetime, when you have done all the work you can do here then it is time for you to leave this place of separation. But with you go all of the ideas that have not yet been healed, and with you go the need for another incarnation. And so this is something that this generation is very, very lucky to have in their experience: the opportunity to awaken completely within the body — to

awaken completely in this lifetime. But you must dedicate yourself to love and to not fear. And this is why your society is promoting fear so intensely, because the designers of your mass media systems know what is going on. They understand that this is the end of a spiritual season and this galactic speed-up is giving all of you the opportunity to awaken completely in your lifetime.

Now what does this mean for you? Well, it means that you choose love as often as you can. It means that you do not embolden your fears by indulging in them. It means that you make changes in your life where you feel strongly that they need to be made because Spirit is asking you to be yourself. It is asking you to be the loving, self-expressing, love-extending idea in the mind of God that you truly are, and that means that you honor yourself; you honor those things that you feel drawn to because you are drawn to them for a purpose. You are drawn to them because those things are in your mind.

Now some of you will say, "Well, I am drawn to bad things." And we say, well if you are drawn to bad things then you are not doing the course lessons. You are not aligning with them and you are not practicing them. Because "bad things" are not in alignment with these teachings. So you must look at how you are utilizing your free will and your preferences. Sometimes these lessons go against your preferences, and this is a challenging idea for those of you that have been told that you must go with the feelings that you have to do what it is that you want to do. But we have before described to you the difference between the ego's needs and those deeply arising passions and ideas and inspirations that come from deep within your heart and mind. They are different. They have a different feel, and only you can discern which ones are ego-driven. If you go beneath the form you will get a feeling of limitation. You will get a feeling of fear. You will get a feeling of, "If I don't get this someone won't love me. If I don't behave this way I will be abandoned." These are fearful ideas and feelings.

When you are Being guided by Spirit to express your True Nature, you get a positive feeling. You get a feeling of excitement. You get a feeling of upliftment. You get a feeling of joy, and only you can know the difference between those things. So seek joy in every moment that you can. And when you feel those fearful ego drives, pick your Course In Miracles book up, and read it for a little while. Call me in to help you so that you are asking for assistance in letting go of an old pattern that no longer serves you and I will come and you will feel different.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 168

"Your grace is given me. I claim it now."

You are Blessed Beings indeed. I am that one that you know as Jesus, and your ability to awaken is in this very moment.

Many of you that study spiritual material feel that it is a long slog up a very steep hill and that you've been working at it for a very, very long time. But the truth is, awakening happens moment by moment, and your investment in this desire to awaken is the thing that will make it occur. Now, in the Course In Miracles we write that there is a day that has been designated for you to awaken. But as you approach that day, the desire to awaken will get stronger, and this is not something that is specifically written in that text, and I want to tell it to you here: that your desire to awaken is increasing because the time is near where you WILL awaken.

And this gathering, this global gathering that we are cultivating here with these daily lessons (and we thank you for joining in this global gathering.) is enhancing your ability to discern that desire to awaken. So when you join us as a group together every day, you are shifting more than you know. You are shifting the very frequency of your planet. And this is one of the great gifts of your modern technology. Just as it can be used for nefarious purposes to downgrade your frequency globally, we, together here, are using it to upgrade the frequency globally. So do not think that you are alone in your studies. Do not think that you are alone in the benefits of your forgiveness practice. You are not. Everyone and all things benefit from this practice.

But we do not want you to berate yourself if you have a little moment of feeling negative. We do not want you to judge yourself as imperfect if you get angry or frustrated. We want you to be glad that you have seen another part of your mind that is not yours, that does not belong to you, and that has revealed itself to you through that negative emotion. Bring it up to the surface and lay it on the table and say, "I do not want this in my mind anymore. I do not want this rage. I do not want this frustration. I do not want this fear. Please take it from me and show me the information I need to release my mind from these imprisoning, unloving ideas and thoughts."

But you cannot let go of something until you see it, so when you have an upset, allow it to play out. Do not hurt or damage anybody or anything, but allow it to play out and then witness that you have seen a part of yourself that is unloving and that you no longer wish to participate in. You must first see it, accept that it is there, and then lift it up out of the subconscious mind onto the table for healing. You must bring it up into the light so that it can be healed and taken from you. But we will not override your own desires. If you keep your angers and your upsets and your hurts secret beneath the surface and nurture them as your small children, they will stay with you. You must, with every fiber of your Being, not wish to have them anymore.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 169

"By grace I live. By grace I am released."

You are Blessed Beings indeed. I am that one that you know as Jesus, and these lessons now are, as we have said before, challenging your belief systems considerably. You are Being asked to act on faith that you are going to be transformed. But this is not up to you. You can only be vigilant and diligent in your practice, you can only forgive when it is necessary. You can only do what we have asked you to do, and in that doing you are expressing your willingness to have your mind transformed into its natural state which is that of love. That is all that's happening here. The unnecessary and the valueless are Being removed from your consciousness so that you are free and clear to be the divine Being that you are, connected to All That Is, with a clear and unsullied guidance system. The revelation that you will experience as you come closer and closer to that state is the most wonderful, wonderful thing indeed. This Being has experienced that feeling of oneness, the absolute knowing that this world is illusory and that there is something far greater and far grander on the other side of the veil of ignorance that all of you have to labor under here on this plane. But you are gradually dissolving it, and it is through grace. It is through you doing nothing but you Being given the opportunity to see clearly that you will find this wonderful, wonderful experience coming your way. All of you are beginning to feel a clarification of your mind. You are beginning to see that you are not getting as upset as you used to get. You are beginning to see that a lot of the stories that you fabricate in your mind are just that — they are illusions, they are fantasies — and that they can create happiness or

sadness depending on the story you tell. Tell the loving story. Tell the kind story. Tell the forgiving story, and it is you who will benefit from that doing. I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 170

"There is no cruelty in God and none in me."

You are Blessed Beings. I am that one that you know as Jesus, and very few of you would consider yourselves perfect in this way. Many of you will see that you can be cruel. You can be sharp with those loved ones. You can be quick-tempered. You can lose your temper. You can make cutting comments. But this is not really who you are, and this is one of the things that we want to bring to your consciousness today. Anytime that you are unloving you are not actually Being yourself.

Anytime you are cruel or vicious or acting in an unloving fashion, you are not Being true to who you truly are. You are made of love, from love for love, and when you encounter a situation where you desire to attack somebody, you are deeply immersed in separation in that moment because you truly do not understand that your brother and your sister are you Being reflected back to you. They are a part of your consciousness. For it is in your consciousness that your stories abide about them.

The stories you have about other people live in your own mind. That is where the poison lies. But that poison is not the truth of who you are, and that is why it makes you feel bad. You feel bad thinking that they have made you feel bad, but you actually feel bad because you are Being unloving and judging them or attacking them, believing that further

separation is going to keep you safe and keep you from this disaster that you think will come from getting closer to love.

The truth of the matter is, is that all of you have chosen this place of not love. This separation experience where you seem to be alone, you seem to be abandoned by God, but in actual fact, it is YOU who has left your home. It is YOU that has gone on this journey deep into fear, and it is you that has abandoned God. And it is through your constant judgement and attack and belief in that that you perpetuate this illusory world of separation. And that is why forgiveness is such a powerful device, because you stop acting as if attack and judgement are your friends. You stop acting as if they are going to keep you safe, and you forgive your brothers for what sins they have not committed, because you understand that you will suffer if you perpetuate separation. And they are not responsible for their behaviour when their minds are contaminated with untrue beliefs and ideas — distortions, if you will. They are merely confused. You must forgive them for they know not what they do, and in that forgiveness you will feel relief. You will feel better.

It does not mean that you will become a doormat and people will be able to walk all over you. But what it means is that you will not be ruminating on their sins. You will not be constantly thinking about how to get revenge or how to get them to change. You accept that they are confused, that their behaviour is unloving, and you offer love in return — if not in person then at least in your mind and in your thoughts. You let them go. You set them free. And in letting them go and setting them free you set yourself free from constant contamination by negative beliefs and ideas.

When you forgive somebody and you stop thinking about them and you let them go and you say, "It is not real." it is you that gets your peace of mind back. It is you that reclaims that part of your mind that you would lose if you constantly judge them and continue to suffer through that perceived sin that they have committed.

Now some of you will say, "Well, we cannot forgive the murderers and pedophiles and rapists." That is not what we are asking you to do. We are asking you to let your past go. We are asking you to forgive your partners and your children and your close coworkers. We are asking you to do that. Nobody is asking you to forgive a murderer or a pedophile. Yes, there are some Beings who are going to have that experience in their life. But we will tell you it is not you today, and even if you have been abused by somebody in the past in such a heinous way, maintaining that resentment is only hurting you. It is not hurting anybody else. It is only limiting you; it is not limiting anyone else. It is you that will suffer from maintaining that unforgiving aspect in your consciousness.

So for those of you that still have people in your mind that contaminate your mind (in your opinion), begin to pray for your enemies. Begin to pray that they get everything they want, because you now understand that they are an aspect of you that you have hidden from yourself and is now Being shown.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 171

"God is but Love, and therefore so am I."

You are Blessed Beings indeed. I am that one that you know as Jesus, and as we review these ideas today it is important for you now to go along with how you feel is the best way for you to review these lessons. It is more about taking responsibility for your own practice now because you are the decider. You are the decision maker. You are the captain of your ship. How

are you going to use your mind today? How are you going to spend time with God today?

You have never left the mind of God. You are in an illusory world that you have made that is full of fear and separation and doubt and anxiety and shame and guilt and a lot of things, none of which are anything to do with God. The energy of that which you would call God has nothing to do with those feelings. That means that anytime you have those feelings, you are actively manufacturing something that is keeping you from your knowledge of God. And so what is it that causes shame and guilt and fear and all of these things? It is judgement. It is judgement that causes these things. When you look upon the world with forgiving eyes and you look upon your past with forgiving eyes and you understand that the future has not happened, and so any fantasy in your mind that you are manufacturing about the future is not real and therefore does not exist. And so it is a waste of your time, and it is ridiculous to react to your internal fantasies about the future because they are manufactured fantasies and are not happening.

You are in your room or you are in your car or you are at your desk; whatever place you are at is where you truly are, and these fantasies about the future or regrets about the past are merely fabricated ideas that are contaminating the Present Moment. The Present Moment is the only place that you can realize yourself. The Present Moment is the only place that you can be loving, because it is the only place that you can be present and actually BE in this Present Moment.

So stay present. It is in presence, in actually Being in your own skin, so to speak. It is in presence, using your senses to direct your mind rather than the old thoughts and ideas that you have about what you're looking at. This is the way to peace, because when you are just present nothing bad is happening. 99.9% of what you fret and worry about does not happen. You find the parking space. You pay the bill. You pay the rent. You get through each day, and if you could just truly grasp the fact that all of these shady and shadowed feelings are you blocking your knowledge of the Divine,

then you would not be so attached to them and you would not indulge in them so much.

You are free Beings; you can use your minds for whatever you wish. But you are made in the image of God, and that means that to be at peace you must be in the frequency of love because that is the only thing that God knows and understands and emits and creates.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 172

Review of lessons 155-156

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is interesting, is it not, that you consider yourself a multi-faceted Being in the sense that you label yourself with many things. You say that you are intelligent. You say that you are unattractive. You say that you are successful. You say that you are a loser. You say that you're fat, you're thin, you're generous, you're mean — all of these things, but rarely do you say that "I am love." And this is a wonderful, wonderful mantra for you to have: "I am love. I am loving. I am made by love, from love, for love. I am going to set THAT as my intention today so that whenever there is a decision to make I would ask myself, 'I am loving; what would the appropriate response be given that truth?'"

And you will begin to notice that there are discrepancies between what you think you are and what this lesson tells you you are. And that is the illusion under which you are living. You are believing that you are separate from

love, that you have been abandoned by love, that love is dangerous, that love is many things, but you have rarely considered that YOU are love. And when you consider this, when you act as if this is so, you begin to sow seeds of love. You begin, in the eternal holy instant, this moment now, you begin to sow the harvest that you will reap in the future.

When you say that you're dissatisfied or that you're selfish or that you are unloving in any way, shape or form: "I feel guilty. I feel disappointed. I feel all of these things," those are the seeds, the frequency seeds that you are sowing for your future. It is very simple: you reap what you sow, whether you like it or not. So make sure that you consider yourself to be a loving Being and act accordingly.

This Being has penned a book on our behalf called "Love and a Map to the Unaltered Soul". We do suggest that you read it because it redefines love for you so that you make sure that you are in accord with that definition and not the definition that you have been laboring under in this society. Most of you think of love as something it is not. So please consider reading that text so that you can get a good and clear definition of what love actually is.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 173

Review of lessons 155-156

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I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 174

Review of lessons 157-158

You are Blessed Beings indeed. I am that one that you know as Jesus, and by doing these lessons you are acting in accord with this statement: God is but Love, and therefore so am I. You are an idea in the mind of God. You are a sacred Being who has been brought into existence from that Source energy that you call God. This world, however, is not made by that Being that you call God. That source energy, however, can be accessed from this plane, and that is really what we are all working together here to achieve.

You have chosen to come into separation. You came here to chase your idols. You believe in separation; your body is a testament to that belief, and the unloving nature of a lot of your thoughts is also a testament to that belief in separation. So whenever you attack anyone, say something nasty about them or get into an argument with them, believing that you have separate interests, that if you don't get what you want or if they get what they want it will be unfair, you are acting in accord with your belief in separation. So many of you will say: "I don't know what to do. I don't know how to speed up my evolutionary process. I want to be in that ascension process. I want to accomplish these spiritual goals." Then there is only one thing to do: you look at where you have fear and judgement. You look at where you react negatively. You look at where you are self-righteous in your belief that you know what is going on in a particular area. And that can be with your body. It can be with politics. It can be with your partner. It can be with any subject whatsoever. Where do you get upset? Where do

you lose your peace? That is your indicator that you are acting in accord with separation rather than in accord with love. Because when you are in a loving place, you are not upset; you are happy and you are at peace.

So there are no secrets Being kept here from you, none at all. Your guidance system is impeccable and constant, and it is always telling you how you are doing. And so as soon as you feel that little zap of fear or resentment or anxiety, add love to the mix. Add love to the thinking. Turn that thought around and make it a loving thought, whatever it is, and you can increase the speed of your evolution. That's all that's happening here is you choose love more than you choose fear or hate or judgement.

The trouble is that some of your thought patterns are deeply ingrained through your conditioning programs, and so it is not easy to change them in a moment. It is a practice. You must see: "Ah, there I judged again." "Oh, there I go again." "Oh, there I go again." And you can see that it is not seemingly a choice; it is happening unconsciously in you. The behaviour is a knee-jerk response; you are not considering it.

And so slowing down is a very, very good idea. You can see when you get too busy; you get fractious and you get confused and you get agitated. That's because you're functioning in an unconscious way. Slow down and then you can feel what is going on inside you, and you can discern, "Ah, that fault I just had didn't feel very good." Whereas if you are in a rush all the time, which a lot of you are in the west, these feelings will not become noticeable to you until you've been in them a while and they have built up some momentum, and then you have trouble getting back to a state of love.

So always be grateful for the negative emotion. Always be grateful. Do not berate yourself as Being a bad Course In Miracles student, but say, "Ah. I have encountered a negative belief somewhere in my mind here. I can feel that it is off. I can feel that my upset is intense. The negative emotional feedback I'm getting is very intense. That means it's something I really believe in, even though it is making me feel bad." So be happy for the red

flags, but do not be deceived by the form. It is always what is arising in YOU, not what the other person is doing. It is always what it triggers in you, activates in you.

You see, you have thousands and thousands of untrue ideas in your mind, and most of them you don't encounter until a scenario in your life activates them and they bubble up to the surface in the form of negative reaction. And that is why you want to be happy whenever you have a negative reaction, because you are seeing a part of your unconscious/subconscious mind that has now been revealed to you. Be grateful for all of your experiences in this lifetime. They are all educational — the "good" ones and the "bad" ones, as you call them, but the "bad" ones are your clue to what's going on in your unconscious mind.

I am that one that you know as Jesus, and we will speak to you again soon.

Lesson 175

Review of lessons 159-160

You are Blessed Beings indeed. I am that one that you know as Jesus, and you cannot be in fear and be connected to God. You cannot be in fear and know the truth of who you are. You cannot be in fear and not feel separated, and so fear is your creation.

Fear is a demonstration that you are believing something that is untrue. You are misinterpreting something or you are off track. It can be all of those different things. Fear can also be generated by a mind that is trying to reconcile two beliefs that are irreconcilable. And this is why this phrase, "God is but Love, and therefore so am I," is such an important one and why

it is Being repeated over and over again. Because until you realize that you are made in the image of God and therefore you are loving and creative and self-expressive — you must accept that that is what you are so that you do not experience fear. Anytime you experience fear you have forgotten that you are made of love, from love, for love. You have attacked somebody or you are judging something or you are Being awful to yourself or treating yourself poorly and so you will get that feedback.

Remember, your guidance system is a system that will always give you a red flag if you have stepped away from love. It is a beautiful, simple system. So you do not have to over-intellectualize your practice. You do not have to memorize pages and pages of this text. What you do need to do is to understand that anytime you step away from love you will feel bad, and it is not a God punishing you — God is loving. God is, in fact, not involved in this process with you. You are at home in God still. This illusory dream in which you find yourself is exactly that. It is a dream of separation and fear and death. And so God has not joined you in that dream. Just as when your child goes to sleep and has a nightmare you do not join in the nightmare with that child; you gently wake them as kindly and lovingly as you can and tell them everything is okay.

And that is all God does with you. That is all Spirit does with you. It wakes you up and says, "Everything is okay." You have merely frightened yourself with your imagination. Your powerful creative mind has gone off on a tangent of fear and death and you are believing the dream that you have created. Now we know that your experience is very real for you. And we are not dismissing your life and saying that you should not care. What we are saying is: trust in your guidance system. Trust in your feeling — that if you are feeling bad you have done something unloving to yourself or someone else.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 176

Review of lessons 161-162

You are Blessed Beings indeed. I am that one that you know as Jesus, and when you see yourself as Love, you value your life. You value the experiences you have here and you trust that you are Being given exactly what you need to come to understand yourself more deeply.

This is one of the shifts in perception that is very good to make. It is not imperative, but it will help you along your path, and that is to have an attitude of radical acceptance about your life. Instead of resisting things, accept that they have come here because Spirit loves you and it wants to show you something about yourself that you are unaware of, and so you have hidden it from yourself, and so it is manifested in front of you. That is really what the ultimate act of love is — from All That Is to you. You are shown everything about yourself, manifested in front of you in form so that you may get a feel for it, that you may experience what's going on inside of you in a visceral way.

Because the greater part of your consciousness is hidden from you in the unconscious/subconscious mind, you are not aware of a lot of the beliefs that you hold. You're not aware of them until you encounter a situation, a person, place, or thing in your life that brings them to the surface. This is a loving thing. Again, we want you to begin to see problems not as something to be avoided, but something to be embraced through radical acceptance, knowing that you are Being shown something from within you that is not at peace, not loving. And that is exactly what you want. You want to know what's going on in there.

And what this does — radical acceptance of your life — is it takes the attack out of you because you are then beginning to truly comprehend that there is nothing here to attack. It is only YOU encountering YOU in form. It seems to be outside of you, but that is how you have designed experience here so that the things that are hidden from you seem to be separated from you, but they are not truly. This is one of the reasons you get so tired in this world is because you are in a constant state of projection, getting rid of things in your mind that you don't want and then attacking them when you see them manifested out in the world. It is a much more relaxing path to practice radical acceptance of your life, knowing that even if you get triggered by something "out there", it is not out there; it is within you. The reaction is within you and therefore can be solved. When it is "out there", when it seems to be a separate person, then you are powerless — you are the victim of the world. And that is how most dualistic philosophies play out. That person is a bad person and they should be punished and it has nothing to do with you. This keeps you in the role of victim even though it makes the ego feel more powerful.

And you will hear many people counsel you to say that radical acceptance will make you weak. No, it will not. It will make you use your energy efficiently, and it will get you focused in the right direction rather than "out there". It will get you focused into your own heart and mind so that you can see that these negative reactions are arising from within YOUR consciousness and nowhere else.

I am that one that you know as Jesus, and I will see you again tomorrow.

Lesson 177

Review lessons 163-164

You are Blessed Beings indeed. I am that one that you know as Jesus, and you are traveling through this journey with us for good reason. This is a time on your planet when the escalating energies of love are beginning to be felt.

Those of you that are confused about this are beginning to see that those aspects of you that are troublesome, those aspects of your life that are and have caused you difficulty are revisiting your consciousness so that you may have another look at them. Some of you will be spiritual seekers who have been on this journey for a long time, and you will be surprised by what is coming up for review. You will think that you had dealt with all of that long ago, but there have been some re-visitations by old habits, old patterns, and even old people from the past. These are not signs of your failure, but signs of your success. These are the small dregs of ideas and beliefs in your mind that you have not yet let go of, that you have not yet forgiven, and that you have not yet risen above. You are Being given another opportunity to rise above those things and choose love instead.

So we want you to not see any negative emotion or difficult situations as failures — they are far from it. They are opportunities for you to clear the table of any past errors that you may or may not have made. They are only errors; they are not sins and they are not failures. It is very important for you not to get discouraged at this point in your evolutionary journey. Your journey is one to love, and therefore anything that is not love in you will show itself one more time for you to add love to that situation. So if you have people coming back into your life that you had dismissed or gotten rid of, you must show love in this situation.

This does not mean, however, that you are a doormat. It does not mean, however, that you are put upon by those who have already put upon you. It may mean that, in fact, they come around one more time to lay their stories on you and you say: "I'm not falling for it this time. I have fallen for it so many times before. I send you on your way with love." It does not mean that you must become a victim of anything or anyone. In fact, what this time and place in your evolutionary cycle is asking of you is that you rise to your highest place yet, that you stand firm and tall in love and know who you are to the deepest depths of your soul.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 178

Review of lessons 165-166

You are Blessed Beings indeed. I am that one that you know as Jesus, and what we are beginning to remind you of right now is your loving nature. It is your desire to be in alignment with All That Is.

Everything around you, all the people, places, and things around you are demonstrations of your consciousness playing out the movie of your life, let us say. So just as when you witness a movie on the movie screen, you see that there are characters: the "good guy", the "bad guy". You see that the script has been written for them. They dress up in clothes and they go on journeys and they have adventures and good triumphs over evil. Well, your life is the same story. It is a movie that you have written and directed and you have fully participated in the making of, and this is why it is

pointless for you to attack it and this is why it is pointless for you to judge it. You are the maker of the movie. And if you do not like the movie, you do not run up and try and change the movie screen do you — which is the actors and players on the screen of your life — the people around you, the experiences you're having. You go to the projector and you change it there. You clip out the scenes that you do not want or you remove the actors that you do not want or you clean the fuzz off the lens that is causing the imperfection in the movie that you are seeing.

And that is what this study period is about. It is about removing from your mind the untrue idea that you are alone, that you are a victim of this world, and that God does not love you and has, in fact, abandoned you. These are all impurities on the projector that you must remove for you to see the movie clearly. And that is what forgiveness is; it is merely you understanding that the imperfections in the movie are coming from the projector and they are not on the screen.

This is a simple analogy, but it is a powerful one because you all understand how foolish it is to run up to the screen and try and rub off that image. But that is what you are all doing when you are attacking or judging or saying that this person is bad or that person is evil; this situation is untenable. If you find that you are observing a situation that is out of accord with love, then you must, through the projector, add love to that situation. You must change your mind and add love to that situation. So this is where the battling of wars comes into Being — when Beings are attacking those people, places, and things that seem to be out in their life instead of changing their mind and changing the frequency of their thoughts so that the movie must reflect that transformation. They are indeed running up and trying to change the screen by bombing a country or attacking another Being, and it is foolish indeed. And you see how foolish war is; it goes on and on and on because you change nothing. You never change the mental structure that is causing the image to appear.

So become wise, Dear Beings, and in your own life change your mind around anything that is not manifesting an image that you like to experience.

I am that one that you know as Jesus, and will speak to you again tomorrow.

Lesson 179

Review of lessons 167-168

You are Blessed Beings indeed. I am that one that you know as Jesus, and we are very pleased that you are all still with us here doing these lessons. These lessons are transformative, powerful, and designed specifically for the western mind.

You have all been conditioned in the same way through various systems, and you are all now having the opportunity to reclaim your mental and emotional sovereignty. That is what we are about here. We are about bringing you back into connection with your True Nature, which is love. This is an easy place to get to despite the struggles that you will go through, despite the problems that you think this course in miracles causes you. It is in this holy instant — this very moment now — that you choose. You choose love or fear.

And we want you to understand that the systems that play in your world know this. They know that when you choose love, you rise up and connect with your true source of inspiration and strength and love, and they also know that when you are fearful, that you become disconnected, disoriented and much more easily managed. We understand that there are certain

strategies afoot in your modern technological realms, and that they may be impacting this particular channel's work.

Fear not. Stay in a place of love. Stay in a place of positivity. Stay in a place of knowing that this is goodness; this is truth, and that when you align with goodness and truth you will always find a way.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 180

Review of lessons 169-170

You are Blessed Beings indeed. I am that one that you know as Jesus and we are all the same. We are all loving Beings who have forgotten that we are loving Beings. We have also been taught the wrong definition of love.

We will speak about worry today. Many of you worry. You worry about the earth. You worry about politics. You worry about your children. You worry about your health. Worrying is not love; it is fear. And that is why when you worry, you feel bad. When you worry about the environment, you feel bad. When you worry about the state of politics, you feel bad. When you worry about your children, you feel bad, and on and on and on. Love is self-expression. Love is following your guidance, your passion. Love is creativity.

So when you have an issue; for example, your children are going off on a trip without you and you are worried about them, witness the bad feeling. Go inside and understand, "I feel bad — that means I'm off track." and

change the movie scenario that is causing your negative feelings: them missing the bus, them missing their plane, them getting mugged, whatever the scenario is you have in your head playing out, and turn it into a loving one. You see them frolicking on the beach with their friends having fun. You see them having great adventures. That is what love looks like; love always feels good.

If you are in love with someone and you are constantly feeling bad, that is not love. And when you are living in your own consciousness and you constantly feel bad about yourself you do not love yourself. You are made by a loving Creator in the image and frequency of Love. So if you are feeling off track at all, know that you have made an unloving decision about yourself or someone else, and it may be based on the incorrect definition of love that you have going on. Make sure that you review what love means to you. Love gives freedom. Love is expressive. Love is non-judgemental, and love, above all, gives freedom to those that you love — including yourself.

Give yourself freedom to be who you are today. Allow your feelings to express in a loving way. Do not dump your negative emotions on other people — that is not loving, even if you feel those negative emotions. Take yourself aside and ask yourself, "If I'm feeling bad, that means I'm off track. Can I see this in a different way? There must be another way to see this."

God is but love and therefore so are you.

Feel good today.

Be happy knowing that happiness is your natural inheritance.

And I will speak to you again tomorrow.

Lesson 181

"I trust my brothers, who are one with me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is important for you to remember that these words are practice words for you to learn how to do something.

When we ask you to do something like trust in your brothers, there will be immediately a reaction from the egoic consciousness that says: "But I have been betrayed. I have been hurt so much by so many people, I cannot trust them." This is a reflection of YOUR mind. It is not a reflection of the world. This is not blaming the victim here, but we want to remind you that your world is created from within your own perceptions and consciousness. And if the first thing that arises in your mind when we ask you to trust is your deep level of distrust, you are, in actual fact, seeing why we are giving this lesson to you. Because when you distrust based on past experience, you are guaranteeing that the future will look like the past, because you are the one that is beaming out a frequency of lack of trust.

When you lack trust in the world and in your life and in your brothers and sisters, you guarantee that you will attract to you untrustworthy experiences and people because you are the holder of the belief in lack of trust. So it is an important part of your forgiveness practice to give your brothers and sisters the benefit of the doubt and say, "Well, just for now, just for today, I am going to trust you." And that does not mean, for example, that you will be giving these people all your money. That is not what this lesson is about. It is about becoming defenseless and open-hearted and open-minded, and in that state of Being you can see more. You can connect with more, and you can understand more.

When you are bundled up with your defensiveness and your desire to attack in retaliation, you miss everything; you miss your life, in fact. You are living in the past and guaranteeing that this Eternal Now is contaminated with past beliefs and ideas and so this is where you create. You will guarantee that you will suffer the same wounds in the future because you believe in them.

So for a few moments, several times an hour each day, we want you to practice this lesson, and from this lesson you will feel a much increased level of safety, because you will be beginning to stop preparing for war.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 182

"I will be still an instant and go home."

You are Blessed Beings indeed. I am that one that you know as Jesus, and one of the reasons that you keep busy in this world is because you are afraid to be still.

You are highly productive. You are jogging and running and going to the gym and making all kinds of arrangements throughout the day and barely stopping to be quiet and be still and go within. It is there — it is in the quiet of your heart and mind that you will find the truth of who you are. It is there in meditation and prayer and contemplation that you will come to understand how fearful you are and how very scared you are and how very lonely you feel. As long as you keep running on that hamster wheel that the west loves you to run on, you will not make progress. You will not

come to see the demons that drive you. You will not see why you are so heavily armored and ready to fight. It is not until you stop and become quiet and listen to that still small voice within that you get the guidance that you need.

When you are polluted with fear and drugs and alcohol and workaholism and shopaholism, all of these "isms" that you have in this society, driving, driving, driving you to seek outside of yourself that which cannot be found there. You will exhaust yourself, and many of you find yourselves tired now. You find yourselves needing to rest but you are never feeling better. Each day comes and you drag yourself out of bed to continue on the roads of the ego's world.

We ask you now to stop that journey. Not permanently, of course, just for a few minutes — to stop the judgements, to stop the fear, to stop the endless action, and to sit quietly with yourself and with Christ Consciousness and invite that into your life, into your Being, truly and absolutely with every cell of your body, to invite peace into your mind.

Because you know that you have chased many idols. You have chased many tantalizing temptations, and not a one of them has made you happy. It may have given you pleasure for a little while, but you are not happy. And you know that there is some terrible error Being played out on this plane, an error of fear, an error of separation, and it is in that realization that you become teachable. It is in that realization and that surrender to your desire to return home to the arms of love — it is in that surrender that you will find the peace you are seeking.

We come to you every day because we know the truth. We come to you every day because we know how all of you suffer, and we come to you every day because we are leading you towards that doorway into peace. Keep walking with us. We hold your hands and we support you as you go along that path that you have chosen into fear. We are merely returning you home to your natural state, to your natural home in the arms of God.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 183

"I call upon God's Name and on my own."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this sounds a little crazy, does it not, that all you have to do is use God's name and call upon Him to come to you?

But there is a highway of sorts between you and the Father. It is through this word, through this prayer, through this incantation, if you will, that you become directly connected to All That Is. You are, in speaking this word over and over again throughout the day and all of your activities, you are saying: "I may be doing the dishes. I may be cooking dinner. I may be inputting computer information, but my mind is elsewhere. My heart is elsewhere. My home is elsewhere, and I call upon you, God, to come and bring me the peace that passes all understanding." And it will happen.

Especially if you use this word when you are troubled. Especially if you use this word when you come upon one of your triggers in the day. Do not descend down into hell. Do not descend down into the battleground, but rise up through this high-frequency word to that place of connection with the Divine Father.

It is a miracle that you are all here with us today, that you are continuing to choose these lessons above the temptations of the world. And each of you will begin to feel considerable differences in your normal state of Being, in

your normal state of thought. You are now almost halfway on this journey and you are beginning to reap the rewards of your dedication. Just as somebody who goes to the gym for six months will begin to see a transformation that is undeniable, you, too, are all beginning to see a transformation that is undeniable, and, Dear Ones, it is just the beginning. It is just the beginning of your reclamation of your heart and mind and your connection to your Father.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 184

"The Name of God is my inheritance."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is this awareness that everything is connected that is one of the fundamental tenets of this particular teaching.

You are not free from the effects of your thinking. When you attack somebody else, you wound yourself. You are all connected. You give as you receive. These are all principles stating the same thing. And when you see that you are unified as an aspect of God-mind (you are an idea in the mind of God), you see that to attack another, who is also an idea in the mind of God, is pointless, is ridiculous, is in fact blasphemous.

We want you to understand that by forgiveness you lose nothing; you gain everything, because you are not punching at shadows anymore. That is what it is like when you attack your brother or judge your brother or perceive him as less than you. You are attacking something that IS you. It is

hard for you to remember this, and so we get you to focus your mind on the oneness of all things.

We get you to tell yourself that you are part of a unified consciousness, and it is so. You are the collective brotherhood of man, the collective sisterhood of man/humans. You are powerful creators made in the image of your Creator. Your Creator makes you in the image of itself: loving, expansive, self-expressive, freedom-seeking, intelligent — and that is what all of you are.

But you have mistaken your brothers and sisters for enemies, and you believe that if you attack them you remain free from attack. And that is one of the greatest illusions of all. It is you yourself you hurt when you attack another, for you are attacking another thought in the same one mind.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 185

"I want the peace of God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and there is nothing greater to attain than a peaceful mind.

The peace of God is what you all are seeking in your drinking and your gambling and your workaholism and your chasing after romantic involvement. You are seeking something that you know you do not have access to right now. But because you are looking in the wrong place — outside of you, because you seek it in bodies and you seek it in material

things, you seek it in prestige and fame and renown — you are looking in the wrong place; you will never find it out there. The thousand roads that the ego mind leads you along will never satisfy. And many of you who come to these lessons understand this. You have chased your idols well through this life, and you have come to a place of disillusionment where you know another body will not do it. Another car will not do it. Another good meal will not do it. Even though you may indulge in those things, you are under no illusions anymore. You have become disillusioned.

And yet now, as you know that illusions are valueless, as you come to see that you do not want these things that the world offers you any more, it seems as if you are living in a barren desert. But we tell you it is not a barren desert; it is the way home. To go inside is a rich experience. To chase the idols of the world is a pointless experience. To become familiar with the inner landscapes of your creativity and your inspiration and your love and your joy and your enthusiasm — these are the wonderful, wonderful free gifts that this internal investigation offers you. And this internal investigation is one of great value because it can offer you the peace of God.

There will come a point in your learning where you do not argue anymore. You do not need to argue with anyone. You do not need to chase anything. And you find yourself going through the days of your life happily peaceful. And it is in that time that you realize how foolish all of your games have been, how wasteful of energy — and at times money — your games have been.

And now you can sit peacefully in your back garden in a chair and be at home, experiencing the peace of God — a quiet mind, a peaceful heart and a happy demeanor, wanting nothing, needing nothing, knowing that all is as it should be.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 186

"Salvation of the world depends on me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and the ego will perceive this statement as arrogant and senseless, but it is not.

You have been given, deep with your heart and mind, knowing of what it is that you are interested in, knowing what it is that calls to you, knowing what it is that is a passion, a curiosity, a constant in your heart and mind perhaps that is never wavering even though you may be living in different homes and doing different things — there is this aspect of you that is the same. It can be a desire to create beautiful things. It might be a desire to help people. It might be a desire to master your voice in public speaking. It may be an overwhelming urge to study a spiritual text and to come to know it inside and out. All of these indicators are little direction arrows to help you on your way.

This Being used to read this statement and think that it was crazy. She did not understand what her destiny was, but she had an overwhelming urge to study this material — A Course In Miracles. She had an overwhelming urge to find peace of mind, and so she forgave. And she kept on and on and on until her perception shifted so much that she was able to open that portal between earth and heaven and make communication possible for us to her.

You may look upon this conversation and think that we initiated it, but it is not so. She initiated it by doing her forgiveness practice, relentlessly seeking peace of mind whenever an upset occurred to her, owning her perception and asking her perception to be changed so that she could see the truth, seeking that which she knew made her feel better. And that was

the guidance that she had, unrelentingly turning her back to A Course In Miracles over and over and over again, and it made no logical sense to her at the time. And YOUR passion, your guidance may not make any logical sense to you at this time, but if it is there unrelentingly calling you, listen and trust that you are Being guided by your guides and teachers towards YOUR sacred purpose.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 187

"I bless the world because I bless myself."

You are Blessed Beings indeed. I am that one that you know as Jesus. I bless myself and therefore I bless the world. I bless the world and therefore I bless myself. You give as you receive. You receive as you give.

This is a reciprocal universe. It is holographic and it is reciprocal — that means whatever you sow you will reap. That is exactly what that phrase means. And so, if you go through your day judging others, you will feel judged. If you go through your day extending love, you will receive love.

So it is so important to understand your connectedness to everything and everyone because you are not an island. No man is an island; no woman is an island. And so everything washes upon your shores. Everything. Just as when you are discarding plastic bottles and you seem to give them away, they come back in great waves of plastic bottles. And yet nobody really thinks about that when they discard and try and get rid of that thing. You are seeing it in spades in your society. Everything that you have ever taken

from the earth or polluted this earth with, you are now seeing it returned back to you in kind. And it is not a punishment; it is merely the nature of this place.

So begin to bless everything that you would like to bless you. Bless your brothers and sisters. Bless yourself. Bless me. Bless you. Bless the universe. Bless nature. Bless the animals. Bless the fresh air. Bless the trees. As you go through your day, give away the love that you have for all of these things and appreciate them. That is what appreciation is. You are bestowing upon everything you see the love that is your natural state.

And it will come back to you. It will come back to you in the form of opportunities. It will come back to you in the form of a beautiful sunny day. It will come back to you in the form of beautiful relationships. It will come back to you in the form of all kinds of abundance. But you are acting in abundance when you appreciate and bless everything that you see.

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 188

"The peace of God is shining in me now."

You are Blessed Beings. I am that one that you know as Jesus, and the peace of God is shining in YOU today. It is merely covered up with some dirt and debris that really does not belong inside your mind. And that is All That Is causing you your suffering today — little ideas, little beliefs, some big ideas and some big beliefs that are terrorizing you into fear.

So when you understand this, it is a profound comprehension to realize that the very vital life force, the spirit that inhabits you, the creativity that inhabits you, the love that inhabits you, is your True Nature. All of these other prickles and distortions and disturbances are not your True Nature. They are ideas that are interfering with your bliss.

Ananda is bliss. Love is bliss. Peace is bliss. When you have those moments on this earth — you all have had them — where you are perfectly happy... You may not be doing anything; you may be just sitting on a log looking out at the ocean or you may be in a park listening to the birds or you may be snuggled in your warm bed, and you are perfectly, perfectly happy and need nothing at all. And those moments indeed are precious because they show you that it is not about fancy cars and big bank accounts. It is about peace. Those moments show you that peace of mind is the most precious gift that you can give yourself.

So when you encounter these negativities, your short temper, your impatience, your sharp tongue, remember that this is not your natural state; this is something you have learned. This is something that is a distortion. This is something that is a little bit out of order, so we want you to see it that way. Instead of saying, "I am a terrible person because I didn't like that person." Instead of saying, "I am a terrible person because I was short or flippant or sarcastic..." or whatever crime you commit yourself of, do not see it as yourself. Say, "Ah, there is one of those aspects that is clouding the clear mirror of my mind. There is one of the little distortions. It is not who I am, although it appears to be. It is an illusion that it is me. It is coming out of my mouth, yes, the idea is forming in my mind, but this is not the true me. The true me is kind and generous and loving and creative and believes in the truth of these teachings."

So even when you doubt, even when you lose your faith, you are leaping onto the side of the ego's fence, and on that side is despair and death and sickness and fear and worry and loneliness. Leap back onto our side of the fence as soon as you feel yourself dipping down, as soon as you feel

yourself going down the dark rabbit hole. Do your best to prevent yourself from going down there by picking up *A Course In Miracles* or watching one of these videos or reading one of our Dear One's books.

Do your best to prevent yourself from going down that hole, but if you go down that hole, use it as a sound lesson in seeing what's going on in your mind. If you have too much momentum in your negative beliefs and thoughts and ideas, you can be taken down the rabbit hole on a regular basis. But each time you go, ask yourself, "What was it that I was thinking the second before I started to go down the rabbit hole? What unloving thought did I have about myself or someone else right before I went down that rabbit hole?" And you will begin to see that it was a choice. It may have been an unconscious choice, it may have been a less-than-intelligent choice, but it was a choice. You had a thought that was unloving and you believed that thought and that thought took you into the ego's realm.

The next time it happens, if you do this, if you remain conscious and ask yourself, "What did I do just before this happened?" the next time the rabbit hole leaps up in front of you, you will sidestep it and say, "I don't need to go down there. I do not need to make this unloving decision. I do not need to attack myself or anyone else. I need to be free of these beliefs and ideas, and the less I choose them, the less frequently I choose them, the more free from them I will become."

I am that one that you know as Jesus, and we will speak to you again tomorrow.

Lesson 189

"I feel the Love of God within me now."

You are Blessed Beings indeed. I am that one that you know as Jesus, and the love of God for you, within you, is your natural inheritance.

All of these scary fantasies that you have, all of these fears of judgement, all of these opinions, all of these angers, upsets, all of this drama, is self-created. You have a choice. Are you going to live a peaceful life, or are you going to become embroiled in every little ripple on the surface of the sea, or are you going to dive deep and enjoy the calm depth and beauty of silence?

If you find yourself running around the world at high speed every single day, this is your clue that you are afraid of God. This is your clue that you really do not value your spiritual evolution. This is your clue that you are distracting yourself from some deep fears that you hold. You do not want to be still; you are afraid of what you will see. You do not trust what you will see.

For those of you that are busy bees, we would like you to begin to really give yourself an hour each day that is not assigned to tasks, that is not assigned even to reading the Course, but that is assigned to just Being still. Now you can take a cup of tea with you out into the garden and just be in the outside or you can go for a walk and find a quiet place to sit and contemplate or you can just go to your room and lay on your bed and rest. Rest is a beautiful thing. Calmness is a beautiful thing. It will give space for the messages that you all so desperately want to arrive. If you do not create space for messages, for inspiration, for guidance, how are we going to get it to you? Well, we will get it to you in your dream time if we are lucky, but

many of you have dismissed your dreams as fantasies, as unreality, as unimportant, and so you don't remember them.

If you feel that you are not getting messages, slow down and create space for those messages and ask for those messages to be clearly given to you in whatever form is suitable for you in the evolution that you have right now.

There are Beings who cannot hear the Voice for God because it would terrify the living daylights out of them. There are Beings who could not handle this kind of transmission because it would drive them insane — they would have too many fears pop up. But if you are genuinely interested in connecting; if you are genuinely interested in developing a relationship with your guides and teachers, then give it space and allow the love of God to arise in you and bring a peaceful opening — a quiet pause in the day where you are able to just be with whatever is happening.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 190

"I choose the joy of God instead of pain."

You are Blessed Beings indeed. I am that one that you know as Jesus, and at this stage of your development when you are a little over halfway through these lessons, you will find this kind of lesson impossible to believe.

It will not ring true to you because you have twisted your ankle, you have a broken heart, you've been divorced, you've been abandoned, you have been at the mercy of your own miscreations. But THAT is what has

happened; you have been at the mercy of your own miscreations — you are not a victim of this world. As this lesson says, the world is the end result of a lot of thoughts and beliefs and ideas, and if you want to change the world, you must change those thoughts and beliefs and ideas that you hold firm to and that you act in accord with.

You see, if you believe that a certain part of the population is dangerous, let us say black people are dangerous and you are white, every time you feel that fear and cross the street, every time you feel that fear and bar your door, every time you feel that fear and buy a gun, you are acting in accord with your intense belief that it is true. And so it must become manifested in the world, not as a punishment, but as a true reflection of your own consciousness. "I believe black people are dangerous" — and so they will be for you. The same thing happens with women who are viewing men as dangerous. They are constantly attacked. They are constantly put down. They are constantly berated because the world is reflecting back to them their beliefs that they are unworthy, their beliefs that they are powerless, their conditioned beliefs and ideas that they are worthless or not valuable or ugly, whatever it is. You have to see what you believe you are.

You have to see what you believe in and act in accord with. And so as you change your mind, so will the world change. Beings who have been doing A Course In Miracles for many years will tell you this: that miracles have been worked, that their life is completely different now than before the Course In Miracles, and all they have done is their forgiveness practice. All they have done is this work that you are Being asked to do.

So come to these lessons willingly. We have said this before. Do not resist them. Do not argue with them, but trust that you have been given the means to heal your mind and therefore create miracles in the world for you to experience and to enjoy.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 191

"I am the holy Son of God Himself."

You are Blessed Beings indeed. I am that one that you know as Jesus, and you ARE the Holy Son of God. I am the Holy Son of God. You are all beautiful, holy, divine members of the mind of God.

And this knowing — when you truly know this, you are not grasping. You are not cruel. You are not needy. You are in accord with your True Nature, and you can walk through the world head high, but not in arrogance; head high, knowing that you are love personified, knowing that you have a great purpose here and that you are an eternal Being. It is your belief in death that makes you hungry. It is your belief in death that causes you to attack others. It is your belief in death and your frailty and your smallness that causes you to be spiteful and vicious.

When you understand the True Nature of your grandeur — not your grandiosity, not the grandiosity of the ego that says, "I am so special." but the grandeur of you knowing of your true origin — then you will be courageous, you will be wise, you will be humble. And you will walk through this world shining a light that is beyond other's ability to understand, and they will say: "What is it that is different about you? You do not cower in the corner like other people I know. You do not grasp and crave like other people. You are seemingly at peace even though this world is such a crazy place. What is it that you are doing?" And in that moment you can tell them. You can tell them that you are a Holy Son of God and there is nothing to fear.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 192

"I have a function God would have me fill."

You are Blessed Beings indeed. I am that one that you know as Jesus, and many of you are asking what your purpose is. "Can I be a painter, a writer, a mother, a father... something important, something fulfilling?" Your purpose here is forgiveness.

Why is that so powerful? Well, forgiveness is your demonstration that you understand the laws of creation. You understand that everything that you are engaging in is a choice. It is your free will and you are the creator of any suffering that you endure. When you forgive, you demonstrate your wisdom. When you forgive, you demonstrate your desire for peace and joy and abundance. When you forgive, you understand that your mind is the culprit. Your mind is the one that is accusing. Your mind is the one that's angry. Your mind is the one that is intolerant, and it is YOUR mind that needs to be worked on. And forgiveness is the way we work on our own minds.

When we step back from judging the world, when we step back from our self-righteous anger, when we step back from accusation, we are left with ourselves — and that is exactly where you should be focusing your attention and intention. What is it that you would like to experience here? How would you like to grow? What would you like to create? How would you like your love to be expressed? These are the things that you should be focusing on. You should not be focusing on other people's errors. You have enough of your own to deal with.

So step back from judgement, knowing that it is the greatest gift that you do not give to your neighbor but you give to yourself. You give yourself

peace. You give yourself equanimity. You give yourself a simple and joyful life, and it is your natural inheritance; it is your right. But you have become so lost and confused in the mire of multiple judgements on this planet that you have become so lost as a society, and you think that war and attack and punitive punishment is what is going to make everything better. But all you have to do is look at your world. And you have been doing it over and over and over again.

Try forgiveness. Try love. Try peace.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 193

"All things are lessons God would have me learn."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it is so simple, is it not? Just forgive whatever is upsetting you and your pain and suffering will leave you. It is the truth.

Every time that you encounter a negative emotion, you will see that you are judging something — yourself, another person, a situation, a country, a political leader... You will see that you hold them as sinners, or there is something that is happening that should not be happening.

If it's happening, it's meant to be happening. And that is your lesson today. If something is happening, it is there for a reason; it is there to show you something. It may be there to show you the unforgiveness of your society.

It may be there to show you your quick temper. It may be there to show you that you cannot save somebody else; you must save yourself first.

Everything is designed to show you something that you need to see, and so forgiveness is part of your work so that you may get the lesson. If you are in resistance, if you are in judgement, if you are in an unforgiving state of mind, you will not look at the lesson and learn the lesson because you are in resistance. That means you have your hands up; you have an energetic wall up. You are saying, "It is wrong. This thing that is happening is wrong." We want you to say: "This thing that is happening is happening to show me something. Let me look at the lesson; let me forgive so that I may be open enough to interpret this situation correctly."

It may be that you see somebody behaving in a way that you deem is cruel, and when you forgive, you realize that you do not know what their motivations are. You do not know what their history is. You do not know what their purpose is. You do not know what assignment they have been given in this incarnation. You are not qualified to judge somebody else because you don't know anything. But you do not get that lesson until you forgive. As long as you are standing in self-righteous judgement of somebody, you think you know. The ego tells you it knows. This person should not be doing this thing. But if that person is doing that thing, that person is using the free will that is God-given and they will have their own experience of something that will teach them something, and it really is none of your business.

Unless there is something right in front of you that requires your attention, action, intervention, then it is not your business. If there is a child running out into traffic in front of you, your instinct will be to stop it and that is okay. We are not saying that you should not participate in life in an intelligent and loving way. What we are saying is, it is your business if it is right in front of you. If it is someone in your house, if it is a thought in your mind, if it is your coworker sitting in the desk next to you, then it is going

to affect you. But still, any suffering you have because of those people will dissipate when you forgive them and say: "I don't know why they're doing what they're doing. All I know is that if I judge, I suffer, and that is not going to help anything. Perhaps I can add love to the mix instead of judgement."

But forgiveness is the step before love. You must forgive first before you can be loving in response to a call for love, for that is what any sin or bad behaviour is: it is a call for love, not a call for more separation. Think about this. If somebody is behaving badly, that means they are confused; it means they have lost their way, and that does not mean that you berate them or attack them or punish them. It means that you love them. You offer them a helping hand, even if it is a mental prayer and you cannot help them physically. Help them mentally and emotionally by sending them love and asking for them to have the correct guidance in their life. Just as you ask for that thing for yourself, "Please show me the correct way to live my life so that I may be of assistance to my brothers and sisters rather than a hindrance."

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 194

"I place the future in the Hands of God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and does not this sound like a great relief to you, to place your future in the hands of God?

What the ego will tell you is that this is not safe, that you should place your future in ITS hands. It has great plans for controlling the world and judging people and keeping everything in order. Just take a minute and think about that. Which feeling gives you a sense of security? Which option makes you feel safer: allowing the ego to do what it does, or giving your future into the hands of God? After all, God is that benevolent force that has created you. Why would God allow anything to happen to you that is untoward? Your sicknesses, you see, are the ego's manufacture. They are not coming from God; they are coming from your fears, they are coming from your resistance, they are coming from your control issues. They are coming from YOU trying to do what it is that you do in a separated and isolated and demented mind.

Your sicknesses do not come from God, and that is why it is so important for you to realize the power of this decision. Health and life and love are in God's image, not death and sickness and pain and suffering. You must observe the fruits of the thought system that you are following. You must understand that God is Love and death is not of God; sickness is not of God. Health[y], living, creativity, loving, extension, is of God. You are MADE in the image of God.

So make this decision throughout the day today. Do not worry about the future. Do not think about what might happen if you do this and you do that. But trust that in this moment if you do your best in whatever situation you are in, if you forgive and you bring love to whatever it is that you are doing, you are, in fact, trusting in a divine purpose. You are, in fact, giving your future over to the hands of God, and in that surrender of your destiny, you relax and you do the very best you can in this moment. Instead of Being contaminated by fear and worry and resentment, you are present; you are, in this holy instant, loving. And THAT will guarantee you a beautiful future.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 195

"Love is the way I walk in gratitude."

You are Blessed Beings indeed. I am that one that you know as Jesus, and you have so much to be grateful for. You are here, residing in this temporary vehicle giving you the opportunity to find love. What a thing to be grateful for. You have been given the means to transform your mind from suffering to peace. What a wonderful thing to be grateful for. You are given many encounters with your brothers and sisters, opportunities to forgive. What a wonderful thing to be grateful for. Your body seems to function and get you moving around the world in which you have this purpose. What a wonderful thing to be grateful for.

You have so much to be grateful for, and yet the mind can find that one thing that it does not have or that one trespass that somebody has committed against you, and the multiplicity of things for which you could be grateful disappear in the darkness of judgement and the belief in sin. When you judge, when you believe in sin, when you focus your mind on that person, that one person in the whole world that has done something wrong that you decide should not ever have been allowed, you give up the entire world. You give up the peace that is your natural right.

And it is a choice. You do it through free will. You do not realize because nobody has taught you the consequences of judgement, but here we teach you the true consequences of judgement. To judge another you lose everything — your peace, the appreciation of every single thing around you, because you know that when you have a resentment running around your mind, when you have a hatred, a chip on your shoulder, everything disappears except that low frequency thought, that belief that you have that you keep going back to.

So forgive. Walk in gratitude, and know that you will be rewarded with love — a connection to love, a desire to love, a knowing that you are a loving Being. When you use your free will to judge, you unplug yourself from the Source of all love, and you feel terrible. You mistakenly blame the other person for their behaviour, making you feel bad, but truthfully, it is your judgement that has made you feel bad. And it is a choice; you do not have to do it.

Gratitude can be the thing that you turn to, to make you realize just how insignificant those minor trespasses are that people have or make. They are nothing in comparison with peace and love and the ability to be happy.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 196

"It can be but myself I crucify."

You are Blessed Beings indeed. I am that one that you know as Jesus, and it can be but yourself you crucify when you accuse another, judge another — you disconnect yourself from oneness and you suffer. When you attack yourself, you disconnect yourself from love and you suffer. It can be but you yourself that you crucify.

In all of the antics of this world, it is the last thing that anyone thinks, when they are hurling an insult or an attack at somebody else, that they are crucifying themselves. They do not understand the connection, the profound connection that everybody has with you, because you are the

creator of your world, your dream, and every character that you encounter in your experience of life — which is a dreamlike experience (once you pass over into other realms, you will see that this is a dreamlike experience) — and every character in your play is there for a reason. The "bad guys" are there to show you your desire and belief in attack and vengeance. That is why they are there: so that you may see the hatred in your mind that you hide from yourself. Think about this a moment. Anytime a "bad" character walks across the screen of your life, you get to see your belief in hatred and attack shown to you through visceral feelings, unloving ideas, and thoughts of murder.

Now this all sounds very dramatic — "thoughts of murder", but if you look at the human race, if you look at war, if you look at the inner city streets of your big cities, if you look at the number of people that are killed each year by guns in North America alone, you will have a hard argument with me to convince me that murder is not on the mind of a lot of people. Murder IS on the ego's mind, and it will carry it out given the correct circumstances, and it is important for you to understand that you are capable of this kind of brutality. Because until you take your your ego very seriously, it will rule you, and we do not want it to rule you because it is showing its colors in your world today in violence and poverty and unloving actions by people and their governments. We want you to truly understand that every time you attack somebody in thought, word, or deed, there is a murderous ego beneath the surface of your social face.

We are not telling you this to terrorize you; we are telling you this so that you understand how important this work is, that you understand that, given the right circumstances, most of you would kill if you were required to. Some of you will say, "Oh no. Not me, I would never do that." But some of you will know that you have been in circumstances where, given the right weapons, given the right scenario, you could have pulled the trigger. We want you to understand that this is okay. This is a world of separation. But you must understand the brutality of the ego — to deal with it in a disciplined and focused way. And we encourage you to continue on this

work together so that you may override the ego's rule of "attack now or attack later", its viciousness, and its cruelty so that you may create a world that is loving and kind, and an experience that is generous and kind and beautiful for yourself too. You do not need to suffer the way you do, but you must understand the ego's motivations. You must understand that attack must be relinquished from your repertoire.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 197

"It can be but my gratitude I earn."

You are Blessed Beings indeed. I am that one that you know as Jesus, and gratitude is very, very close to love in frequency. Gratitude means that you understand what is going on here. Gratitude for having what you have shows you that you understand that what you don't have was not meant to be yours at all right now.

This seems contradictory because we tell you that you have been given everything, and you HAVE been given everything, but you cannot EXPERIENCE everything all at once — it would be too overwhelming for you. And in gratitude, you are setting the stage for a future that is as beautiful as the present because in gratitude you are saying everything is as perfect as it should be.

Even if I have given my brother something and he did not recognize the gift that I gave him, I still gave the gift, and as there is no separation between my brother and myself, I have only given the gift to myself

anyway. And God is the all-encompassing arms that hold all of this giving and taking and receiving. And so whenever you give anything, you give it to God. So give your best to yourself. Be kind to yourself; that is a gift to God, an honoring of God. When you attack yourself you are blaspheming against God. You do not think of it this way; you think you are just hurting your little old self, but you are, in fact, attacking God. You are an idea in the mind of God; would you treat that badly? Your brother is an idea in the mind of God; would you treat God badly?

You must remember the magnitude of the game you are playing here. You are playing with God and yourself. You are playing with consciousness which is all-encompassing, which is a magnificent and powerful thing to behold. You think all of the little games you play are tiny, but they are creative with all of your magnificent creative abilities behind them. And so if you attack somebody or if you renege on a promise or if you hurt somebody or if you judge them, you are using the power of a god in that unloving thought, in that unloving word, in that unloving deed.

So make sure you use your gratitude for everything. Thank those Beings in your life that cause you difficulty because they sharpen your practice. They give you something to forgive, they give you something challenging to forgive, and you will receive great rewards for doing that — not because God is blessing you, but because you are demonstrating your understanding of what is going on here.

You are sacred Beings and we want you to treat each other as such and we want you to treat yourself as such. Be grateful that you have this opportunity to remove all of the unloving thoughts from your mind. Be grateful to those that show you how hateful you can be or how angry you can be. Be grateful to them because they help you with your practice by revealing those dark shadows that are hidden beneath the surface of your consciousness.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 198

"Only My Condemnation Injures Me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is the most powerful news, is it not, that only your condemnation hurts you.

There is always an unforgiving thought behind any pain you have. If you fear the future, for example, if you think you won't have enough money, it is an unforgiving thought. You have declared the world unkind and unloving and ungenerous to you, and you have said, "I will be without." and that is an unforgiving thought. It is an unloving thought. If you say: "Everything is fine. I will be wonderful in three weeks even though I can't see where I'm going to get the funds to live from. I will be cared for." you will feel a completely different frequency entering your body-mind, and that is the frequency of love. That is the frequency of acceptance, and that is the frequency of gratitude and trust and faith.

These things have frequency. Just as fear has frequency, just as condemnation and judgement have frequency, so do the opposite of those thoughts and the feelings that they engender. So we want you to understand that your feelings of guilt or shame or fear or pain, any kind of suffering, come from beliefs that you hold that are unloving and unforgiving. You must go beneath the surface form and you must decide what it is that you are out of alignment with. Where are you attacking? Where are you judging? Where are you condemning? For if you only stay

on the surface with the feeling, you will not understand what lies beneath that — which is your unloving mind.

We want you to understand here that we are not blaming the victim; we are merely educating you into what causes suffering. There are momentary periods of pain in your life, physical pain, when you stub your toe on the bed or if you drop a hammer on your foot, something like that, or if you bite your tongue, a tiny little thing like that. But if you look at the years and years and years that you have been alive, it is not the physical pain that is the problem. It is the mental and emotional suffering that you are going through constantly that we are speaking about here. And that is a choice. That is YOUR choice. You use your free will to accept, love, and forgive or to condemn, judge, and separate.

It is up to you. You are the captain of your ship. So you must look at the suffering that you experience throughout ordinary days. Not physical pain (we're not talking about toothaches and headaches here, although they do have something to do with this but we will cover that at another time), but we want to talk about emotional pain, mental suffering. It is optional; it is not required, and YOU are the culprit.

It is a difficult pill to swallow for sure for many of you because you feel that others have hurt you. But the truth of the matter is that if you forgive them and stop condemning them, the pain will stop, and it will be then that you see the truth of what we say.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 199

"I am not a body. I am free."

You are Blessed Beings indeed. I am that one that you know as Jesus, and that was the lesson that I was teaching on the crucifixion day. I am not a body; I am free. I am not bound by the laws of this world and neither are you — if you understand them and if you practice love and forgiveness.

That is the qualifier. You must align yourself with truth and not the untruth that the evidence of the body provides for you. The body says you are separate. The body says you are alone. The body says you die. The body says you feel pain. The body is the ego's ultimate weapon. If you do not focus on the body but you focus on the mind, if you train the mind and pursue love and relinquish attack thoughts, your body will take care of itself because it will thrive at the frequency that you are holding.

When you focus on the body and you make IT the giver and the getter of everything that you want, you become very, very fearful. And many of you will notice this: that as soon as you begin to try and mold and shape the body through diet or exercise or even just judging the body, you will begin to feel worse. You will begin to begin to feel less loving towards yourself. You will begin to feel more controlling, more fearful, more materialistic. And that is because you are focusing on the least loving aspect of your experience here which is the ego-driven body.

Now the body in and of itself is a neutral object, but when the ego uses it as bait, as material for war, it becomes a very, very unloving thing. When you choose to pursue love, and you do not focus on the body, but you focus on your creativity, your ability to extend your qualities of charisma and kindness and generosity and creativity, the body becomes a useful tool.

And that is what we are seeking through this lesson for you to understand, that the only real valid use the body has is as a tool to take you home to love — not through its use as a sexual object, not through its use as an object of beauty, but through its use as a tool designed to take you on a journey through your own consciousness.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 200

"There is no peace except the peace of God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and have you not noticed that the older you get the "tireder" you get and the less interested in the world you become?

Those energetic years of the youth soon pass away as you trudge through your 20s with broken hearts and broken bank accounts, and you head into your 30s convinced that the next phase of your program will make you happy — the house, the children, the family, the mortgage, the debt, the 40-hour workweek — all of these things building up into what you would consider a midlife crisis, but what we on this side consider a great burst for freedom.

Many of you come to these teachings in your 40s or 50s or even later because you have tried all of the roads. You have tried everything that you were taught would make you happy and not a one of those things has indeed made you happy. You are still wondering what it is that is missing. It is because it is not held in the world, that thing that you are missing. It is your home, it is love, it is your connection to the Divine — that is what is

missing, and that love is irreplaceable by any material good or any human body or form.

This makes many of you sad to think that there is nothing in this world that will hold your happiness for very long, and it is true. It is a sad place; you can see that written on the faces of many people that walk its streets. But there is glad tidings. You have been given the means to return home. You have been given the information that you need to practice to make this journey on Earth a lot better and eventually to take you back to that place from which you came, which is the all-encompassing, loving arms of God.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 201

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and all of the trials and tribulations that you go through in your daily life are because you are trying to be something that you are not.

You are trying to be socially acceptable.

You are trying to be something that your parents taught you to be.

You are not listening to your guidance system, you are not listening to that deep, deep truth inside of you that is Love... that is joy... that is creativity... that is self-expression. Freedom... self-expression... and Love... these are the pursuits that should be occupying your mind.

You are as God created you — you are not a mistake.

You have come here into this dimension, this pointed 3D experience that you call your life, and it is a detour into fear. It is a detour into something that is not your natural home. And many of you speaking to each other will say,

"I do not feel as if I belong here."

"I do not feel like my family is the right family."

"I almost feel like I've been dropped into the wrong place."

And it is because you are not at home here. You have walked far away from home. The story of the prodigal son comes to mind, where the child leaves his father's home and goes on a great adventure, but at some point he gets tired, and broken, and loses all his money and wants to come home — and that is where most of you are right now.

You have had your adventures. You have chased many idols in the world, and you have yet to find the happiness that you seek. Now you want to come home but you are scared... you have become lost in the wilderness... you are confused. And that is what this text [ACIM] is for, it is the gentle map home.

You cannot be taken home too quickly, because you have chosen to go on this long and arduous journey that you have been on... this detour into fear... and you will never have your free will overridden. It is so important that you understand this. Some of you fall down on your knees in despair and say, "Please take me home, I don't want to be here anymore."

But you are here through your own free will.

You are unloving through your own free will.

And it takes a little bit of an education for you to see that all suffering that you experience is because of distortions in your mind that you believe in, and that you continue to practice throughout your day.

These gentle lessons are the rehabilitation of your mind, the reclamation of your sovereignty, and you must do it through your own choice. We cannot do it for you, because you will never have your free will taken from you, it is one of the greatest gifts you have — to choose the experience that you want to have.

But you can make this a nicer journey by choosing Love as often as possible, by forgiving as deeply and frequently as possible. And within a very short time you will begin to see the transformations that these practices bring — and if you continue them on, over years you will slowly erase all of the idols from your mind. You will slowly erase all of the unforgiving ideas in your mind, and you will come to a profound and deep peace and acceptance of yourself as you are — for you ARE as God created you — a beautiful, sacred Being, immensely creative, loving, and kind. And that is what will be left at the end of this long process of erasing everything from your consciousness that is not true and that you do not want to carry around as a burden with you any longer.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 202

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and we are very pleased that you have come this far with us. You are in the 200's now, and you have gone through some of the most difficult parts of

the course because you have come to see that it is doing you good, or you would not be here with us today. You have seen some transformations in your behaviour. You have come to see some of the shenanigans that your thoughts get up to — and some of the thoughts that you should not believe that reside within your consciousness. You are coming to see, that suffering is optional.

You are not a body.

This is one of the great lies that your society tells you, and it is promoted relentlessly because it is one of the most disempowering thoughts that you can have — that you are just a body. And your Western scientific method is based on that. Spirituality is not allowed in your scientific method at all. Consciousness is removed from your scientific method, even though it is impossible for it to be removed. Scientists believe it has been removed — but it does not ever leave that experimenter's domain. Anyone designing an experiment has their perceptions deeply entrenched in the design of that experiment. Any scientist observing an experiment will change the outcome by their desires, and so there is no real clear scientific method as you believe it to be. But the biggest mistake that the scientific method in your Western world makes is that everything is physical, that you are a body, and the whole pharmaceutical industry is based on the idea that the body goes wrong for no reason, and that that cannot be solved.

It is not true. Miracles can happen. But they come from mind — they come from healing the mind. They come from aligning the mind with Love, not fear. You see the scientific proof of that. You see that people who are stressed out all the time have heart attacks, their bodies fail them. You see that people who are self-loathing and unloving to themselves will develop auto-immune diseases where the body seems to be attacking itself — because they are attacking themselves.

This process of mind reclamation... gaining back your sovereignty... aligning with love IS the miracle working device that those of you who

suffer from sickness and pain want. It is the path home to health and true happiness

You are not a body. You are spirit. You have come from spirit and you will return.

Once this experience, this detour into fear, is over, you will return to the loving arms of the Divine Father and you will not be judged for the errors that you have made here. So, stop berating yourself for your failures and focus on what you are good at. Focus on what you love. Focus on the things that bring you joy. Because when joy courses through your body, it heals you because it is Love, and that is the frequency of health, and that is the frequency of life, and not death. Death is a choice. You do not think it as a choice — you do believe in it as an inevitability. As you say, there are only two things guaranteed in your life, death and taxes. But we will question that. We would say there's only one thing guaranteed in your life, and that is to live for Eternity.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 203

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and this **name of "God"** issue has been giving some of you a little upset, trying to figure out what exactly that name is.

You can use any name that feels comfortable to you. You can use God, Goddess, All That Is, Source, Universal Mind — whatever suits your

feeling as Being the most accurate representation of that name of "God", then use that, and if it is "God" use "God".

Words are symbols of symbols. They are not as important as you have made them out to be. It is the FEELING behind everything. If you say "I love you" to someone and you don't mean it, it is the feeling that is projected out into the world, and that will be reflected back to you. It is not the words... the sounds that you make... even though you can do powerful, transformative work using words — but you must understand that the words you use must be in alignment with the intention and feeling within your heart and soul.

So, yes, words are powerful. Words are magnificent tools for connecting with the Divine. You, however, must focus on the feeling that that word brings up for you. Some of you who have been traumatized by the Church, or by religious parents, do not like that word "God", and the feeling that it elicits in you is not one of Love and Peace, and expansiveness and forgiveness.

And so that is your forgiveness work — to forgive that word all of the things that have incorrectly been done in that word's name.

That has happened to me a lot. People have done terrible things in my name, and that is one of the reasons that I wanted to come through in your society at this time — to reclaim my name for the Truth of what it stands for — which is all-encompassing Love for you, my brothers and sisters.

So do not get hung up on these symbols of symbols. Go to the heart and come up with a word for God that YOU love, that YOU resonate with, and that feels completely comfortable to you. Do not judge others for the words they use. Use the word that is your Truth... and your Home.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 204

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and this reminder is to get you to think of God throughout the day.

You think of your rent.

You think of what you're going to cook for dinner.

You think about your broken toenail.

You think about going to the dentist.

You think about all kinds of things throughout the day — all worldly things about the body... about money... about sex... about success... whatever it is.

You must give a substantial amount of your mental and emotional commitment and faith to connecting to that which you would call God.

Now God is not participating in this world in any meaningful way, which is something that some of you may be surprised to hear.

You are all creating this world because you've been given freedom.

God is at home in another place, another time, and is not really concerned with the shenanigans that humans get up to. You, however, because you are made in the image of God, are loving creatures. You are spiritual Beings, and when you focus intently on the material/physical all the time, you will suffer because you are not Being your Self.

So this multiple reminder throughout the day, is the reminder of what you are — your Self — that you are an idea in the mind of God. You are made in the image of your Creator, endlessly creative, freedom-seeking, loving creatures.

And so it is important to remind yourself of that. That to remind yourself of God is not to submit to anything, but to remember — to remember what you are in Truth. To remember what keeps you happy, to remember that this world is a temporary illusion that has been invented to keep you from God.

"Lead us not into temptation" — that is what that line means. This world is a temptation... designed by you... to give you all of the things that distract you from your Truth — all of the idols that you still worship, all of the distractions and shiny objects that keep you from going within.

We remind you to go within many, many times each day, and to connect with that 'God' that you feel comfortable talking to. God is never offended by your nomenclature. God is never offended by anything that you do. God is not interfering in this world in any way, shape or form. God is the Father that you will go home to, when you have had enough of this world.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 205

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and many of you have come to realize that the peace of God is more valuable than anything in the entire world.

You see your movie stars... you see your pop stars... and you see them falling down as idols do. You see them with all of their money... all of their riches... dying young... or having catastrophic personal lives. Your idea of success in this world is a very, very distorted one, and we want to bring this to your awareness today.

Some of you, in living peaceful lives, feel as if you are missing something. Some of you, in doing this work, this Course In Miracles mind-training program, think that you are going to miss out on something. But you are not going to miss out on anything. What you are going to get is far more valuable than anything that money can buy... or fame can buy... or infamy can get you.

The peace of God passeth all understanding, and it is a deep and profound acceptance of everything that you are, and everything around you. And it is this that is so valuable, because once you have achieved peace, then knowledge can flow to you.

And that is what happened to this Being. In removing all of the upsets from her mind... to the best of her ability... she opened a doorway in her consciousness to information that she could not access in those lower regions. She is not special. She has merely followed the scientific program of forgiveness that we have written about in this book, and that these lessons lead you towards. And it is indeed a scientific practice. If you do

the lessons and practice forgiveness throughout your day and do as you are told, you, too, will open the doorway to information that you cannot access in the lower realms.

Why? Well, you are not allowed to access some of this information in the lower realms because it would corrupt you. It would cause you to manipulate people, or maneuver things, to get your ego's way. The ego is what is in charge in the lower 3D realms. As you practice forgiveness and you use the heart more and more than the thinking mind, you become more integrated and therefore you have more integrity. And once you have integrity, then the access to knowledge will be granted to you, because it is dangerous to have power that you are not trained for.

So we want you to understand that you will receive information, more and more and more, as you quiet the mind, as you achieve that peaceful state of Being that we call the peace of God. It is your natural inheritance. It is the kind of mind that is cultivated in reading intelligent material, in spending time in nature, in utilizing your God-given gifts of creativity and imagination and Love. And it is in that place that you will find true happiness. We guarantee it.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 206

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and you all have very wonderful and specific gifts. Some of you are singers. Some of you are writers. Some of you are wonderful parents. Some of you are amazing athletes. Some of you are inventors and scientists. You all have

a particular thing that calls to you. Some of you may have several things that call to you. There is no one particular pattern that is good, and only that is good. You are all good.

But you will notice that as you become more educated in this society, as you become more funnelled towards work, earning money, that many of these passions fall away from you, and they become but a distant memory.

It is time now in your Earth's evolutionary journey for you to begin to reclaim these parts of yourselves. They are intentionally removed from you. You will notice that there is not a lot of time in your school systems for dancing... and singing... and painting... and riding horses... and all of these sorts of things. Yes, sports are encouraged, but in a particularly competitive way, focused on Being picked up by a sports team and earning lots of money — there is a distortion to it that is Being used against you.

But for those of you that have left your passions behind, we want you to begin to reclaim them. We want you to go back to a time in your memory where you know that you loved to draw, or you know that you loved to run, or you know that you loved to dance, and we want you to do that again.

Yes, you may be older, yes, you may be out of shape. But you can do all of these things in some form or another. Even if you are incapable of standing up and you loved to dance when you were younger, you can put some music on and move the top half of your body. You can stand next to a chair and hold yourself up and begin to move your body — and your body will respond because you are speaking to your soul. You are speaking to that deep, deep part of you that came here to express itself... to be creative... to extend itself... and that is what Love does. Love takes many forms, and one of the forms it takes is passion for life and passion for those particular talents and interests that are yours, and yours alone.

So do not think about the money that will come from doing it. Do not think about the art sales that will come from doing it. Do not think about the figure that you have that you feel no longer suits that passion. But begin to imagine... If nothing else... begin to imagine yourself doing those things again, and you will begin to feel a little flicker of life returning. You will begin to feel some passion coursing through your body. You will begin to feel a little bit younger.

It is passion... and it is love... and it is self-expression... and it is freedom... that causes vital life force to course through this body of yours. You come in with it. You see it with young children laughing and playing and tickling each other and just having a grand old time of just Being themselves. And slowly but surely it is removed from you... systematically... by programs that do not care for your spiritual evolution.

Do not underestimate the power of physical movement and creativity in your spiritual journey. Do not make it an academic study only, but an experiential one.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 207

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and when you go through the world every day looking upon it with Love, and looking upon it with forgiving eyes, it is you that receives the benefit of it, because you become the same frequency as God.

That is how God looks upon you, in your unique way, and it is what you will benefit from when you do the same thing.

So, when you act in the same way that God would act, that is, loving... forgiving... creative... extending... passionate... and kind... then you will feel amazing. When you understand that that's all you're doing — you are acting as if you are made in the image of God — then you will benefit from it.

What else does God do? God does not bother with the material world. God is interested in the Timeless and the Eternal, and you, too, will benefit from Being interested in the Timeless and the Eternal.

"What is the Timeless and the Eternal", you say? Well, they are all non-physical things — things that are not bound by the rules of this dying planet.

Now, when we say "dying planet", we don't mean that She is literally dying, but this planet's life cycle is built on death. Everything has to die for something else to live. You see it in your food production systems — how many animals have to die to feed all of you? That is not a system that would be created by a loving God. Even the composting of dead material in the bottom of the forest floor, which seems to be a healthy thing, is based on one thing — dying so another can live. It is a reflection of the nature of this place.

So do not become attached to material things. Now we know that this is a very, very easy thing to say, and a very, very difficult thing to do — because you have all come here into this 3D world in a body because you are attached to things, they are your idols.

But you will see that when you chase something physical, it does not satisfy, whether it is a car... a house... a body... money. Yes, in those first throes of getting what you want you will feel some elation, but very, very

quickly you will be looking for something else, and that is your clue that it is not an Eternal thing.

Eternal things satisfy you deeply, and you do not need to chase after other things.

So, creativity, for example, is an Eternal thing. It is the nature of Consciousness to be creative. And so if you can be creative in whatever way makes you happy, and you are drawn to, you are then experiencing your own God-like nature. But don't get attached to the things that you create — set them free and share them with your brothers and sisters, and then you will truly own them, because you have shared them.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 208

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and these statements that the Course In Miracles gets you to say as fact, are the Truth. You have merely hidden the Truth from yourself.

And so, when you say the Peace of God is within you today, but you do not feel peaceful, then we want you to make the next logical conclusion, which is,

"I must be doing something incorrect with my thoughts, because I am not at peace."

"What is it that I am doing with my thoughts that are causing this agitation?"

"If this statement is true, — that the Peace of God resides in me now — and I am not experiencing it, then I am doing something to block it. I am choosing, to victimize my self or attack another, in some way, shape or form. How am I doing that?"

"Am I arguing about a person with whom I have a disagreement in my head? Then I need to stop doing that, because that's blocking my ability to experience this peace."

"Am I constantly fretting over not having enough money and feeling that I'm going to be poor my whole life?"

That is interfering with your peace and you must stop it. You are choosing to do it, through the interpretation, that you are making of your circumstances.

Now, some people who have a shortage of funds, are going to say that that is what is happening. Well, if it is what is happening, then you must change your mind about it — because it is the only way you can change what is happening — is to change your mind about it before the reflection of that, is manifested in front of you.

So, everything that's manifested in front of you, is coming from your beliefs and those beliefs that you fully activate and invest in.

That is why it is showing up in physical form in front of you. So you must look at what is showing up in physical form in front of you and ask,

"How have I, held the frequency of this physical form somewhere else?"

"How have I manufactured this?"

"How is it that this thing keeps happening TO me? It's coming at me from my life — that means it is coming FROM me."

Peace is your natural inheritance. Peace is the way your mind is supposed to be.

Anytime you have lost your peace, you are actively doing something to inhibit your experience of that peace.

So be brave and be courageous — and own your own contribution to your lack of peace — and in an effort to change that lack of peace, make this statement as often as you can today.

"I am not a body. I am free. For I am still as God created me."

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 209

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and is it not a joy to know that you are, and have always been, connected to your Source?

This is the great illusion of this place of separation, this place of fear — that you have been abandoned by God and that you are alone.

The truth is, YOU chose to leave God — and you are under the illusion that you are alone because of that choice — because you are so powerful and

your ability to manufacture whatever you believe in, and whatever you want, is proven to you day after day. It is this realization that will turn your mind around to recalling your origins, to remembering who and what you are.

You are a Divine Sacred Being — merely temporarily housed in this separation state — and it is through your internal pursuing of separation... and constant reinforcement of that state... that you continue to experience it.

When you decide that you do not want to be separate anymore and begin to forgive the world for what it seems to have done to you... but only at your behest, it has only done whatever you have wanted... then you begin to make that journey home. And it is a long journey. You have taken a deep detour into fear and you have made thousands and thousands of decisions for separation.

Every time you attack yourself, or judge another, you are choosing separation — taking yourself deeper and deeper into that fear, further and further away from your home in Love.

But once you realize that, once you come to truly understand that this is your creation here, then you can make another choice.

You can choose again.

You can choose Love.

You can make a thousand decisions for Love and for the reunification of your mind with All That Is — and then that will become the Truth, that will become what you experience.

So if you have not already made that dedication, make it today.

You are not a body, you are free to choose whatever it is that you want to experience.

You merely have been ignorant of the mechanization of that process, or the mechanics of that process. We are teaching you the mechanics of that process.

You keep separation alive through fear and judgement and indulging in those ideas.

Through forgiveness and Love, you return home to Love and to your True Nature.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 210

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is the greatest device that the ego uses to prove that God has abandoned you... your own pain... your own body... your own fallible physical structure. And it is the evidence that you all believe that proves to you that you have been abandoned by God.

But what we want to bring to your attention here is how much effort we are having to put into getting you to have faith in God... to think about God... to include God in your life.

You see that you can go for many hours in a day when you do these lessons without thinking about God... without connecting into Source energy... without praying... and that is a demonstration of your belief.

That is a demonstration of how this world is so seductive... how this world is so tempting... and how all of the distractions that you have set up for yourself work.

They work — you want the things that you have in your life. How do you know you want them? Because they are there, and you play with them, and you indulge in them, and you allow them to rule you.

Nobody else is making you do what you do.

You are a free spirit. You are a free agent. All of you can change the things you do each day.

And so we want you to really grasp that truth, that your life is your choice and the things that you spend time on and invest in are the things that you value. You may be valuing them incorrectly... you may be valuing them for the wrong reason... you may be valuing them out of fear... but you are still using your free will to value them, and to indulge in them, and to spend time with them.

Pain is a direct consequence of your separation from Love. And so the more pain you are in, whether it is mental or emotional or physical, that is a demonstration of your degree of separation.

Now, in your society this is deemed unloving to tell people who are in pain that somehow they are responsible for it. But we are not talking about your conscious decisions. We are speaking about your unconscious mis-creations. Things such as wars would be unconscious mis-creations. You do not realize that you're battling in your mind with other people... you're battling in your mind with yourself.

Your hateful thoughts within your mind create an unloving, hateful, and embattled world. You have not been taught this, so it is unconsciousness mis-creation. Pain is unconsciousness mis-creation. None of you would be doing this to yourselves if you knew how to stop.

And so we are intentionally teaching you how to stop hurting yourselves and hurting others. We are teaching you how to be more loving, and you will begin to see that emotional and mental pain will subside. And as emotional and mental pain subsides, over time so will physical pain because physical pain is the long term end result of mental and emotional pain.

So if you are in physical pain now, change your mind and your body has to respond. Your body is Being manufactured from the frequency of the thoughts and beliefs and ideas that you hold and act upon — those things that you believe in. If you are in physical pain, you are off track in some area of your mind, and it is where you are unloving to yourself or others... where you attack yourself or others. And the pain of the body is giving you a message that you have been off track for a long time.

So take this to heart and know that pain is not a punishment from God, it is a messaging system from the body to let you know that your thoughts, your feelings, your emotions, your beliefs are off track and have been off track for some time.

To cause physical pain, you must have been off track for some time. And so when you begin to transform your thoughts and your beliefs and your ideas, you must give the body a little bit of time to respond to the thoughts, beliefs and ideas that you are now employing. It is not going to happen in one or two days — although it can — miracles can and do happen when you begin to choose love.

I am that one that you know as Jesus, and you do not need to be in pain.

Choose Love.
Choose Peace.
Choose Kindness.
Choose Creativity.
Choose Self-expression.
Choose Love.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 211

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and we are here today to remind you of your grandeur — to remind you that you ARE Sacred Beings indeed.

You are so deceived by your bodies.

You are so deceived by this world's temptations and fear.

You are deceived by them because you chose to come here to experience separation from God.

That is the fundamental principle behind this whole experience — and it is confusing to you because you have been taught that God created this world. And yet you look around and you see so much pain and suffering and so much separation and death you think, "How can God have created this world? It makes no sense whatsoever."

That is because God did not create this world — YOU created this world for you to experience things that are not of unity... not of communion... not of Love. And yet the ultimate goal is a return to Love. It is a paradox, yes, we understand this.

But to get through this experience of separation, you must return to the understanding that you are a grand Being. You are a grand Being of grand design, and you are whole... you are holy... and you will always — regardless of what choices you make — you will always return home to that which you call Love, or God.

God is Love. And so you can use those words interchangeably.

Once you understand the true definition of your experience here, then you can say, "God is loving. God has given me the choice to play whatever games I want, to chase after whatever idols I want." And that is freedom, and Love is giving those that you care for freedom to be who they are, and to do whatever makes them happy.

You think that this world will deteriorate if everybody does what makes them happy, but we ask you, look around. Everybody's doing what makes them unhappy, and it is a sorry place indeed right now.

So give this idea a little thought, that if you all did what you loved... that made you happy... your world would be a much better place to live in.

But truthfully, you are all doing what you want. You are free Beings. At any point you can change your mind, and you can do something differently. Even those of you in deep poverty... even those of you in deep pain... can change your mind and you will see a commensurate change in your physical reality.

Trust us. Give it a try. It will definitely work.

I am that one that you know as Jesus and I will see you again tomorrow.

Lesson 212

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and your purpose on this earth plane is to remove everything from your mind that is unloving. And that unlovingness is manifested in your emotional guidance system as negative emotion. So whenever you feel negative emotion, you can be assured 100% that you have had a fearful thought, or an unloving thought, about yourself... or something... or someone else.

And your guidance system is telling you, "You are made of love. This is not loving."

It is very simple, Dear Ones. It is very, very simple and you make it so complicated. Your purpose here is to — through the practice of forgiveness — to return home. So how is the practice of forgiveness the device by which you return home?

Well, when you understand that you are only experiencing your own consciousness while you're here — yes, it seems to be all kinds of other people, places, and things causing you your troubles — but those troubles arise from within your own mind — that is the only place they exist. All events are neutral, until you tell a story about them that is unloving, or judgemental, or separation-focused. And in that story, you suffer.

Yes, there are times in your life when you will have physical pain — a broken foot or giving birth to a baby — these kinds of things. But suffering is always optional. And suffering means that you have forgotten your purpose here, which is to forgive, and to remove from your mind that

which is unloving, allowing the Holy Spirit to translate your interpretation into the truthful interpretation of this experience that you're having here.

We are all with you, supporting you on your journey, but we cannot make your decisions for you. Only you can indulge in your fearful and judgemental thoughts without impunity, although there is of course a consequence, and it is suffering.

But you will never be punished for what you do when you are mistaken.

You will never be punished for Being confused.

You will never be punished for not knowing what to do.

This is why we bring this information forth to you today, so that you may be sure that the power lies within your own mind.

The power to stop suffering is yours and yours alone.

We can only shine the light on the solution, we cannot make you take it.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 213

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is the lessons that you learn here that allow you to undo your own thinking.

So, you might call them trials and tribulations, you might call them patterns that you cannot break, but they are a multiplicity of opportunities for you to do something differently. And a miracle, of course, is where you choose Love instead of fear.

And so if you look at your life, and you look at the repetitions that happen, you can see that the negativities in your life are the results of a repeated choice of fear.

And so if you would like to break the patterns in your life, you are going to have to break through that barrier of fear, that resistance of fear that you have set up, based on your own beliefs about reality. You will never be able to break free until you are courageous enough to walk through those fears that limit you and keep you in a self-created prison.

So choose Love — be brave.

If you are in a pattern that you do not enjoy, walk up very, very close to the edge of that pattern and feel the fear and know that it is not real. Know that on the other side of that fear, lies freedom.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 214

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is the source of most of your upset: regrets and recriminations over the past, guilt/shame perhaps, and worries and anxieties about the future. You

are living in a fictitious world when you are thinking about the past or the future.

So if you are not present with what you are doing, you are not really doing anything. You are wasting your time because you are reliving or projecting. Those are the two fantasy worlds that a lot of you live in most of the time. So when we talk about presence, that is what we are seeking. We are seeking presence because that is the only true point of creation (new creation). If you are ruminating over the past, you are contaminating that Eternal Now with the past and you will create a future that looks like your past. So if you have a resentment, let's say, or you have an abuse or trauma that you keep thinking about, you now are saying to the universe, "I want more of that."

Your Eternal Now — that moment, that fresh moment that you all get equally — is Being contaminated through the use of your free will and inappropriate use of your memory. It is contaminating this Eternal Now. Now those of you that suffer from PTSD or traumas do not realize that you are doing this voluntarily. You do not realize it has become such a habit of either telling the story or ruminating on what happened to you or revisiting the situation from the past, that you do not realize that you have fed your own trauma.

Now we are not blaming the victim here. We are saying a bad thing did happen to you, but it only happened to you once, and if you continue to think about it, tell stories about it, talk to people about it, go to therapists about it, you are re-traumatizing yourself infinitely, and making sure that your future will be a like vibration. And so what you must do is hand over the future to God and say, "I will be here in the present, trusting that as long as I am in alignment with love, everything will work out fine, because you are love, God, and I am in alignment with YOUR will for me when I am in a place of love." It is very simple.

So presence is not some esoteric, rare quality that monks have; it is something that you should all strive for. Use your senses to keep you in the Present Moment. Look at what you're looking at. Taste what you're tasting. Feel what you're feeling, and know that endless rumination on the past and the future really is a waste of time.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 215

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is important for you to remember that your definition of Love is somewhat limited in your society.

You think of it as a romantic idea, or you think of it as a sensory pleasure as in "I love chocolate cake". But Love is represented in many, many different forms throughout your experience.

And Love is gratitude.

One of the greatest ways that you can get Love into your life and align with Love more easily is to do a gratitude list morning and night — what are you grateful for? Because the default setting of the ego-mind is separation and judgement, which means that the default setting is not Love.

And that means that your ego is going to want to look at the things that you don't like, and you know that this is true. You can have 100 positive responses about work you're doing, for example, and the one person who does not like your work gets the ego's attention, and that is because that is

what the ego wants. It wants separation. It wants war. It wants not-Love; it is not loving.

And so one of the ways that you can really diffuse the power of the ego, is to walk through your day with gratitude. Gratitude even for the things that upset you, because we have told you that you want to see the things that are upsetting you. You want to know where you have a block in your mind. You want to know where you have grievances. You want to know where you have unloving reactions. Those are the things that get your attention by the strong negative emotional feedback that you get from your guidance system, and then they tell you, you're off track on the subject — you're not in alignment with love. So one of the proactive ways that you can align yourself with love on a regular basis is through gratitude, and it's a much more easy access point than loving people that you don't like.

So, when you are grateful for the health in your body that you have today... the fact that you can walk around... when you are grateful that you open your refrigerator and there's food in there... when you are grateful that you get in your car and it starts... these are simple ways that you can align yourself with Love. But you don't think of those things as Love, but they are.

Gratitude is Love.

And this is a wonderful, wonderful practice. When you feel that you are either unloving, or that you don't have enough Love in your life, usually it's because you are not defining Love correctly.

And so this Being has penned a book called "Love and a Map to the Unaltered Soul" in which we go into great detail about Love, and redefining it for you.

So if you have not consumed that material yet, we would suggest that you do — and you may have a lot of Love in your life but you are not calling it

Love, and so you feel alone, unlovable, unloved, and yet you are not. You are surrounded by life and opportunity — and gratitude will help you understand that.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 216

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and your body is one of the great assets of the ego mind. And this is something that is so important for Westerners to understand — that you have been taught to worship the body. You have been taught that the body is the god. You have been taught that beauty is everything, that strength and beauty are the things that are going to get you what you want.

You have not been taught that Love is what you want.

You think you have, because you've been indoctrinated with romantic movies, and romantic songs, and romantic novels. But those romances are not based on Love; they are based on the body. They are based on the special love of the ego, and that is one of the reasons that they cause you so many problems, because the body becomes the focus of the love relationship (or what you call the love relationship).

Now many of you go into fear because you think that we are taking you away into some monkish life where you're never allowed to make love to somebody or you're never allowed to comb your hair, or whatever it is. You think you are going to be taken into the realm of the ascetic. But that is not true. What we are telling you is that the more you focus on the body, the

more you crucify yourself. And this is why you see tremendous eating disorders and body dysmorphia and these kinds of painful mental and emotional distortions in the mind these days, because of the intense focus on the body.

When you focus on what you love, not just who you love or who you want, but what you truly love, those great, deep abiding passions that travel with you throughout your life — your love of music, your love of art, your love of gardening, all of these sorts of things... your natural creativity — these are the things that feed the soul. Your communion with your brothers and sisters in a loving but non-physical way are the relationships that feed the soul. And you can see that there is an erratic quality that comes into relationships as soon as the body is involved, as soon as the sexual act is involved. This is not to say that it's sinful, but it is to remind you that the ego will use the body at every turn to prove that you are abandoned by God... to prove that you are unlovable... to prove that you are separate... it is its greatest weapon.

And so the more you focus on your body, and the less you focus on the eternal internal world of your creativity and your ability to Love, the more you will suffer.

The more you focus on forgiveness... which is love, the more you focus on gratitude and self-expression... these kinds of non-physical attributes that you possess, the less the body will dominate your mind and the less you will suffer.

So it is but yourself you crucify when you worship the body. The more you worship the body, the more pain you have. There is no need to crucify yourself. And in my lifetime, the crucifixion was a demonstration, not of the value of my body as 'a sacrifice', but as the valuelessness that I demonstrated in my willingness to give it up because I had mastered the material world through Love and forgiveness, and could manufacture a new body at will. That is the ultimate trip that you are all on. You are all on

the ultimate trip of using Love and forgiveness to make yourself a master of the physical/material world — not to do the ego's bidding, but to demonstrate your mastery of Love.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 217

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and salvation is one of the great fears of the ego. The ego always thinks that the term "salvation" means that you have to give things up, that you are going to lose your freedom.

The ego only gives you freedom in things that don't matter — what color shoes you buy, what you have for lunch, all of these things. These are inconsequential things, but many people think they are free because they can make these small choices throughout the day. But we will tell you, many of your small choices are Being driven by market conditioning programs that you have been subjected to throughout your life. So you are not even free with those things. You are Being guided by commercials and manipulations of your mind through constant programming.

I want you to understand that salvation is loss of nothing. You gain true freedom from salvation.

That is what we are offering you. This is not the salvation of the ascetic. This is not the salvation offered to nuns and monks who give up everything. This is True Salvation, which is True Freedom and the reintegration and the reclamation of the sovereignty of your own

consciousness so that you are truly free to choose Love. Because in the end, that's the only choice you have. Any other choice that is not Love, merely keeps you going around and around and around the Karmic game — the birth, death, and rebirth game — until you choose Love.

So really, there is only one choice. The other choice of fear and procrastination is a temporary putting off of the inevitable, which is — in the end, you will choose Love and you will find salvation and you will be reconnected to All That Is.

Why not do it now? Why waste time not forgiving when that is the only solution?

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 218

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is such an important thing for you to remember, that when you condemn another it is only you that suffers. When you condemn another it is only you that feels pain. When you condemn another it is only you that loses.

There is this idea within the ego's thought system that to attack brings you something, and this is a fundamental teaching of the ego's thought system — that if you want something, attack is the way to get it. But you get nothing by attacking. You only further promote separation, which further increases your own suffering. So forgiveness is not really an act for anyone

else, which is one of the great misperceptions about forgiveness, it is for YOU.

When you forgive another, you stop suffering.

When you forgive another, you are no longer inflicting separation upon yourself.

When you forgive another, your mind is becoming reintegrated and whole, and YOU have access to that reintegrated mind.

YOU have access to that peace of mind.

YOU have access to the freedom from relentless thoughts about somebody with whom you have a resentment.

YOU get the benefit of your mind back and your frequency going up, which means that you are going to have better experiences, better encounters, because your frequency is higher, which gives you access to higher frequency things.

So whatever your resentments are, be they large or small, they are your judgements, they are your mind showing itself to you, and you suffer. So let us not do this anymore. Let us step back from constantly offering our opinions and getting into arguments, especially on social media.

You are Being manipulated by the mass media systems who design constant opportunities for the ego to flare up, to argue, to judge, to get into a conflict, and in that joining in, you are losing.

This is one of the reasons we tell you to turn your televisions off. This is one of the reasons we tell you to filter your social media so that you are not in provocative situations — not to make you a simpering weakling, oh no, but to get your power back from these useless wastes. The waste of energy

that is Being demonstrated throughout your mass media and social media systems is ridiculous.

You are Being played — and your energy is Being siphoned off from you so that you do not have access to it.

So turn it off. Stop participating in arguments and judgements, and focus on developing your own consciousness, developing your own passions, developing your conscious connection to the Divine, and you will be more influential, you will be more peaceful, and you will be happier. You will not be a simpering doormat, you will be TRULY powerful.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 219

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and your body is indeed the ego's greatest device to convince you that you are alone, that you are going to die, and that God does not love you. That is the use the body has been put to by the ego's thought system. That is the default setting here. Remember, the default setting here is separation and your body is the testament to that separation, the proof the ego uses to convince you that you are fallible, frail, and you are not going to be around for very long.

We want you to understand that it is in acknowledging that you are not a body — that you are free from the constraints of a body — it is in that knowledge that you will begin to relax. It is within that knowledge that you begin to refrain from obsessing over the body, worshipping the body,

hating the body. All of these things bring you suffering; all of these things exacerbate the feelings of fear that the ego uses the body for.

Now, this is not about denying the body in the sense of not feeding it well and not looking after it as [you do] the vehicle that you drive around in. Just as you look after your car you must look after your body in that sense — clean it, brush its hair, trim it once in a while, give it some good nutrition — just as you give high-octane fuel for your car. Change the oil, which might be something like a cleanse once in a while, or some juicing, something like that. Make sure that you attend to it as you would a vehicle. You understand so clearly that a vehicle will not last if you don't look after it, if you don't do that regular maintenance. But that regular maintenance can be done relatively quickly and relatively efficiently. You do not need to obsess about the body.

Have you not noticed that it works perfectly well without your interference? In fact, it is your interference, your constant negative emotions, your constant fears, that cause it to break down and age and die. There are these consequences to the lower frequency thought systems.

And so as you continue on this path, you will notice that your body begins to get better. It begins to heal itself. It begins to look younger even. And that is because you are not dragging it down by your resistance to life. You are beginning to open up. You are beginning to align with these teachings which tell you that you are a Divine sacred Being. Even though you are in separation, even though you have chosen to come into this place to chase your idols, you are still connected to the Divine. You are made in the image of God. That means you are creative... you are loving... and you are extending of that Love. And when you do not extend that Love, when you are shut down and limited and fearful, the body suffers.

It is this suffering that really gets your attention, and so it is paradoxical that we are asking you not to focus on the body, and it will be particularly paradoxical for those of you that have body issues... sicknesses... pains...

injuries. But we want you to know that those things will heal themselves if you focus on Love. If you focus on these teachings, your forgiveness practice, extending the unique qualities and Love, that is and comes from you, you will find that everything will begin to work better.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 220

"I am not a body. I am free. For I am still as God created me."

You are Blessed Beings indeed. I am that one that you know as Jesus and peace is the natural state of your Being.

Now it is not the normal state of your Being in your society — an agitated, dysfunctional, judgemental and not-particularly-happy state of mind is your normal state of Being. But your natural state is peace, because you are made in the image of God. And that is why you are constantly trying to get your mind to a peaceful place, even if you do not realize the strategies that you are using.

So, for example, alcohol is a strategy that you use in your society to bring your mind to peace because you are agitated, you are fearful, you are frustrated, or stressed. You will come home from a long week of work and have 'a good stiff drink' as you call it, and you feel the mind calming, and you feel as if you have some peace of mind. Now obviously, as you continue to drink and go further and further into that bubble, peace turns into unconsciousness. And really, the peace that alcohol brings you is a little touch of unconsciousness. But what it FEELS like is rest. What it feels like is an elevation of your mind, because it is numbing and slowing down

the discursive voice — the monkey mind. So, for a couple of drinks, you actually feel better.

Other ways that you attempt to get your mind to a peaceful state are watching television, for example. When the mind is not at peace, it's not nice to sit around undistracted, perhaps relaxing in your back garden. The mind is chitter-chattering, causing you all kinds of internal reaction to the thoughts that you believe.

Now, thoughts are generated from beliefs. Beliefs are inserted into your mind through your mass media systems and your training programs in your society. So these beliefs generate fears — things like "I don't have enough money." or "I'm too fat." These would be thoughts that would be generated from beliefs that have been instilled in your mind by your society, or your family, or your culture — all of these things instill beliefs in you.

What we are working towards is some discernment — which thoughts do you believe? Which thoughts do you react to? Most Beings' untrained minds are reacting to ALL thoughts and giving them all equal value. What we are teaching you here is to discern and to realize that you don't have to believe all the thoughts you have. Because a lot of those thoughts come from beliefs that are not serving you, and you are beginning to catch on to that.

What happens when you are only believing in truth and love? The side effect is peace. And so, if you don't have a peaceful mind, you must look at the thoughts that you are listening to that are not in alignment with these teachings. So fearful thoughts, judgemental thoughts, separation thoughts, attacking thoughts — all of these thoughts will bring you into a frequency of agitation and get you to lose your peace. The ego does not like peace; it likes war. And that is its purpose, to keep you in an agitated state of internal war or loss of peace.

So be aware that when you are not at peace, the ego is in charge of your thought processes and change what you are telling yourself inside your mind. Grab your A Course In Miracles book and read. This is a great medication meditation for all of you when you find yourself upset about something. Stop what you're doing. Stop what you're talking about. Stop what you're watching. Stop what you're thinking. Grab your A Course In Miracles book and read the Truth, and you will find peace again.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 221

"Peace to my mind. Let all my thoughts be still."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this, of course, is a quite intimidating meditation, because you are taught in your society that to hear voices means you are mental, and that if you tell people you are listening to voices you will be judged as insane and potentially institutionalized.

This is a great fear in your society, and this practice of surrendering to peace of mind and allowing the possibility that you will have information given to you — through that peaceful surrender — can be a challenging one for the ego-driven Western mind to participate in because of all the dangers that you have faced in your society for listening to voices.

So many of you will have issues coming up in doing this, either a sense of fear... or a sense of disbelief... and both of these things will prevent communication. So we want you to go into this lesson with as much enthusiasm and surrender as possible. And should there come some frustration, or resistance, or fear, make a note of that, and after your

practice period, take a dig down beneath that fear and see if you can see where it's coming from. See if you can see the belief that's generating that fear.

Because all of your thoughts and feelings are coming from beliefs you hold to be true about reality. And if they bring up an emotional response in you, you believe them. Even though they may have come from another person, a church, or a cultural teaching, they reside in your mind because you have allowed them to reside in your mind, and if they trigger emotion, that is your demonstration of your belief in it.

So listen for the voice of God in silence, and be aware that there may be some little niggling negativities lurking around that practice.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 222

"God is with me. I live and move in Him."

You are Blessed Beings indeed. I am that one that you know as Jesus and this lesson will bring calmness to your mind.

It is only in beliefs of separation... only in beliefs that you are alone... only in beliefs that you have been abandoned by God... that you go into such deep terror and fear. You are not alone, God is with you. God is always with you, connected to your heart and mind, forever and ever. Amen.

When you have fears, they are generated by an illusory belief in some form of separation. Whether it be separation from a brother or sister... whether it be separation from your ability to create an abundant life... whether it be

separation from your natural state of health... all of these ideas are illusory, and yet when you believe in them, you bring to those beliefs all of your creative power, which is immense. And so when you believe in something... you are alone, for example... you will feel it with every fibre of your Being as a strong negative emotional response.

But remember, what is a negative emotional response? It is your guidance system saying you are wrong. You misinterpret this so many times throughout the day. When you feel bad, you are wrong, you are looking at something incorrectly.

So keep this lesson in mind — God is with you all the time, you are never alone. And if you tell yourself this frequently throughout the day, you will feel at peace and you will feel happy and you will feel connected to All That Is, because you will be believing in it, and once you believe something, it becomes true for you.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 223

"God is my life. I have no life but His."

You are Blessed Beings indeed. I am that one that you know as Jesus and the ego does not like the sound of this. It wants to be in charge. It wants to control everything. It wants to be the complete owner of you.

But as you can see from your experiences, the more connected you become to the Divine, the more connected you become to your inner guidance system — the easier life gets, the less stress you have, and the less fear you

have. So the ego's desire to be completely in charge of everything is a fearful place.

Now, it may seem that we are giving you contradictory information here because we are telling you that you are the captain of your own ship and you should follow your inner guidance, and that sounds like the ego's world, does it not? But what we are speaking about is doing that after this clarification process. The clarification process is the Course In Miracles lessons. So you are going to have mixed and confusing information directing you to make conflicting decisions until you have gone through the 365 lessons of A Course In Miracles.

Now this does not even guarantee that you are going to be fear-free, that you are going to be completely unconfused. But what it means is that after 365 lessons, and practicing all of these things, and your ongoing forgiveness practice, you are going to have a much clearer idea of what is actually going on when you go into fear, when you have a negative reaction, when you attack somebody or you feel attacked by somebody else.

You are going to say, "Ah, this is MY doing. What's going on here? Why am I so volatile? Why am I so fearful?" Whereas before the clarification process, you may have said, "What's wrong with you? Why are you attacking me?" It is a complete turnaround.

So these lessons are leading you towards a deep state of surrender to "what is" because you know that you cannot change what is in this moment, you must accept it. And the guidance that you are able to tune into once you come to a deep place of surrender becomes very, very clear. You are happy more of the time. You are fearful less of the time. You can gauge much more easily your true feelings about whether or not you want to participate in something.

So this is an introductory phase where you are heading towards a deeper surrender of knowing that you have a purpose here, that you are connected to deep and loving guidance, and that you can discern which promptings from within your mind and heart to listen to.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 224

"God is my Father, and He loves His Son."

You are Blessed Beings indeed. I am that one that you know as Jesus and many of you come to these teachings when you are weary.

You have tried as hard as you can, using the knowledge that you have, to make things work for you. And yet there is still something missing. There is some disaster that befalls you that you cannot cope with. There is some deep disillusionment that overwhelms you — depression, sadness, guilt, shame — all of these things take their toll over time on the human experience. There is no shame in this. This is the nature of chasing your idols. This is the nature of Being out of alignment with your true grandeur. This is the nature of denying what you are, how you are made, and what your purpose is.

It is a lot of work to keep God out. It is a lot of work to keep love away from you.

And you all get tired and you all get weary, and at that point, you become teachable. So be grateful when you are tired. It shows you that you are doing something incorrectly and that you need to relax and surrender a little bit. Be grateful when you get upset or depressed. See that those

emotional feedbacks are telling you that you are out of order, that you are seeing something incorrectly, that you are looking at something the wrong way.

And when you find peace, when you find happiness, when you find joy, revel in it, love it, experience it. Do not feel guilty and think, "Oh my goodness, this is going to come to an end soon."

As you go through these lessons and as you practice these lessons, year after year after year (for this is a life's work — this is not a year's work), the periods of peace and joy and happiness will get longer and longer and the upsets will get fewer and fewer. And so, know that that is going to happen to you. This is a scientifically proven practice. The more you forgive, the less fear you indulge in, the less attack you indulge in, the better and better your life will feel, the more abundantly you will be able to engage with your experiences, and the gentler and kinder you will become.

I am that one that you know as Jesus, and we are very glad that you are with us on this journey, and we walk with you every single day. We will speak to you again tomorrow.

Lesson 225

"God is my Father, and His Son loves Him."

You are Blessed Beings indeed. I am that one that you know as Jesus and we are very pleased that you are with us today doing this lesson. It is your love of your Creator that connects you to All That Is.

When you love the world, when you love your car, when you love the bodies, when you love food, you are disconnecting yourself from All That Is, not because any of these things are innately bad, but when you worship

those things, you are demeaning yourself. You are saying, "I am a tiny, small individual body and these things are the things that keep me happy." And as you know, as good Course In Miracles students, whatever you believe is true, is true for you.

And so this Love that you are now speaking about — loving the Father, loving God, loving All That Is, is the vertical route. The ego takes you on the horizontal route into the battleground. These lessons take you on the vertical route directly to Source, and in that direction there are no interferences except your own mind, and this is why we train the mind. Because in the horizontal there are no interferences except your belief in separation, but it is your belief in separation that makes you go to the horizontal. It is your belief in bodies that makes you go to these materialistic things to satisfy your ego's needs.

We are seeking the deeper. We are seeking the higher. We are seeking the Eernal, and in that seeking, we find. Because in the ego's world, in the battleground, you never find it. It is a temporary satisfaction, a physical pleasure perhaps. But once that interaction is over, you feel separated again. You feel alone again; you feel hungry again.

This connection to Source, this connection to the Divine keeps you deeply and profoundly satisfied because you are connecting with what YOU are — a Divine aspect of God mind who has chosen to come into separation for a short time. But this journey is the journey Home. This journey to Oneness is the hunger that is really going to be satisfied, the true hunger for your home and for Love.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 226

"My home awaits me. I will hasten there."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is not the feeling of disillusionment here that we are seeking. We are seeking a true evaluation of the world and all of its temptations.

You must remember that the ego has manufactured this world to keep you from your home.

This does not seem logical at this point in your training. It seems as if there are so many things in the world you want... more money... more bodies... a bigger house... nicer cars... all of these sorts of things. But these are mere illusions designed to tempt you into staying in the world. And, as you come to understand... the more decades you live on this planet... the less enticing these things seem to be, and that is because they are not truly satisfying to somebody who is spirit by nature. You are not physical by nature, you have come down into separation as a demonstration of your belief in it. But as you pursue your idols, as they fall and crumble one by one, you begin to realize that this place does not hold such an allure for you anymore.

But we do not want you to go into depression, or disillusionment, or sadness. We do not want you to go into isolationism. We want you to focus on Love. We want you to focus on self-expression and creativity, and these timeless qualities that you possess. We want you to listen to that still, small voice inside that guides you towards meaningful and purposeful life.

Yes, you are on your way home. We are all on our way home. It is a natural return to Love that everybody will eventually participate in. Some people are just doing the scenic route, as you say. The scenic route, as you know, is the route you take when you do not have a particular ambition to get

somewhere on time or, perhaps even, you are avoiding going home. But do not avoid going home. Home is where the heart is; home is where Love is.

This is a place of separation and fear, but to bring this place of separation and fear into its true perspective, you must choose Love, you must choose forgiveness, you must choose to believe that you ARE a Holy Child of God and that you are Divine and that you deserve to be happy. These are fundamental beliefs that one must hold in one's mind to begin to override the world.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 227

"This is my holy instant of release."

You are Blessed Beings indeed. I am that one that you know as Jesus and when you begin to understand how you cause your own suffering by chasing your idols, they become a lot less attractive to you.

When you realize that it is your judgements about somebody... or someone's behaviour... or situation... that causes you your suffering — and when you step back from that judgement, you get peace back again. You get peace of mind returned to you. You come to see that it is only your own foolish wishes that causes you your suffering.

As you surrender to a greater guidance — and that is what these lessons, of course, are leading you towards — it is not easy to do this, the ego does not want to surrender its power, it does not want to surrender its judgement... it feeds off judgement... it feeds off war... it feeds off conflict. And so to

surrender to a will that is seemingly different than the ego's will is not an easy thing at all because you are all ego driven.

How do you know? You are here in separate bodies, fighting for your own survival. That is the world of the ego. It is not the world that God created for you. The world that God created for you is a Reality that is removed from the vision of the ego. The ego cannot see it... it does not want it. And so it is very difficult, initially, to surrender to a will that seems to be foreign to you.

But we will guarantee that as you practice these lessons, and as you begin to listen for guidance rather than the willful directives and maniacal desires of the ego — as you begin to listen to that subtle directive to do this or that, to say this or that, to surrender to a situation and stop deciding at the beginning of it if it is good or bad — let it play out and see what it brings you.

This is one of the great gifts of surrender — a situation will happen and, instead of leaping to the ego's decision that this is a terrible thing... this should not have happened... perhaps you got fired from your job and all your financial fears come up... but perhaps two weeks later you get an offer of something that you really want. Now, if the ego has been in charge of that situation, and you have gone into deep fear and you have panicked and you have taken the very next job that you're qualified for, you may miss that opportunity.

But if you are calm and considered and say, "Well, okay, this has happened. It is true, I have been saying that I don't want to work there anymore, perhaps this is a prayer that's Being answered?" Stay calm and keep your eyes alert, and your heart and hands open, and you may very well be given a gift.

So watch for the fearful, panicking reactions, and strive instead for the calm and deliberate response of somebody who has faith and knows that they are cared for.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 228

"God has condemned me not. No more do I."

You are Blessed Beings indeed. I am that one that you know as Jesus and **condemnation is not a part of God's mind, it is a part of the ego's mind**, and the ego's mind is completely separate from God's mind — there is no overlap in these two thought systems at all.

This is why, when you make an unloving decision, you instantly feel bad and everything around you seems to be worse. You may suddenly feel that you're too old for this, or too fat for that, or too poor to do this, or not confident enough — the decisions that you make that take you into the ego's world have nothing to do with God's beliefs about you.

God has made you in God's image — and that means that you are exactly as you need to be.

Now many of you will see your own personalities and say, "Well, I don't think I'm very godlike." And that is true, because you have chosen the ego over God thousands and thousands and thousands of times.

You have repeatedly, and consistently, entrenched those beliefs — about yourself, and about others, and about the nature of reality — into your mind. And this training program, this program that we are engaged in

together here, is taking you out of the deep pit of despair and fear into which you have taken yourself by siding with the ego's fearful thought system.

So,

KNOW that you are not judged.

KNOW that you are forgiven.

KNOW that any errors that you make — unknowingly siding with the ego because that is what you have been taught, that is what has been indoctrinated into you, that is what this place of separation incites within you — all of those decisions that are errors, are just that, they are errors.

Just as when you see a small child making a mistake with their spelling or their reading, you do not berate them, you just say,

"This is how it should go. This is the correct way to say it."

You do not smack them or slap them and say, "That's not how you do it."

You are kind... and gentle... and you will repeat yourself over and over again until the child understands. That is what we are doing. We are repeating ourselves over and over again because you are like children. You have become lost and confused in the nightmare, and this voice of Love is the one that will lead you home. This voice of Love is the one that is going to say:

"Come this way. Come this way. Choose Love. Choose forgiveness. See? Now you feel better, don't you? Come this way further. Do it again, do it more often. See how much better you feel?"

We are like that, a gentle parent cajoling you and inviting you to step the correct way.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 229

"Love, which created me, is what I am."

You are Blessed Beings indeed. I am that one that you know as Jesus and have we not been telling you all along that you are made of Love... from Love... for Love?

So we want you to understand that when you see yourself this way, then you relax. When you see yourself as foolish or stupid, or unlovable, you tense up. When you tense up, every single energy system in your body shifts to a lower frequency, and in that moment you begin to attract to you things of a like frequency.

So to see yourself as a loving Being is one of the greatest challenges that you will give the ego. The ego does not love you. It was not made of Love, from Love, for Love; it was made by separation for the purposes of fear and the pursuit of death and unloving practices. Now we know the language that we use is at times very dramatic, but it does get your attention, does it not?

So back to Love. Be the loving Being that you are. And of course we must tell you to love yourself first.

For to hate yourself or judge yourself is in fact to blaspheme, to attack God. You have been created in a particular format for a particular reason. Yes,

you have some prickly distortions that you trip over once in a while, but if you can just relax and float down that stream rather than pushing uphill... upstream, you will begin to see that your prickliness and your stresses and your judgements come when you are out of alignment with yourself. It is nothing to do with anybody else — it is you.

If you relax into yourself, following your inner guidance, listening to the things that you would like to do and like to enjoy — and if you cannot do them because you have created a world for yourself that is out of alignment with yourself, then begin to make new decisions. You can just begin to make those new decisions within your own mind. You do not have to go around like a bull in a china shop changing every single facet of your life, but begin to think differently. Begin to say, "I am working at this job as a banker but I really would like to become a jeweller."

Giving you arbitrary demonstrations here, none of these are more or less important than any other profession, just so that you know.

If you want to become a jeweller and you are a banker, start investigating jewellery courses. Start investigating how you might get a sabbatical from work to go and study. Contact a jeweller whose work you like and ask if they take on apprentices, or if they do weekend workshops, or summer workshops. Use your initiative. Use your focus. Use your intention to create what you want to create. That is what this is all about, this life that you lead.

You have been given these particular affiliations... desires... likes... because they hold something for you to learn about yourself. It may not be that you are going to become a world famous jeweller, but it may be that you get happier. It may be that you find a creative sweet spot that you didn't know you had, and from that place you begin to shift and change your life dramatically.

So be courageous. Align yourself with Love, loving yourself first... choosing things that you love to do... of course, loving others along the way. But as you love yourself more, as you float downstream more, as you stop kicking and fighting with reality, judging it as unacceptable when in fact it has to be acceptable... it is what is happening. You will find that you are less prickly, you are less difficult... other people are less difficult... because you are in a sweet spot.

I am that one that you know as Jesus and I love You. We will see you again tomorrow.

Lesson 230

"Now will I seek and find the peace of God."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is one of the great gifts of these teachings — that you were made to be loving and peaceful. All of the things in you that are not That, are not you.

And this is an identification that you must begin to make now — that you are only peaceful and you are only loving. And when you witness agitation, or fear, or depression, or negative thinking, or attack thoughts, we want you now to understand that that is not you. That is an aberration, that is a mistake. That is a miscalculation that you have made in your journey into fear.

So you chose separation, and you chose this journey into fear — but now you are Being given the information to guide you on your way Home. And the way home is recognized by the signposts of peace, by the signposts of joy, by the signposts of contentment, by the signposts of imagination and interest and enthusiasm. When you feel those things, when you feel happy, you are on the road home. When you feel anxious, when you feel angry,

when you attack, when you judge, you have turned around and you are walking in the opposite direction. So when you feel those things, stop and recite this lesson.

You are made in the image of God, and that means that you are peaceful and loving at your core. All these other things are ripples on the surface of a profound ocean that, beneath that surface, is deep and still and quiet.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 231

"Father, I will but to remember You."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is hard for some of you to imagine that these lessons that describe you Being solely dedicated to reunification with the love from which you came seem very hard to reconcile with your workday world, your busy world of shipping children hither and yon, getting up early to go to work, all of these sorts of things.

But many of the jobs that you do are not requiring all of your attention. And this is something that those of you that have been doing A Course In Miracles for a little longer, can come to see. That you can be cooking your dinner and praying. You can be doing the dishes and doing your lesson. You can do these things often when you are engaged in ordinary, automatic behaviour.

So when you are folding the laundry, do your lesson. When you are walking through the woods, do your lesson. There are many, many places

and times — you do not have to be sitting silently on a bed in a room where nothing is happening for you to focus on the reunification with love.

So this is our challenge to you today — to use whatever time you have in those mundane tasks that so many of you do throughout the day. We challenge you to do your lessons then, to pray then, to seek reunification with Love then.

And when you are doing something that is very challenging and requires all of your attention, you will have prepared your mind — not by ruminating on darkness, not by fearfully worrying about the future of your planet, but you will have been focusing on a high frequency, and it is *there* that the solution to your problems and challenges lie.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 232

"Be in my mind, my Father, through the day."

You are Blessed Beings indeed. I am that one that you know as Jesus and have you not noticed how repetitive your nagging, negative thoughts are?

"I must get the oil changed in the car. I must get the oil changed in the car."

"Oh, I have to go to the bank to get the money to pay for the oil to get changed in the car."

"Oh, I must get the oil changed in the car."

This is an absolute waste of your creative power.

We would like you to be aligning your mind with the loving thoughts and lessons and prayers that we bring to you each day, trusting that whenever a decision needs to be made, you will have primed yourself to be in such a high frequency place that the answer is easy for you to find, and the decision and the action that is required is logical and easy to discern.

When you are contaminating your mind all the time with worries about money, and worries about this and that and the other thing, and the environment, and the politics, and all of these things, getting yourself all churned up, you are far out of alignment with the answer to your problems.

The answers to your problems are in a higher frequency place than the frequency that created the problems. So when you are agitated, fearful, anxious, judgemental, worried, nervous, your guidance system is telling you that you're doing something incorrectly.

Do not think that the world needs to change for you to be at peace.

The next few years are going to be very tumultuous on your planet and you had better not be looking at the world to try and find your peace. You must cultivate it from within your own consciousness, using your own mental discipline and the training that we are bringing you here.

Many of you are probably already seeing that you are a lot calmer than those around you because you are spending a certain amount of time each day disciplining your mind into a more loving frequency, into a more faithful place.

Other people have faith, but they have faith in the economy, they have faith in their bodies, they have faith in the president or the prime minister or

whoever is in charge of your government. No wonder they are upset, no wonder they are scared — they have put their faith in things that do not deserve their faith.

This does not mean that you do not act in accord with your guidance when it comes to political affiliations or environmental action ,or any of these things. You will, if you are in these higher frequencies, be guided very, very clearly when it is time for you to do something, and what that something is.

So stop fretting, stop worrying, and do these lessons expecting to hear from the Divine the guidance that you need to make your decisions today. And they do not need to be ruminated on forever and ever. Know that if a decision has to be made, if you do this work, you will be in the right frequency when the time comes to make a decision, to make the correct decision.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 233

"I give my life to God to guide today."

You are Blessed Beings indeed. I am that one that you know as Jesus and we would like you to do an experiment today. We would like you to stop giving people your opinion, about whatever, and we would like you to stop judging (that is giving your opinion, too, about your life).

We would like you to take a whole day and to walk in absolute acceptance of everything — everything that needs to be done — because you have signed yourself up some tasks, everything that occurs to you as an inspired

idea. We would like you to accept today as a perfect day without any complaints, judgements, or resistance at all.

So, today, if you get a phone call from a relative that annoys you and they say, "We would like you to come to dinner." we challenge you to say, "Okay."

That would mean that you're not resisting what is coming your way. Perhaps the complaints and the judgements you have about that relative are more a reflection of you than them. And perhaps, if you go to that invitation, in your state of radical acceptance you will see that the problem is in YOUR mind. It may be that YOU are the judgemental one, you are the impatient one, you are the intolerant one, rather than them.

Remember, the ego projects — the ego accuses everybody else of what it is that YOU are doing. That is how it hides from you, the biggest faults and distortions of your mind — it blames other people.

So in a day of radical acceptance, what you are saying is, "I am going to stop projecting, blaming, judging, getting rid of the feelings I have and blaming them on others and other things and objects and experiences, and I am going to own them. I'm going to look at them. I'm going to keep them in MY mind so that I can actually see what's going on."

This is something that very few of you ever do. You rarely go through your day saying, "Everything is exactly as it should be, and so I'm going to relax. I am going to participate fully in every experience I'm having today, because it is here, it is happening." And in that radical acceptance, observation, love, non- judgement, and forgiveness, you will have an opportunity to see some of the lessons in your life that you are now perhaps missing because you're resistant to the lesson that's coming your way.

This is what the enlightened Being does, the enlightened Being goes through each day, accepting everything and everyone as they are, owning their own feelings about everything, and seeing that the entire experience of their day takes place within their own consciousness — and is determined by their own consciousness, and the values and the lenses and the distortions through which they view the world.

So in this day of radical acceptance, we want you to witness where you go to judge something, and stop judging and then say, "Aha. There is something. There is something I want to judge. What is it about that thing that is bothering me?"

"That 'bothering me' is within MY mind, it is not out there. It is not in that thing, it is in me. I want to see where my lack of acceptance resides."

And this is what a day of total acceptance gives you. It shows you where your upsets reside. It shows you where your resistances reside, and it shows you where your fears have control of your decision making process.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 234

"Father, today I am Your Son again."

You are Blessed Beings indeed. I am that one that you know as Jesus, and you can feel the relief that comes to your mind when you accept this is so:

That you are a Holy Child of the Divine.

You are not here by mistake.

You are not alone.

You are not abandoned.
You are an eternal spiritual Being.

The body is merely the vehicle through which you travel on this journey into fear and separation that you have chosen, and that you too can choose to leave. This is the ultimate truth, and this is the responsibility that comes with knowledge. Once you understand that all your suffering and all your fears of death and separation are your own creation, manufactured from erroneous and untrue ideas in the mind, then you not only become incredibly responsible for the mess you have made of your life, but you have also been given the key to freedom.

So if you HAVE made a mess of your life — and we say that jokingly, none of you really have made a mess of your life, although all of you know that you can make some very foolish decisions, and end up in some very precarious situations. We want you to know that all of those things that are unpleasant, all of those things that cause you suffering, are merely there as a feedback loop to tell you that you're off track.

So if you think about this — that you have been given a reflective world to show you exactly what your mind is doing — your life, your body, your health, everything that you are experiencing as your life, is showing you the state of your consciousness. It's that simple.

There is no judgement from God. There is only judgement from the ego mind:

"I have not been successful enough."

"I have not been fit enough."

"I have been too this, or not enough that."

or

"You have been too this, or not enough that."

All of those thoughts, generated by beliefs, give you feelings of dissatisfaction... suffering... sadness.

We want you to understand that from this moment forth, if you so choose — if you step away from judgement, step away from the idea of sin, step away from the past, step away from worrying about the future and live in the Eternal Now — guiding your decisions through using these principles, you will not suffer anymore.

And if you do have a difficult situation that has been long in the making, because of the decisions you have been making from the ego's point of view, then these teachings give you the opportunity to say:

"Yes, I have made something here I don't want, and I have to live with it for a little while today. But because of my knowledge now, I am able to make new decisions, and so today I am choosing to invest in aligning myself with Love so that I do not have this reflection anymore.

"Yes, it's here today. Yes, I have to deal with it today. But today I begin to make a new series of decisions based on these loving, forgiving principles, and I know that if I keep doing that, then my future will take care of itself because I am aligning with love, I'm aligning with forgiveness, I'm aligning with truth, which will reveal to me the knowledge I need to make future decisions."

But your future decisions are only ever made today, Dear Ones. Do not worry about the future. Put it in the hands of God. Trust that you will have the inner guidance to know whether or not you should do something... purchase something... go on a date with someone... eat something. You know, if you are clear, if you are non resistant, if you are not fearful, that you get guidance all day long. **It is unrelenting, and it is accurate once you have done the clarification process.**

This is the clarification process that you are involved in — the reunification of your mind, the ascent out of the darkness, out of fear, towards Love and Truth. Now we are in the two hundreds here in these lessons, and you are two thirds of the way of completing your clarification process. So let's not make any radical decisions right now about divorce or purchases or major, major life changes, because you may still be Being driven by the ego's thought system.

Keep doing this work. Keep doing these lessons. Keep doing your forgiveness practice whenever you get upset with something or someone, including yourself, and trust that at the end of this year you will have a better handle on what shenanigans your ego can get up to and what trouble it can get you into.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 235

"God in His mercy wills that I be saved."

You are Blessed Beings indeed. I am that one that you know as Jesus and guilt and sin are not true in God's world. They are true in the ego's world, and guilt is one of the ways that separation is maintained. And so it is important for you to look at your relationship to guilt today.

Who do you accuse of Being guilty?

What do you accuse yourself of Being guilty of?

When you accuse somebody or yourself of Being guilty, you are saying — tacitly, not necessarily in your awareness — but you are actually saying, "Something happened that should not have happened."

Now if you think about this logically, that means that you are arguing with reality, and you are arguing with God's giving you free will. So in fact, when you make yourself or someone else guilty, you are attacking God. And this is not something that you think about when you judge and make someone else guilty or yourself guilty. You think that you know what's right, and you think that that thing shouldn't have happened, but you do not know enough to know that. You are Being arrogant and playing God when you make yourself or someone else guilty. Think about this.

If God has given you all free will to do and make and experience whatever it is that you want to experience here, then everything is a valid experience — even those things that a culture or a family or a teaching's moral compass may say are not good — they have already happened, and so God had allowed them to happen. It was not the devil that allowed that to happen, God allowed that to happen — whether it be the death of a child, whether it be an injury, whether it be a political coup, it doesn't matter. It happened, and so therefore it was meant to be, and you arguing with it merely wears you out. God has allowed it to happen. God's moved on — new creations are happening today. We would suggest that you move on too, and work on the creations that you want to have happen today so that you are not wasting your energy anymore.

This is how the mind is fractured. There are thousands and thousands of judgements and sins that all are considered things that should never have happened — it would have been better if this had happened, or you had done that, but the truth is, that is not what happened, and so you are arguing with reality and literally wasting your time, wasting your energy.

Come into the Eternal Now. Focus on what you DO like/love to experience, and keep your mind there — forgetting about the past, letting it

go truly and absolutely because when you ruminate on or lament the past, you are wasting your time. God is on to new creations, new ideas, new things — nothing to do with the past. So let YOU not do that.

And this is why these things cause you suffering, because you are made in the image of God and you are endlessly creative and are designed to live in the Eternal Now, this Holy Instant where everything is made and created. Make sure that you are not wasting your time by living in the past, because when you contaminate the Present Moment... we've told you this many times before... when you contaminate the Present Moment with the past, you guarantee that the future will look like the past.

And most of you who are ruminating on past negative things do not want that, but you've never been taught that that is what remembering negative things does. It contaminates the Eternal Now where anything can happen, and you are guaranteeing that the future will look the same as the past.

So be radical in your forgiveness. Be absolutely willing to do it because you KNOW that you will benefit by freeing up that energy, and freeing up that part of your mind to create something new.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 236

"I rule my mind, which I alone must rule."

You are Blessed Beings indeed. I am that one that you know as Jesus and many Beings think that the idea of surrendering to God's will is an act of passivity and it will make you a doormat. The opposite is true.

You must decide with all of your Being to dedicate your mind to Love. God is Love, and therefore so are you.

This is a very, very simple principle. But when you look at your mind and you think of all of the trash that you allow to come into it, and all of the negativities and all of the ruminations and judgements that you allow to course through it, then you begin to truly see that you are misusing your free will, you are misusing your mind. It is going to do whatever you direct it to do.

And so this is an act of discipline but it is also a profound act of faith, to train your mind towards Love so that you are in alignment and can tune into the radio station, so to speak, of Love, and THERE you will be taken down a pathway to a destiny that reflects that frequency.

So if you are unhappy with your life, if you are making choices that are unloving to yourself and other people — because remember, if you are making decisions that you do not want to make, if you are living a life that does not fill you with happiness, then you are not bringing your best to those that you love. If you are happy and joyful and fulfilled and in alignment, unresistant, and dedicated to the amplification of your own frequency, all Beings around you will thrive. Most of the Beings that are out of alignment, are not very much fun to be around.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 237

“Now would I be as God created me.”

You are Blessed Beings indeed. I am that one that you know as Jesus and it is the greatest gift that you can give the world — your joy, your happiness, your expression of love for all things, including yourself.

When you walk down the street with your head held high and joy emitting from you, every single Being you meet, and many you don't meet, benefit from your energy.

When you walk past somebody who is feeling blue and you look them in the eye and smile at them, truthfully expressing the love with which you have aligned yourself — you've chosen it, you've used your freewill to become a beacon of love — that Being will feel it and that will affect them.

When you are in the grocery store lineup and you meet the clerk and they are packing your bags and you say to them “How are you doing today?” and they look at you and they see a face of a Being radiating care and compassion, they will feel it — not only as a recognition of a Being who is looking at them and seeing them — but they will literally feel it throughout their body as an upliftment.

So become today that which you would like to encounter, become today that Being that you KNOW resides within you.

You all know it — you know that when you feel down that you are off track, you know that when you feel depressed you are a pain to be around, you know that when you are complaining about things that you are dragging down everyone around you — BECOME the light that you were

meant to be, that you are made from, and give that gift to your family, your friends and the world.

I am that one that you know as Jesus.

Be the light of the world.

I will speak to you again tomorrow.

Lesson 238

“On my decision all salvation rests.”

You are Blessed Beings indeed. I am that one that you know as Jesus and these kinds of lessons that seemed so filled with responsibility are, in fact, freedom giving lessons. When you align your mind with the Divine Purpose, everything falls into place.

When you allow the ego-mind with all of its confusing and conflicting beliefs that have no rhyme or reason to them, chaos ensues.

And so if you imagine the most powerful Being, which is you, chaotic and unpredictable and unnecessarily emotional and reactive, you become quite a liability to your brothers and sisters.

When you align your mind, this most powerful creative device that you have been given by your father in heaven — when you align your mind with love, when you begin to do, think, speak, and believe in the grandeur that created you and is reflected in you, you become such an asset to the world. You become such an asset to yourself.

No longer ups and downs, and back and forth, good one day, bad the next, but you sail forth into your life with light and the wind behind you in your sails. All of the trials and tribulations that are manufactured by your distorted mind — rocks on the road and holes that you trip over — these are manufactured by you because you are the creator of your future experience and it will reflect the frequency that your mind holds. It will reflect the beliefs that you empower with all of your mighty creative abilities.

So old resentments contaminate your future, they do not reside in the past, but every time you revisit them you plant those seeds in the future. Most of you do not really realize this.

We understand that forgiveness would be done very, very quickly if you truly understood the implications for your beautiful future when you forgive.

When you forgive your mind becomes peaceful, it rises up like a balloon into the knowledge of heaven, and you get guidance beyond your ability to comprehend when you are down in the ego's battlefield.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 239

"The glory of my Father is my own."

You are Blessed Beings indeed. I am that one that you know as Jesus and this has been one of the greatest pieces of misinformation that you have been indoctrinated with in your society — which is that you are separate from God and that God has abandoned you and has set you, in this world

of temptation, an impossible task. He has given you free will and yet you are not allowed to use it. This is one of the most confusing teachings that has come through down through the ages.

You have been given free will, and you have been given a guidance system that is an alignment with love. And you have the choice, you have all been given the choice: do you feel good, or do you feel bad?

The trouble with the system in which you have been raised, is that you have not been taught what feeling bad means.

You have been taught that feeling bad when you are looking at something outside of yourself, is looking at something outside of yourself.

It is not looking at something outside of yourself, it is looking at a reflection of your own mind that has not left you. It "seems" to be outside of you but it is not, it is still connected to you, and that projection... that seeming separation... is what tricks you into thinking that you can judge and attack another and not suffer. It is the illusory world in which you all live.

Now this idea of the world Being illusory is a confusing one for many of you because it feels so viscerally real. But this is because the idea of projection has not been taught to you and you do not really understand it. And so, what seems to be separate from you is not separate from you and that is why your brothers are your salvation and you are their salvation, because you are One. You are literally One — there is no separation, the separation is illusory, it is a trick of the mind.

"Extension" is your natural state and that means that you understand that to give to others — to extend yourself, to show your love for the world by bringing your best to it and sharing it — that extension is your understanding demonstrated.

It is your understanding that you are the world, you are the One, you are connected to all things and so, what beauty and love you offer to the world, you will receive back a thousand fold.

So be joyful today that you have learned this lesson of what projection is.

Be joyful today that you understand now why to attack anybody in your mind, or in reality, is the same thing because they are in your mind, even when they seem to be outside of you.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 240

"Fear is not justified in any form."

You are Blessed Beings indeed. I am that one that you know as Jesus and if you think of your emotional guidance system as an infallible meter of how on track you are, or how off track you are, "peace" would be the indicator that you are on track and "fear" would be the indicator that you are completely off track.

And what that means is that you are viewing the thing that is frightening you, or the story that you're telling about the thing that you're viewing, and it is completely wrong.

Now we are not speaking here of the fear of the tiger, we're not speaking here of the fear of heights. We are speaking here of the things like not Being able to make your rent, or fear of Being judged, or fear of Being humiliated, or fear of Being abandoned. These are all just ideas in the mind that are completely out of alignment with love — that are misleading you and

terrorizing you — and your feedback system is saying no, no, no, by giving you negative emotions, strong feelings of "this should not be".

The misinterpretation of your guidance system is something that we will keep on addressing because when you feel bad, that means you're off track and that means that you are in the ego and that means you will project. That means that you will blame something outside of yourself for the fear that you are in fact generating from within your own consciousness.

So when you have been triggered into a state of fear, you are in the least intelligent and accurately observing state that you can be in.

That means you're going to misinterpret everything, including the negative feedback that you are getting from your emotional guidance system which is saying you're so wrong here, stop doing what you're doing.

So when you have the thought I don't have enough money — and you believe that thought — and you generate fear yourself, you believe that you are feeling bad because you don't have enough money, but you are in actual fact feeling bad because you're wrong, you're off track, you're off target.

So try and remember this today — every time you feel bad or begin to feel a little off, you're going off-track, you're misinterpreting. You are making up an illusory untrue story. When you are feeling at peace, relaxed, contented, happy, inspired, enthusiastic, curious, you are on track and you are Being led... guided... by spirit to the next good thing in your life.

So know that the more happy feelings you have, the more on track you are — but when you are off track and you feel those bad feelings, do not berate yourself but say "What am I believing?" "What am I thinking?" "What am I saying to myself that is causing this pain?" It is not the outside world, it is the interior interpretation.

I am that one that you know as Jesus. I will speak to you again tomorrow.

Lesson 241

"This Holy instant is salvation come."

You are Blessed Beings indeed. I am that one that you know as Jesus and you will notice that these lessons are speaking as if things have already happened. You are Being trained into accepting that these things can happen by envisioning and saying the words that they have already happened.

This is how creation works. Many of you have completely misinterpreted how creation works. You think that if you look upon something you don't like and judge it and hate that it will go away. It will not go away, it is going to become strengthened by your attention. What you focus on increases, it is that simple.

It does not matter if you focus upon it by using the words "I don't want you here. I don't like you. You are upsetting me" it does not matter, that which you give attention expands and increases and strengthens.

So when you are saying words like "salvation has come", your body mind begins to react as if it's true. You have stepped back from judgements, stepped back from resistance to "what is". You have, in fact, by saying these words, cast a most beautiful spell which is that you are at peace and everything is fine, and your body-mind will react as if that's true.

And the more often you say this, and the more you come to believe it and feel it in your body-mind, the more likely it is to come into Being. And so you do not look at the things that are falling apart, the devastation, the cruelty, the death — and yet, that is what you all look at — but do not look

at that — look at the beauty, the peace, the joy, the love, and, yes, people will say you are looking at the world through rose-colored glasses, and you can say it's okay, I know how creation works, I know that the more gratitude I have, the more love I have, the more appreciation I have, the more peace I have, the better the world will be.

Have you not noticed that those Beings that are looking at the negativities and the devastation and the chaos that is showing itself on your planet are becoming more and more frightened, more and more agitated? Do you think their frequency is going to add to the chaos — or heal the chaos?

It is a very logical answer when you pose it that way. That kind of fear, that kind of anger, that kind of upset is not going to bring into Being a world of peace and love and joy.

Those of you that are practicing forgiveness, on the other hand, are planting the seeds of peace and love and joy every single time you step back from judgement. And in this Holy Instant, you give peace a chance.

I am that one that you know is Jesus and I will speak to you again tomorrow.

Lesson 242

"This day is God's, it is my gift to him."

You are Blessed Beings indeed. I am that one that you know as Jesus and think of all the things every day that you think you want. "Oh, I want more food, I want more money, I wish I could go on that trip, I think maybe I should get this or get that..." and all of the striving towards achieving those things.

This prayer, this lesson, will allow you to relax, and what is relaxing but faithfulness. It is trusting that you will be guided exactly where you need to go, and with whom you need to share your time, and with whom you need to have conversations, what you need to purchase or not, what you need to do or not — relaxation is a testament to your understanding that you are not separate from God, but are deeply and profoundly connected to the inner guidance that will lead you to that which you are seeking.

So there is a belief in the minds of many of you that God denies what you want, that this universe is here to make you suffer. This is a hangover from the Christian teachings, of course, but the truth is your connection to the Divine is what ignites your passion,

It is what ignites those feelings in you that this would be good for me, or that would be good for me, or that would be an adventure that I would enjoy. But there doesn't have to be a personal and individuated striving for it.

Do you think that God does not know what you want? That this universe cannot figure out the frequency that you are emitting? Of course it can, of course. That information is Being broadcast by you every single second. It is the frequency you hold.

And so relaxing into the knowing that you are Being read clearly by this reflective universe demonstrates your understanding of the laws of creation.

So relax, hand this day over, stop striving today just do what you're inspired to do or be where you're inspired to be in trust in that guidance and know that you are cared for, you are cared for and loved.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 243

"Today I will judge nothing that occurs."

You are Blessed Beings indeed. I and that one that you know is Jesus and — what freedom this brings you — what relaxation this brings you — what joy this brings you to say today I will leave everything alone, I will leave everything just as it is and trust that there is a great plan afoot on this planet about which I have very little information and therefore I should not be so keen and quick to say "That is wrong, that shouldn't be happening."

Sometimes negative events, or what you perceive as negative events, cause great transformation because humans look upon a negative event and understand that something needs to be corrected, and so, if you prevent that quote-unquote "negative event", the system that generates it may not be changed.

This is not something that you think of when you are berating negative events. One of the examples that we will give you is increased fires in your society... these increasing fires are bringing into your awareness a greater love for the planet, a great deal more willingness to act on behalf of the planet, and so you could say that these things are terrible, but there are motivations arising in you that are witnessing these things that are going to, in fact, create a revolution.

So do not be so quick to judge, and for today judge not at all.

And we want to remind you that that means yourself as well, stop judging yourself... your hair, your tummy, your legs, your bottom... whatever it is that you attack on a daily basis or judge as imperfect. Give yourself a break today. You understand that today stopping doing that thing is not going to change anything, but it will change your internal vibration considerably,

because instead of attacking the outside world and the inside world, and saying that God has left this place, you are saying "I trust that there is a great plan of which I have very little information and let's just see how it plays out today".

So let's just see how your life plays out today without judgement, without fear, without resentment, all of these things come from judgement you see. You think judgement is your friend, you think it keeps you safe from Being taken advantage of, but the truth is it causes you all the suffering that you experience.

I am that one that you know is Jesus and I will speak to you again tomorrow.

Lesson 244

"I am in danger nowhere in the world."

You are Blessed Beings indeed. I am but one that you know as Jesus and almost every thought in your mind will say this is not true — people die all the time, this world is a very dangerous place, you can't trust people, you can't walk down dark alleys — and we want you to understand that what this lesson is teaching you is that the part of you that is YOU, which is not your body, it is your spirit, soul, consciousness... it has many names... it is that you that witnesses the world, that consciousness that engages with everything. THAT is invulnerable. It was before this body was born and it will be after that body has been laid aside because its job is over.

You must remember that the body is not real in the way we define reality in A Course In Miracles, what we define as reality in A Course In Miracles is that which is in accord with God, that which is eternal, that which is indestructible. And of course the body is destructible, but you are not, and

this is where the focus of the mind must go, it must go to that part of you that was witnessing your childhood, witnessing your youth, witnessing your twenties, 30s, and for those of you that have been on this earth plane a little while, witnessing all kinds of dramas.

The body changes, the body was not, and it there will come a point when the body is not again in this incarnation, probably for you.

But there is an aspect of mind that is so powerful, there is an aspect of mind that is so creative, that once you master that aspect of mind... and that is Love... that you will, if you so choose, be able to transform the body because the body is unconsciously Being manufactured by the mind, and this is why you sicken and die, because the mind that is manufacturing the body is not healthy, is not healed, is not whole. It is not in alignment with Love.

So we again are asking you to speak in absolutes. We are asking you to focus on your invulnerability, because it is your belief in the body and death that makes you so dangerous.

When you are focused on the body and death and your lack of strength, you become vicious, you become attacking, you become defensive — but it's all about the body. As you focus more and more on spirit, as you focus more and more on your connection with the Divine, the fear falls away, the fallibility falls away, health increases, and you become more and more like your Creator.

You are already like your Creator, you merely have loaded layers and layers of dirt on top of that knowing, and we are clearing that dirt away.

I am that one that you know is Jesus and I will speak to you again tomorrow.

Lesson 245

"Your peace is with me Father, I am safe."

You are Blessed Beings indeed. I am that one that you know as Jesus and when you walk around with these ideas firmly planted in the mind, and it will become so over the years that you practice this work, you bring to the world a calmness and a peace that others do not. And this is the greatest gift that you can give, not only yourself, because you will be living in a peaceful mind which is the most valuable thing that you can ever have, but you will also be bringing a voice of sanity into the world.

You will not be joining in fearful conversations, you will not be negatively gossiping about somebody, you will be sharing your peaceful mind with those around you. And, yes, some people will get annoyed at you because you are not joining in their battles, and that is okay.

As you come to appreciate the value of a peaceful mind, you will realize that there are Beings whose frequency is different enough from you that you will appear as a threat to them. That is what happened in my physical incarnation so many years ago. That the energy that I was manifesting and that was contained within me was a threat to the frequency of the area and the plane in which I was functioning as a teacher and a healer. So they had to kill me.

And many of you have asked over the years why I would allow that to happen. Well it was because I did not die — and I knew that I would not die. I knew that I had mastery over my physical, material body and my consciousness, and so I knew what I was capable of and had been doing it for several years at that point — manifesting a new physical structure in different locations whilst meditating. Going and having conversations with

people whilst meditating. I had come to see what mastery of the mind looks like.

Mastery of the mind means mastery of the body — mastery of the body is not you should be seeking. And you certainly should not be seeking it by using the body.

If you want to have a deep and powerful connection to the Divine, become peaceful through forgiveness practice, become peaceful through the knowledge and understanding of the laws of creation, become peaceful through comprehending that you are made in the image of God, and that you are a powerful creator and therefore you do not need to fear the world.

The world is only a reflection of you, and when you master love you will only encounter it.

I am that one that you know as Jesus and I'll speak to you again tomorrow.

Lesson 246

"To love my Father is to love his Son."

You are Blessed Beings indeed I am that one that you know as Jesus and this is something that you do not really think about. You do not really think that the judgements that you have about yourself, and the judgements that you have about your brothers and sisters on this planet prevent you from connecting to the Divine, prevent you from knowing your True Nature.

So this idea of judgement is the greatest poison that you can take.

You think that judgement keeps you safe. You think that if you don't judge things, or people, that you will be bowled over or become a doormat and the opposite is true.

When you step back from judgement and look upon the world with forgiving eyes, you get so much more. You get relief from the suffering that judgement causes, you get relief from the separation that judgement causes, and you get to connect into that peaceful place where all the knowledge of all things resides.

You can connect into that knowledge, you can tap into realms beyond your ability to understand and comprehend from the state of Being that is contaminated by judgement.

So we want you to do an experiment where, once again, you have a day where you step back from judgement all the time. You don't judge yourself when you look in the mirror, you don't judge the person who cuts you off in traffic, you don't judge the way your coworker eats their sandwich, you don't... you don't... you don't.

And you will first of all realize how frequently you judge, when you're trying not to do it for a whole day, but you will also realize how much more peaceful your mind is and how much better you feel because you are not separating yourself from your father in heaven which is love — the frequency of love is God — and when you judge you are separating yourself from the frequency of love and so you feel bad.

So know that you're feeling bad is you judging, separating, and isolating yourself from the ever-present frequency of love that is your right, your natural inheritance.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 247

"Without forgiveness I will still be blind."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is important for you to understand the power of forgiveness. Yes, this whole book, this whole study of *A Course In Miracles*, is about this most magnificent thing that you possess, the ability to forgive, the ability to step back from judgement, and the ability to understand that there cannot be anything on this earth, in this experience that you are having, that is not allowed to be.

If it has happened and you have witnessed it, then there is an aspect of Divine Mind that has allowed this thing to be. And it is hard for you all when you see things that you think should not be. For example, the terrible storm going through your Bahamas these last few days [Hurricane Dorian] — and you see people losing their homes, you see people devastated, you see people having experiences that you feel should not have happened. Well, these experiences are happening, and everyone involved in it is going to come out of it, believe it or not, with knowledge that they did not have before that will benefit them.

And many of you have been through this, you have been through a circumstance that, in the moment that it was happening, thought "This shouldn't be happening to me". It can be as simple as having a flat tire, for example, "this shouldn't be happening to me". But it is happening to you. And you argue with reality, and you resist all that that situation holds for you when you say it should not be.

And that is the judgement that we are asking you to let go of here — the belief that you know what is good for you.

Most of you don't have any idea what's good for you.

The belief that you know when someone shouldn't do something. You don't know — you don't know their history, you don't know their motivation, you don't know the outcomes of situations, you can't see the repercussions of everything — you are simply not equipped to decide that something is a sin.

And, in fact, there is no sin. A sin is something that is committed against God and is unforgivable, and God does never look at anything that way. Only humans in their small ego minds look at things that way and figure that God would be offended at this thing. But it has been allowed by God to happen, and so that is clearly not true.

The power of forgiveness gives you everything, and there are so many times that people will come into a session with this Being, for example, and ask "What is my purpose?" Your purpose is to forgive everything you have not yet forgiven, that is your purpose, and from that place of love, and kindness, and understanding, you will get and experience everything that you would like to get and experience in this life.

But you hold on to judgements, you hold on to sin, you hold on to the belief that you know better than God Himself and it is not so. It will upset some of you to hear this, and that is okay, that is judgement as well and you will have to forgive me for the teachings that bring you this information.

I am that one that you know as Jesus, we will speak to you again tomorrow

Lesson 248

"Whatever suffers is not part of me."

You are Blessed Beings indeed, I am that one that you know Jesus and this seems to be a very harsh lesson for some of you.

You have become used to seeing your sadness as part of yourself. You even believe that to be sad means that you love somebody, or you care for somebody, or that you have compassion for a situation, but that is not so.

Suffering is not required .

When you function in the higher realms of love, you do not suffer at all. You do not feel the disconnection from Love that causes suffering. That is all that suffering is, it is your disconnection from the Truth — which is Love — and that means that you end up as an Evolved Being connected to All That Is, connected to Love through your guidance system.

It means that you allow everything, you accept everything, even those things that the ego-mind says are unacceptable. And this is a challenge for all of you because if you lose a beloved Being in your life, you think that to grieve and suffer and wail and pull your hair out is part of you, and it seems so true. When you are in the ego-mind it seems so true because the ego has convinced you that the body of that Being has gone, and so they are gone.

And this is a lie, they have not gone.

But when you believe in bodies, when you worship bodies, when you grieve over the loss of bodies, then you are by your actions demonstrating that you think that person or Being, be it a pet, for example, was their body

and they are not. They are the eternal connection that you have with them. The beautiful memories you have of them, the beautiful communications that you can have with them if you are not focused on the body.

If you are focused on the body then you don't even try to make connections in spirit, you don't even believe that they are around anymore. You go to the grave and you grieve and suffer. They are not in the grave, they are with you. They are close to you. They are forever close to you, and when you leave your body they will meet you. They have not gone anywhere, they are merely a breath away.

This seems a harsh lesson for those of you that are still believing in bodies, that are still believing in suffering as an aspect of your own mind. But we assure you that as you forgive relentlessly, as you walk through your own spirit ascension, you will suffer less and less and you will come to see that whenever you are suffering, you are out of accord with Truth and Love.

I am that one that you know is Jesus and I will speak to you again tomorrow.

Lesson 249

"Forgiveness ends all suffering and loss."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is important for you to understand that the salvation of the world rests on your forgiveness. It does not rest on you doing things in the world to prevent what has already happened.

Many of you are looking at disasters or political upsets, these sorts of things, and seeing many, many people taking 'action', and it is important for you to understand that there is nothing wrong with taking action — but

if your mind is filled with vitriol and hatred and judgement for the Beings that you think have done wrong, you will not change the world. You will not change the world.

Forgiveness must be a part of your practice so that you may bring a new frequency into this place, so that you may bring a new awareness of love into this place. Battling the warmongers does not do any good because you are using the same energy that they have taught you to use.

I am teaching you to use a different energy as your catalyst for change — and it is love — and through the practice of forgiveness you get back all of your power to use in whatever way you see fit to enhance everyone's experience here.

In the end, ultimately, your world will not be the place that you want to stay. The Ascension process, the Enlightenment process, eventually will take you to a place where this world is not where you want to play anymore — you will have been tired of chasing your idols, you will have been tired of the bodies you've used, and the body you have. You will be tired of it and you will say I have had enough. It is not disillusionment, it is not depression, but enlightenment is "I no longer need this particular kind of experience to express myself".

And that is where you will all eventually get to, but until you make forgiveness the transformative practice that you use to bring peace to your own mind, the battles on this earth will continue, the fights on this earth will continue, the poor and the grieved and the suffering will continue, because of the frequency of the collective minds that inhabit this place. So make your mind a forgiving place, experience the Bliss of peace, and understand that you are contributing to the world by forgiving it.

I am that one that you know is Jesus and I will speak to you again tomorrow.

Lesson 250

"Let me not see myself as limited."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is a great truth that we want to reveal to you today — **that as you see the world and your brothers and sisters, so you will see yourself.**

If you are looking upon your fellow Human Beings as untrustworthy, or frail, or sick, or dying, you will have to live by the same rules that you impose upon them.

So this is a very, very important principle that we want you to understand. That you lose when you attack, you lose when you judge, you lose when you condemn anybody — because you must now live by those rules. If you have seen them as sinful and able to commit a crime that God would punish, then you will view yourself that way too, and you will believe that God will punish you too.

If you believe in the sicknesses that run rampant through your society, and see them as the truth, the thing that is winning, then that is the rule that you too will have to live by.

But if you view your brothers and sisters as Eternal Spiritual Beings, only occasionally making errors in judgement, then you too will see yourself that way and you will know that an error can be corrected. An error is forgivable. A sin is unforgivable, it is considered something that God would not have allowed to have happened and as an attack on God, it is irreversible.

But, of course, nothing is irreversible because most of the games you are playing here are illusory. Most of the thoughts you have are illusory. You

are living in a world that is inhabited by your own demons, your own fears, your own projections. So know that every time you offer a loving thought to a brother or sister on this planet, you will receive that yourself.

To give is to receive — to receive is to give. They are one and the same — the interior and the exterior are the same, whatever you are doing inside your mind to others, you will experience.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 251

"I am in need of nothing but the Truth."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is a prayer that you can use all the time when you are confused:

"Please show me the Truth, so that I may have peace.
So that I may be at peace, please show me the Truth".

Because when you are suffering... when you are upset... when you are angry... afraid... disoriented, you are out of alignment with Truth. You are not seeing the Truth.

You are not interpreting the world truly. When you are interpreting the world truly, you will feel at peace.

For those of you that are in turmoil, for those of you that are in despair, this seems an impossibility. But it is not an impossibility.

This is why we keep telling you to do your forgiveness practice, to let the past go — to stop worrying about the future, put it into the hands of the Divine and pay attention to this moment, this Holy Instant that you have here, where you get to choose love or fear.

Are you choosing fear right now? Then you will suffer. Are you choosing judgement right now? Then you will suffer.

But if you choose acceptance, if you choose forgiveness, then you will find peace. And in that peace you will create a beautiful future.

Your future is not coming from the past. The future is coming from the Eternal Now where you are deciding on what you want in the future by your decision to follow love or fear. It is all happening NOW in this Holy Instant.

When you when you blame the future on the past, you are merely contaminating the Present Moment with the past. That's all you've done. You've retrieved a memory of something hateful, you have decided that it's real, you will feel all the pain, and in that moment you are giving up your ability to create a different future, and you are guaranteeing that the future will look like the past. And so it will seem that your trials and tribulations never end.

It is here, Dear Ones, in this Holy Instant Now, that you decide everything.

Forgive, choose peace, and your future will thrive.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 252

"The son of God is my identity."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is the fundamental problem... is, that you do not think of yourself as grand enough.

The ego is very loud and brash at times. The ego is very fearful and weak at times, and it will fluctuate between those two. But you have a grandeur that is beyond time, beyond the body, beyond anything that you conceive of in this world.

You see, you play with the small toys of this world — the cars and the bodies and the clothes and the hair and the makeup and the tropical holidays and the work that you do — and all of these things seem so important, but they are nothing — absolutely NOTHING — compared to the light that you hold within you. Compared to the capacity for creativity that you hold within you. Compared to the ability to love that is within you.

So we would like you to dig deep today — we would like you to dig deep and ask yourself:

"How can I step up my game today?"

"How can I be that Being that this lesson speaks of?"

"Do I need to be calmer?"

"Do I need to be more generous?"

"Do I need to be kinder?"

"Do I need to express my creativity more?"

"Do I need to be more adventurous?"

"Where am I playing small?"

"Where am I hiding behind my fears?"

Pick a fear today, one that you know you have — you all have these fears — and ask yourself:

"Do I want to spend the rest of my life diminished by this fear, believing that it can kill me, believing that it can ruin me?" — when, in fact, you are far greater than that fear.

Begin to entertain in your mind visions of yourself overcoming that fear, visions of yourself stepping up your game, so that you are befitting of the title: "Child of God", "Son of God", "Daughter of God".

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 253

"My Self is ruler of the universe."

You are Blessed Beings indeed. I am that one that you know as Jesus and none of you believe this.

None of you believe that the quote-unquote "bad things" that happen to you, you want them to happen to you.

None of you believe that the things you don't have, are not with you because you don't actually want them.

None of you believe this.

This is a tough lesson for all of you because you believe that you don't have things because something else is preventing you from getting it.

You are not looking at your own consciousness and asking yourself "What in me is not of a like frequency to that thing that I want?"

If it is a big and glamorous and ostentatious thing that you would like, look at yourself and say "Am I a match for this?"

If it is a deeply loving and kind thing that you want to have that you do not possess right now — are you deeply kind and loving? Are you a match for that thing that you want? Perhaps not.

But all of you have come into separation. All of you reside in individual bodies. And that proves that you believe in separation. You are living it. You are feeling it. You are experiencing it.

And so that is something that you all have in common — you all have this individualized body as a demonstration of your separation.

And so these lessons are asking you to look at that.

Where do you like to be separated?

Where do you attack others as proof that you believe attacking them will not hurt you?

Where are you walled in?

Where are you silencing yourself and not sharing your great talents?

All of these are aspects of separation that are manifesting through you.

Now that's the default setting on this earth plane — 'separation'. That's why it is a challenging place.

To override the default setting you must put in a new program, and that is what we are doing here. We are asking you to choose Love. We are asking you to recognize your multi-dimensional eternal nature. We are asking you to step back from attack and judgement so that you can have a new experience, a more faithful experience to the True You.

So it is through faith, through stepping back from judgement — listening to these words and believing that there is some truth in them — that you will begin to experience miracles. You will begin to experience miracles of transformation in other people. You will begin to experience miracles of transformation in yourself, and even seemingly the world around you. But you must have the courage to do something different. You must understand that the patterns that you witness in your life are following you around because of you.

I am that one that you know as Jesus and I will speak to you again tomorrow

Lesson 254

"Let every voice but God's be still in me."

You are Blessed Beings indeed. I am that one that you know as Jesus and the ego's raucous cries are distracting indeed. And as you go further and further into these lessons, you come to feel the difference between guidance and that loud and angry voice of the ego.

The ego is impatient. It speaks first, it speaks loudly. But as you focus your mind — as you do your forgiveness practice and stop indulging in hateful fantasies, as you stop feeding that energy of the ego mind, as you encourage and feed the energy of love and forgiveness — the voices shift and change and the ego's voice becomes less strident, less obvious, and there is another voice that becomes more clear, and that is the gentle, loving, guiding voice of Love.

Love is God; God is Love, and so the voice of Love IS the Voice for God.

When you ask to hear only that voice, you are sending out a powerful message. You are choosing to use your free will to dampen down the voice of the ego. And the voice of the ego is the one that's been fed in your society. It is the one that has been cultured. It is the one that has been given your attention. But as you have now come to Lesson 254, you have spent many, many days giving Spirit love and attention, giving your inner guidance love and attention. And now you are ready to dedicate your mind to that inner Voice for God.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 255

"This day I choose to spend in perfect peace."

You are Blessed Beings indeed. I am that one that you know as Jesus and what a great gift this is to let go of all needs, let go of all judgements, let go of all things in the future and the past, and to just be with what is today — accepting it and Being calm and at peace with it.

Now for some of you this may seem like it requires a miracle, and it may indeed. But your peace is only hidden by your own thoughts, your own judgements, your own discursive conversations with past people, future ideas, judgements in this Present Moment — you are hiding your peace from you. Nobody else is doing it to you.

Even if somebody comes into your sphere of influence and is upset with you, you have a choice whether or not to join in the drama or not.

You can rise above the battleground merely by deciding to do so. And so that is your challenge today, to rise above the battleground, to not be sucked into the horizontal dramas of the egos' wars — whether they be small or large it does not matter, whether they be external in terms of other places of the world or in your own life — today is the day that you choose peace, regardless of anything else that's going on. And you will see that you have the ability to do this.

You will see that even if you cannot pull it off for the whole day, there will be moments that you can step back from something that you would normally have become upset about, or entangled in, or enmeshed in — and it is your choice.

The the eternally peaceful mind is always there within you hidden beneath the rough seas of the ego's judgements. Dive deep today and find that still quiet place where your natural self resides.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 256

"God is the only goal I have today."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is in these lessons, where we are asking you to absolutely focus your mind, that you come to see how many different and opposing goals you have in your day. It is these lessons that are asking you to amplify your focus so that you are coming to understand that it is in dedicating your life to love and forgiveness that you will gain everything else.

The ego will tell you that there are very important things in your life that you cannot hand over to God, that you cannot trust will fix themselves. And no, they won't fix themselves, but you are going to the projector. Remember, your life is manufactured and brought into Being from all of your beliefs, ideas, and things that you act upon and act as if are true.

So if you have a manifestation in your life of a negative thing, a thing that you don't want, or a thing that you are experiencing and you've had enough of, you must go to the producer of that effect, which is the projector — your mind.

And so forgiveness is recalibrating the projector. And just as when you go to a movie theater and you see a little piece of fluff on the screen, it is only

the foolish that run up to the screen and try and fix it; everybody else to the projector operator: "Clean the lens."

That is what you will be doing today. You will be doing your forgiveness practice, stepping back from attack and judgement, letting the past go, forgiving the future, allowing it to be created today from the peaceful mind of the non-judgemental, forgiving Being that is you.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 257

"Let me remember what my purpose is."

You are Blessed Beings indeed. I am that one that you know as Jesus and your emotional ups and downs are demonstrations of your inconsistent beliefs.

If you were consistently focused on happy things, and things that you would like to have, and stepping back from judgement, you would be completely peaceful, you would be calm all day long. But that is not the case for most of you. You have these tremendous ups and downs that cause you great distress. And those ups and downs are demonstrations of your mind's inconsistencies. And so we want you to focus today on the purpose of forgiveness, because that is the means that you have been given today for achieving peace.

Your forgiveness practice is the thing that is going to free your mind from the past, and from the future. It is going to bring you back to the Eternal Now which is the only place that you can affect anything.

Remember this, every time that you go into fear about the future, or resentments about the past, you have left the Eternal Now and you are wasting your time. Or, you are contaminating the Eternal Now with anxieties, fears and resentments.

So your forgiveness practice is the most empowering thing you can do. It is not for other people necessarily, although others benefit from your forgiveness practice — obviously, you become calmer and happier.

But the truth is it is you that benefits from your forgiveness practice. You stop tormenting yourself with old stories and ideas that no longer serve you and will not bring you what you want.

So unify your mind today in the pursuit of peace. And how do you get there — through your forgiveness practice.

So step back from judgements, step back from criticism, step back from fear, and gaze upon the world and all your brothers and sisters with affection and compassion.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 258

"Let me remember that my goal is God."

You are Blessed Beings indeed. I am that one that you know as Jesus and the ego will counsel you that this is a dangerous practice.

It will say that you need to be in control of everything. It says that you need to pay attention to everything, that you must have everything orchestrated

according to your wants and needs and wishes and beliefs and ideas, or everything will go wrong.

What we want you to understand is that the contrary is true. Most of your problems are mis-created by your insistence on having things the ego's way.

Now remember, the ego is a hodgepodge of beliefs and ideas — all fearful, all limiting, all unloving — what makes you think that that conglomeration of beliefs, and the thoughts and feelings that those beliefs would cause you to have, would bring you a peaceful, abundant, happy and healthy life. There is no logic to that.

And so this idea of seeking only God seems radical — and it is radical, we are asking you to change the way you look at the world. We're asking you to change the way you inhabit your interior world.

But this does not mean that you are not attending to the things that need to be done each day. These lessons can be done silently in the mind when you are doing mundane tasks — waiting for the traffic to move on as you're stuck in commuter gridlock, doing the dishes, weeding the garden, folding the laundry. When you are doing things that do not require all of your attention, these lessons can be occupying your thoughts and ideas and bringing to you the frequency of love and peace.

So instead of ruminating on what's wrong with your life, or potential future problems while you're doing those mundane tasks, ruminate on this and make God your only goal today, and see how you feel, and see what miracles begin to occur in your life as you spend more and more and more time in that frequency of seeking God.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 259

"Let me remember that there is no sin."

You are Blessed Beings indeed. I am that one that you know as Jesus and even down to the tiniest judgements you are accusing something or someone of a sin — it shouldn't be raining today, the weather is Being sinful, it should be nicer, somebody should not have looked at me that way, they should not have said those words — those are minor sins, your parents should not have raised you the way they did, they have committed a sin.

Every single upset that you have is because your mind has been judgemental and most Beings would not necessarily perceive themselves as Being judgemental. But every single upset you have comes from the fact that you have judged against something or refused to accept something.

Refusing to accept something is judging against it.

This is why at times we recommend "radical acceptance" as a practice so that you may have the contrast of your ordinary mind versus a mind that is radically accepting everything.

When you accept everything, you are observant — you are saying it is here for a reason, it is holding something that I need to see.

Your experience, whether it be your body, your relationships, your bank account, your refrigerator, everything that is in your life this very moment has a story to tell you about — your value system, your judgements, your hatreds, your weaknesses — everything.

So if you look at your life today without judgement, you will learn something that you need to learn, that you have hidden from yourself in the material world.

Remember your consciousness is part of you that you accept as yourself, is only a very small sliver of who and what you believe in. Many of the things that you believe in are hidden out in the world, or in your body.

So, for example, if you are carrying a few extra pounds — which many of you do in this society because you are not good at handling your feelings and emotions — you turn to food and drinks and all kinds of things to imbibe to calm yourself. That body that is overweight is showing you that you're using food as a "soothing mechanism" for your feelings. If you were just using it to satiate hunger, as fuel for your vehicle to get you around from A to B, it would not have an excess of weight on it. That excessive weight is your clue that you are hiding something from yourself.

So we would say, today, take a look at one part of your life — the part that causes you the most distress, the part that causes you the most suffering — and look at it — fully accepting, no judgements allowed — and ask yourself what is this part of your life giving you as a message?

Do you need to become more focused?

Do you need to relax?

Do you need to be more expressive?

Do you need to be more creative?

Do you need to be kinder?

Look at the part of your life that is out of order, as far as you're concerned, and ask yourself what have you not given to that part of your life.

What are you resisting?

What are you hiding from?

And if you're honest with yourself, you will find an answer.

I am that one that you know as Jesus and I will see you again tomorrow.

Lesson 260

"Let me remember God created me ."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is a most important thing to remember is it not?

Because you think that you are fallible, you think that you are going to die, you think that you are alone — all of these things are untruths that make you feel separate from everything and everyone, including God, including your brothers and sisters on this earth plane.

When you remember that God created you, you begin to treat yourself with respect. You begin to see that unhealthy habits or unloving thoughts and beliefs and ideas, acted upon, are a blasphemy of sorts. You are really thumbing your nose at God if you will.

So remember today that you are Sacred Beings indeed — you are ideas in the mind of God that have become manifested.

Yes, you live in separation, yes you believe that you have been abandoned — but the truth is you came here, you wanted to do this. And it is only

when you get tired of the world and tired of chasing your idols that the journey home to Oneness, to Love, becomes more attractive.

Some of you will be sitting on the fence still, some of you will still be wanting what the world offers you. But some of you will be so tired of it that you have no enticements left in that place, and there is great relief, believe it or not, when the world holds no value for you anymore. It does not mean that you do not participate in life, it does not mean that you do not love your fellows, what it means is that you are not tormented anymore, you are not striving to find things outside of yourself to make you happy. That really is what the temptation of the world is, and it's there for you as long as you want it. But remembering who created you, and how Eternal you are and that nothing can threaten your True Nature, gives you a sense of calm relaxation that very few other things can give you.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 261

"God is my refuge and security."

You are Blessed Beings indeed. I am that one that you know as Jesus and humans look for refuge in all kinds of places. They look for it in money. They look for it in sex. They look for it in food. They look for it in all kinds of places that cannot, in fact, keep them safe, because that is always about the body.

The ego's choices around safety are always about defending the body, and as long as you're defending your body, you do not know who you are. This is a tough one for all of you who are used to defending your bodies, protecting your bodies from danger. But when you focus on the body as the

fallible thing that it is, you feel fallible, because you are identifying yourself as a body.

When you join with God, when you learn to walk with me, doing these lessons together and focusing on the non-physical aspects of your own Self, then you are identifying with the non-physical parts of you that are infallible and will live on forever. And so you become more relaxed, you are not in the ego's domain, you are not in the battleground.

Have you not noticed that in war the ego wants to kill bodies? That is because that's what the ego believes in. It believes that if it keeps your body safe, that that is the only thing of value. And so in murderous rampages, the egos that want to kill, will kill the body, not realizing that they have not, in fact, touched the essence of that Being, which is Eternal and will, of course, go on to learn other lessons and to experience other lifetimes.

So begin this process today of identifying with the non-physical aspects of You: your creativity, your ability to love, communication. All of these things will make you feel more and more secure. Whereas defending the body will make you feel more and more fearful.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 262

"Let me perceive no differences today."

You are Blessed Beings indeed. I am that one that you know as Jesus and, of course, in A Course In Miracles it says there are no separate interests. And, of course, this is one of the great burdens of your capitalistic society — is that you have been taught that there are indeed separate interests and if

you do not look after yourself nobody else will look after you and you had better keep all your stuff together so that nobody can take it and threaten your security.

This is what's Being demonstrated in your increasing poverty, increasing slums, increasing environmental degradation on your planet, the constant taking of more than you need, the refusal to share, the refusal to give, even at times to your own family. We witness family members who have very large bank accounts witnessing their other family members suffering and struggling — now we understand that some of you do help your family members and there comes a point where you see that it is pointless, we are not speaking about that.

We are not speaking about when you have done your very best to assist a person, an individual perhaps, and they are continuing to either fritter money away or waste it in some way, and no matter what you do there is no improvement, that is a different situation. We are speaking about the initial situation where you see a need and you have the ability to assist, whether it be a dollar, or a hundred dollars, or whether it be a roof over someone's head for the night, or, in fact, giving your precious talents to the world, sharing in that way. We're not always speaking about money here.

So today we would ask you to ask yourself where are you hoarding things? Where are you perhaps hoarding possessions — perhaps you own far more than you need and you've got a house full of thousands and thousands of things that are doing you no good? That is a form of security and self-indulgence that prevents you from Being free to share your assets, your non-physical assets with other Beings. You can become so obsessed with material goods that you forget about the non-physical world completely — your creativity, Being loving, sharing your talents, and these sorts of things.

We want you to understand that you are all connected and so, of course, this is the rationale behind forgiveness — that if you attack a brother, you are in fact attacking yourself. If you defend against brothers and sisters,

you are in fact creating what you defend against because you believe in it. You are putting all of your resources into protecting yourself, and so you are inadvertently creating the very thing that you do not want to experience.

So this is one of those beliefs that's hard to grasp at first because you have been so indoctrinated into capitalism and self-centredness and individualization, but you are all connected Dear Ones and even if you can only think kind thoughts about your brothers and sisters, at least try to do that today.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 263

"My holy vision sees all things as pure."

You are Blessed Beings indeed. I am that one that you know as Jesus and this lesson seems impossible does it not that you look upon everything as if it is pure?

But do you not see that your judgements cause you suffering? Do you not see that your insistence on arguing with reality causes you pain?

"He should not have said this." "

"She should not have done this."

You are looking at something that has happened, and you are saying that it shouldn't have happened — and so you are arguing with 'what is' — which is a waste of time, and a waste of energy — and it separates you from the

knowledge that everything here has been allowed to transpire because you have been given free will.

This is not the first time this lesson has come up here.

When I was walking on the earth planes so many years ago, that is the place that I came to, I came to see — and I developed an ability to see — that whenever I judged something, I was wounding it, I was depleting it of energy. I was truly attacking it, not figuratively, but literally.

And my abilities had been so powerfully enhanced, at that point, that I literally could kill a plant by looking upon it with hatred.

And so this is the macrocosm, if you will, of your microcosm. We want you to understand that to judge and hate, and separate yourself from and condemn anything that you see, only hurts yourself, most of all — but it does affect the Beings upon whom you gaze.

This is one of the reasons why some of your celebrities have such difficult lives, because so many people are gazing upon them with either lust, or judgement.

So keep your eye on your prize, keep your eye on **forgiveness** as the practice that will bring you everything that you want.

You see forgiveness means that you understand reality. You understand that you're all connected. So attacking somebody else, or something else, is attacking yourself — and you are demonstrating your powerful understanding in the laws of creation, which is that you get more of what you focus on.

The universe is listening, it is a reflective and holographic universe, and so if you focus on things you dislike, you will get more of them.

I am that one thing you know as Jesus and we will speak to you again tomorrow.

Lesson 264

"I am surrounded by the Love of God."

You are Blessed Beings indeed. I am that one that you know as Jesus and imagine the difference this makes in your day — rather than saying "I live in a dangerous and fearful world" [saying] "I am surrounded by the love of God" means that you can expand, you can open, you can connect, you can commune.

When you say that you are in a dangerous universe and everything is going to attack you, and you must defend yourself, you are closed, you are rigid, you are in non-receiving mode, we will say.

So this simple lesson is far from simple. It is the basis on which you must live your life from now on — that you know you are cared for, that you are not here by accident, you are here intentionally and you have become lost — but you have now found a map to take you back onto the path that you were destined to walk in this incarnation.

You were destined to walk a path in this incarnation, and it is revealed to you by **good feelings**, it is revealed to you by **happiness**, it is revealed to you by **joy**, it is revealed to you by **connection**, it is revealed to you by **creativity** — so when you are not in any of those places, you have stepped off that track a little bit and this prayer will take you back into that place of knowing that all is well.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 265

"Creation's gentleness is all I see."

You are Blessed Beings indeed. I am that one that you know as Jesus and when you look at your entertainment systems, your football games, and your war movies, and your news shows, do you not see that you are Being fed everything but God's vision of this world?

It should not be your vision of this world either, this embattled terribly conflicted place. What you're witnessing is the terrible, embattled, conflicted mind of humanity. And changing it in the physical world is pointless because it is going to be regenerated by the mind that has collectively brought it into Being.

So to shift the outside world, you must shift the inside world. And it seems counter to everything you're taught about on this plane, that you must work hard in the physical world, that you must be driven by love, you must be driven by a desire for something good to make something good materialize — you cannot fight against the darkness, you must illuminate it, just as when there is light and shadow there is no such thing as a dark maker, it is only where the light is obscured that there is darkness.

So when you think about becoming involved in environmental causes, or any kind of reconfiguration of your society, do not battle the old, but invent and reinvent the new, with love and passion and desire for a kind and generous and loving community.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 266

"My holy Self abides in you, God's Son."

You are Blessed Beings indeed. I am that one that you know as Jesus and is it not ironic that all of the Beings that you find that drive you crazy are, in fact, the route to your salvation.

It is in forgiveness and coming to a place of appreciation for all your brothers and sisters, and all the opportunities they give you for the practicing of that forgiveness — it is in realizing that, that you will finally grasp what this life is for.

This life is to forgive. You have come into separation believing in war and judgement and attack, and to relieve yourself of that suffering you must begin to see your brothers and sisters as fellows in Christ.

Christ consciousness is the acceptance and love of all things, all Beings.

It is not picking and choosing the ones that you prefer over the others.

It is not attacking some and loving others.

It is not condemning some and worshipping others.

It is about seeing all Beings as equally valuable in the eyes of God — and in your own vision. That is what happens when you wake up, you realize that even the most difficult of Beings are giving you an opportunity to raise yourself up above the battleground. Now some of you choose to live apart from other Beings, you do not commune with them, you find isolation better, because the difficulties of forgiveness are not yet within your ability to comply with.

But as you evolve, you will see that the more you forgive your brothers and sisters, the more you love humanity, the closer you come to Home, and the closer you come to Heaven.

Heaven is merely a state of mind. It is a state of mind in which all things are accepted, all Beings are equally respected and loved, and in that respect and love you find your own peace, your own joy, your own self appreciation.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 267

"My heart is beating in the peace of God."

You are Blessed Beings indeed. I am that one that you know as Jesus and, of course, your heart is where the answer lies.

Your heart is what you refer to as that place that guides you through Love — and that is exactly what this lesson is referring to — it is referring to the fact that with every heartbeat this amazing organ (that lives within your chest) is sending out a resonance all the time.

If your heart is open, which is in alignment with Love in its true definition, then you will be resonating at a frequency of healing and creativity.

If your heart is closed, you will begin to become sick, and you will become fearful, and you will not be resonating at the frequency that is your home frequency.

So this is something for you to remember today, your home frequency is Love.

And when you are in a place of gratitude, when you are in a place of appreciation, when you are in a place of forgiveness and kindness, you are in that frequency of Love and you will thrive and you will feel good.

When your heart is closed and you are in a place of fear, everything will begin to seem as if it is a little off. And the longer you stay closed-hearted, the worse it will get — not as a punishment but as a feedback system to show you how well you are aligning with Love.

Remember, there is no punitive God giving you punishments for Being bad, there is only feedback from this reflective universe letting you know how well aligned with Love you are. It's very simple so listen to your heartbeat today and ask what resonance, what frequency is it beating at — "Is my heart beating at the frequency of Love or fear?"

Open your heart Dear One to the beauty of your life, the beauty of your potential, and the beauty of the gift of life that you have given yourself here.

You have come into this body... into this place... into this time... to do important work and this training program is preparing you for that work.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 268

"Let things be exactly as they are."

You are Blessed Beings indeed. I am that one that you know as Jesus and most of you are not living in reality, you are living in a fantasy world of which you are the director.

Now it seems as if there is a contradiction here, we say you are the creator of your reality and yet here we say your reality is incorrect. What we want to clarify in this lesson is that when you are not aligned with love, and you have not had untrue beliefs and ideas clarified from your mind, you are living in a distorted version of "reality".

You will be living a lot in your future world — it is an imaginary world — your future world is a fantasy world.

You do not realize this when you imagine as you're driving your car perhaps, what's going to happen when you get home. You believe those movies you see in your head, but you are in fact making up a fantasy from the distortions in your mind. You are not allowing your life to play out as it will.

And resentments, of course, are rigid regurgitation of old fights, old wounds, old hurts, and once again you leave the Present Moment and live in a fantasy world — your fantasy of what happened, your fantasy of you Being unfairly treated, your fantasy of that sinner doing something against you.

Now many of you who have had unpleasant experiences want to immediately jump up and say "But it really did happen." And, yes, perhaps you did have an experience that was not much fun.

But every time you go back to claim it as yours, you re-inflict that pain upon yourself. The other person, the person who may have hurt you once in the past, is not involved in that victimization, you are. You are choosing to go back and relive the movies in your mind, a bad thing that happened to you because you want it.

This is a very difficult part of this forgiveness process for those of you that have wounds that you have nurtured and fed for a long time. But we want to reassure you here that you do not want those wounds, you do not want that resentment, you do not want that contaminating energy to grow in the present and show up again in the future, because that is what will happen.

If you choose to use your Present Moment to regurgitate old wounds and old pains, you are planting seeds for that same frequency in the future.

So we encourage you here — even those of you that have what you consider 'unforgivable sins' committed against you in your past — we ask you to give them up. We ask you to stop thinking about them, and playing with them, and feeding them with your powerful energy, for that is what you are doing every time you recall that terrible story to your friends... that terrible story... that awful thing that happened to you... you are infusing it with your power, your most God-given creative power. The power to create worlds.

We want you to create a beautiful world for yourself, a happy dream here while you live in separation. And it is possible if you train your mind. So do your lesson today, forgive the past, stop ruminating on anything other than what is happening right now and appreciate the opportunities that every day gives you to share your magnificence with your brothers and sisters.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 269

"My sight goes forth to look upon Christ's face."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is the judgemental sight that causes you your suffering. It is the rejecting sight that causes you your suffering.

It is the loving and accepting sight — seeing all your brothers and sisters as equally created and equally valued in the eyes of God — this is what you must remember as you go through your day.

All persons... the addicted... the drug addict... the drunk... the child abuser... the murderer... all Beings are equally valued in the eyes of God.

Yes, their behaviour may be aberrant because of the dysfunctions of mind... your society misperception... but they are all equally valued and they will not be cast into hell because of what they have done, or are doing. No more will you be cast into hell because of what you have done or what you are doing.

Begin to forgive yourself for your errors of thought, and therefore action, and begin to practice forgiving your brothers and sisters for their errors of thought and/or action. There are many Beings in non-dualistic teachings that think you should not do anything, but some of you now are Being motivated to shift and change your behaviour because you can see the consequences of your behaviour. We want you to understand that to shift and change your behaviour... because you've changed your mind... is what we are working on here.

We are working on all of your minds so that you may shift your behaviour, and, in that shift, demonstrate to all who meet you that something

profound has happened to you and that you are functioning from a higher frequency than you used to be. This will inspire, it will incite curiosity, and some people may ask you, "What are you doing, you seem different?".

We do not want you to proselytize, we do not want you to stand on soap boxes and insist anybody do anything. We want you to practice your practice. Keep your thoughts and beliefs and ideas as your practice, honing them, mastering them, making them more loving, rather than trying to change others.

But systems on your planet do require a shift in all of your behaviours, and this is what we are doing here — we are starting with minds first, and once minds are changed, then behaviour can change. Remember this when you're looking upon the world and judging it. You're seeing the end result, the effect of distorted perception in distorted behaviour. Do not try to change others behaviour but change your mind so that you inspire them by yours.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 270

"I will not use the body's eyes today."

You are Blessed Beings indeed. I am that one that you know as Jesus and this sounds like insanity does it not — to not use your eyes today?

But perception is ruled by your beliefs, and if your beliefs have not yet been clarified — which if you are doing these lessons you are in the early stages of that clarification, your mind is not completely free yet — you are

going to be misperceiving because your filters and lenses through which you gaze upon the world are clouded with untruth.

And so it is the mind behind the vision, the body's vision, that we want you to focus on in this lesson. It means that you decide what you will see. You will decide that you will not attack, you will not judge — even though your lenses of perception ask you to do so. It means that you are using your free will, not your conditioned mind. This is the difference that's coming through in this lesson today.

Your free will is to choose to look with loving and forgiving eyes upon everything you encounter.

The conditioned mind looks through the filters that have been placed within your consciousness by your previous teachers, whoever they are... movie makers... school teachers... religious teachers... parents. All of these Beings have taught you things, many of which are unloving, many of which are not true.

You are Being asked to rise above the battleground of the conditioned mind into the visionary space of the healed mind. That is an exciting prospect, is it not, for you to be choosing to step above the battleground of the ego into the world of peace and love and joy. This is what we are encouraging you to do every single day. To take the high road — the high road of Love, the high road where you will become the intentional creator of a loving and peaceful world.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 271

"Christ's is the vision I will use today."

You are Blessed Beings indeed. I am that one that you know as Jesus and, of course, "Jesus" was the man's name and Christ's vision was that which I held in my life for long enough to transform my consciousness into an "awakened Being".

It is not "Jesus" Christ that I am — you all are Christed Beings, you have just forgotten that you are. Your nature is one of love, your nature is one of kindness, your nature is one of creativity and extension, and you have merely forgotten.

You have layered, through no fault of your own, consciously, dirt upon the shining mirror of your mind. However, it is now time to decide what you are going to allow in your mind and what you are going to allow to be added to your mind now, from now on.

So when you are watching, or in ingesting material or information that is fearful or fear-inducing, that is murderous or death focused, you are stepping away from the awakening process.

When you are practicing your forgiveness, when you are visioning your life as a loving expression of Divine Mind, you are getting closer to that awakening process.

It is your free will that decides every single moment, of every single day, which direction you are walking in. So if you have some habits of behaviour that you know are less than loving, we would ask you to begin to envision yourself not doing them anymore. You may continue the behaviour for a while, but we would like you to understand that you must

change the thinking that is driving the behaviour before you can change the behaviour. This is why many of you cannot change your behaviours, because you do not change the mind that is initiating the behaviour.

So today, pick something that you know that you're doing that is lower in frequency, and envision yourself turning it off, not doing it. Doing something else, and do that for a little while — by a little while we mean a week or so — and then begin to cut back on the behaviour as a reinforcement of that transformation of mind.

Keep doing this, envisioning new behaviours to replace the old unhealthy one. Envision what you'd like your life to look like in its complete form, and understand that that is where the work is done. In combination with your Course In Miracles forgiveness practice, the lessons here, you can actively use your creative free will to design the world and the life that you would like to experience.

I am that one you know as Jesus and I will speak to you again tomorrow.

Lesson 272

"How can illusions satisfy God's Son?"

You are Blessed Beings indeed. I am that one that you know as Jesus and this is the Truth of your existence.

You [can] have small shiny objects to chase around your whole life, or you can go to the heart of the matter, which is God's Love for you.

The fabulous creative force that has wrought you is the one that you want to focus on. Why? Because everything else is a dalliance. Everything else is

a little affair. You have met the Love of your life and many of you have given it up for the one-night stand, or the little dalliance, the little affair.

We are saying commit to the Love of your life, commit to the most powerful force that exists and ally yourself with that and you will reap great rewards — not only of physical and material health and wealth, but also of knowing yourself, Being able to be relaxed in your own skin, Being able to offer up to the universe, to your brothers and sisters in this world, your greatest gifts, rather than wasting your time.

So waste your time no longer Dear Ones, align with Love — which is God — and know that you have found the mother lode. You have found what everyone is looking for. Once you align with Love, everything else will come to you — any material things that you would like will come to you. This is not about the Law of Attraction in the sense of manufacturing new cars and these sorts of things, but the deep and profound meaningful aspects of life that you are all seeking will come to you when you are aligned with Love.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 273

"The stillness of the peace of God is mine."

You are Blessed Beings indeed. I am that one that you know as Jesus and you are coming to that stage of your development where you are beginning to see that you have a choice as to whether or not you get upset, or not.

You have a choice whether or not to watch the news and feed into the media story about the world that is designed to upset you.

You have a choice or not whether to get into a bickering argument with your partner about some small battle that the ego might wish to win.

You begin to see that your children's upsets or their short-temperedness are caused by a lack, perhaps, in their day. So instead of yelling at them, and getting upset and going into negativity, you realize that perhaps they need some fresh air and that you have been doing the cooking, or you have been busy on your phone and they are feeling a little neglected — and instead of yelling at them for disturbing you, you realize "Ah, they are disturbing me because they need some thing that I have not yet contributed to the situation."

And as your life goes on and on using these lessons, you begin to see that,

it is your choice whether to fight,
it is your choice whether to become embattle, and
it is your choice whether to suffer and lose your peace, or not.

It is a decision made in the mind.

We want you to understand that you have the choice to align yourself with that peace every moment of every day.

Now you will not be there yet if you have only been doing the Course In Miracles for 270 days or so, but you will be beginning to see how you contribute to your own troubles.

This is a powerful line in the sand for most of you — a line, once you cross it, once you realize that you are the cause of your troubles and your stress — then you can always turn to the correct place for shift and change. And that is to go inside and ask,

"What is it that I am doing here to cause my upset?"

"What is it that I feel I am missing, that I'm striving for?"

"What is it that I think is wrong in the world that is causing me to complain?"

"Maybe I need to stop looking at the world and other people as the source of my upset and go inside and say, 'What is it in me that is upset?'

All of you will benefit from doing this. All of you will come to realize that once the mind is obsessed with someone else's guilt, you are in the ego's playground. You are stepping away from Love, down the ladder into the battlefield, and there you will find death... sickness... war... and unhappiness.

Stay high up on that ladder envisioning Peace, Love and Joy — and choosing Peace whenever you possibly can.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 274

"Today belongs to Love, let me not fear."

You are Blessed Beings indeed. I am that one that you know as Jesus and you do not realize that your resistance to life and your judgements cause fear.

You are literally arguing with God when you are judging what is going on around you, or judging yourself.

You are literally saying, what is should not be, and that creates fear in the mind. There is a part of the mind that knows that you are arguing with God. Believe it or not, there is a part of your mind that knows that to confront reality, and say it should not be as it is, is arguing with a great force that you cannot — and you cannot win that battle.

You cannot win the battle of judging reality as you understand it to be. It causes anxiety in the mind because what is, is. It doesn't matter if you argue with it, it will not change what is currently manifesting. And so it is a futile battle, you are simply wasting your time.

You would be far better served to say, "This is something that I do not want to keep gazing upon, so I am going to look at what I do want to gaze upon and reinforce that and strengthen that."

So this is the same idea as battling with the negative manifestations that you see currently on your planet — don't fight them — but invest your love and passion in something that is good for your planet and you will find that your frequency is higher, you are wasting less of your energy, and you feel more optimistic.

So love what is today, love yourself today, and watch everything calm down — and watch your fears disappear.

I am that one you know as Jesus and I will speak to you again tomorrow.

Lesson 275

"God's healing Voice protects all things today."

You are Blessed Beings indeed. I am that one that you know as Jesus and many of you will say, "I'm not hearing anything". Many of you will say, "This voice is not speaking to me".

But you are incorrect, there are tiny little impulses, there are small ideas, there are little impressions, that are coming your way that you cannot hear because the voice of the ego is too loud.

This is why we are practicing these lessons. Remember, we are practicing them so that you begin to entertain the idea that there is a different world that you can access if you quieten the mind. The ego believes that if you quiet in the mind you will not have any control, you will not be able to get people to do what you want, you will not get what you want.

And those that have practiced Aa Course In Miracles for many years will always tell you — if they have been practicing it correctly in doing their forgiveness work and surrendering to guidance — they will tell you that their lives are many, many times better than they used to be when the ego was in charge.

And so this is a story that the ego fabricates, that if you listen to it life will go well, when in actual fact when you listen to it life will go poorly, and will continue to get worse and worse as you get older. The negatives, the fears, the blocks, the blame, the anxiety increase as you age because you are strengthening them all the time.

As you do this miraculous work, you are lessening the ego's power. You are investing less and less in it over time, and over time you will see a magnificent transformation of your own world.

Some of you have not been doing this long enough yet to have that demonstration of the massive transformation, but many of you are having good days where you didn't used to have good days, you are having longer periods of peace that are then interrupted when the ego gets its way and you plummet down a rabbit hole into unconsciousness — but you know and you can see that things are slowly improving and this is the faith that is building now in all of you.

This is the faith that this work does work miracles, and the book itself is appropriately labeled A Course In Miracles. Continue to work your miracles by choosing Love as frequently as you can throughout the day, doing your lessons and surrendering to that still small voice within you that is guiding you towards healthier choices.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 276

"The Word of God is given me to speak".

You are Blessed Beings indeed. I am that one that you know as Jesus.

You are given choices on this earth plane:
you can hate or you can love,
you can judge or you can forgive,
you can move or you cannot move.

This is a world of duality. But what we are teaching you to do here is to rise above that dualistic nature... believing in good and evil... and understanding that you are all created in the image of God. You are all equally valuable to that Benevolent Force that has initiated life in this universe.

It is hard for you when you see people doing what you consider bad things, it is hard for you when you see people that you consider rude or obnoxious. But we want you to understand that those are just errors of thought manifesting in behaviour, just as you have made mistakes.

All of you understand this, that you want to be forgiven for any errors in judgement that you have made throughout your life. This is the gift that you must give so that you receive it. This is the gift that you must give those Beings who are still mistaken and confused, acting out of accord with Love, just as you have done in the past and may still be doing in the present.

If you judge somebody for their imperfect behaviour, you will feel judged for your imperfect behaviour — and you will feel as if you're going to be punished as well.

So in forgiving your brothers and sisters their errors, it does not mean that you are condoning their behaviour. What you are admitting is that you too have had errors of thought that created dysfunctional behaviour, and you recognize this in your brother and sister and you are giving them the benefit of your love instead of the benefit of your judgement.

Why? Because judgement reinforces separation and causes you suffering.

When you begin to look at the world with forgiving eyes, you stop suffering.

When you begin to accept that people are out of order because their minds are out of order, you begin to send them love instead of judgement. You begin to recognize that dysfunction that you too have shared and still do share in certain areas of your life.

"Judge not that ye be not judged." This is what it means — that when you judge others you will feel suffering yourself. So stop judging, treat others as you would have them treat you, and understand that what you give, you receive.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 277

"Let me not bind Your Son with laws I made."

You are Blessed Beings indeed. I am that one that you know as Jesus and a lot of your problems come from trying to imprison your families and your friends, and your lovers and your husbands and wives. You feel that you know the rules by which they should behave and you are projecting on to them, saying that you know what is best for them — ignoring the fact that they have their own guidance system and they may be getting told to do something that is quite counter to what you are Being told to do.

So in your relationships, honouring your brothers and sisters — whether they be husbands, wives, children, friends, and family — you must, if you want to remain at peace, give them the freedom to do and be as they choose. They will learn their lessons and have their experiences, and if those lessons and experiences are harsh and cause them suffering, they may learn to do something different.

You cannot impose what you know upon others.

Now, as parents, of course, this is a very, very challenging one. A very, very challenging lesson for you to believe, but we want you to give your children as much freedom as you possibly can to allow them to listen to their guidance and not try to impose upon them the the prison bars in which you reside.

Think about this: If you are not perfectly happy and content, and you are struggling with things that aren't working out for you, it is clear that you have not got a handle on how to create a perfect life, and so what makes you think that you should be telling someone else how to create their life?

In fact, you are telling them how to mis-create their life, because you are expecting them to copy you. So we say, stay in your own lane and work on your own practice — and make part of that practice giving as much freedom to others as possible:

- witnessing your desire to control them, and stepping back from it
- witnessing your desire to criticize, and stepping back from it
- witnessing your fear for the future and their safety and refraining from indulging in fearful future fantasies — that is not loving.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 278

"If I am bound my father is not free."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is a profound lesson, is it not? That whoever you make guilty, binds the

entire world. This is where the idea that your brothers and sisters on this planet are your salvation.

The world's salvation depends upon you forgiving them. Because as long as they are guilty of sin, then the entire world is in the grip of the ego mind — which is about separation, death, guilt, and sin.

It is through **forgiveness practice**, which is your demonstration as we have said many times before, and we will remind you again — your practice of forgiveness with whomever you decide in your life has committed a sin. They are your salvation. They are the world's salvation. You're practicing forgiveness with them is going to change everything, because they are the ones that hold the separation belief in place for you. And if you believe it, then that becomes true for everything and everyone, including God.

If there is sin, then that becomes the *frequency* of your entire mind.

And so this is the power of forgiveness nobody truly understands — the power of forgiveness — that the power of forgiveness expands you to such a tremendous degree that you become godlike in your ability to create loving things, to create health, to create abundance, to create life itself — so these contaminating judgements about those people that are unforgivable are your great homework. They are the assignments that you have given yourself to challenge your mind to raise itself up out of separation.

You have assigned these people the roles of the bad guys in your life that you may learn to forgive and you may overcome your belief in separation. These old hatreds and wounds demonstrate not their sins, but your belief in separation, and that is what will be healed when you forgive.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 279

"Creation's freedom promises my own."

You are Blessed Beings indeed. I am that one that you know as Jesus and have you not noticed that it is only humans that imprison? They imprison animals, they imprison themselves.

Freedom... creativity... self-expression... is a natural way of Being on this plane, even though you are in separation. You want freedom, you want to create, you want to relax and be yourself. These restrictions that you feel on this plane are self-created. That means they arise because you believe in them. You believe in your weakness, perhaps, or you believe in your lack of freedom. You believe that you must sacrifice or suffer to be holy.

If you are in a place of lack of freedom right now, we want you to immediately go into your mind and ask yourself, "How am I imprisoning myself? What beliefs rush to the surface as soon as I imagine making a break for freedom?"

Those ideas and beliefs that rush to the surface, when you even think about Being free, are the ones that are imprisoning you. They are in your own mind, and you can easily discover them by imagining your escape. You will hear the voice of the ego tell you why you can't do it, and the reasons why you cannot do it.

So this is a very, very good exercise for those of you that feel you are imprisoned right now, you are not imprisoned except by your beliefs about your life and your reality as you experience it in the moment.

So trust in these lessons to reveal to you how to become free, how to honor that wonderful loving creation that you have been gifted with — which is

your life and your connection to the Divine — and know that you are the one in possession of the key.

You do not need to suffer, you do not need to sacrifice, you do not need to imprison yourself in any way shape or form. It is merely a mistake of mind, but you are involved in believing that mistake of mind and so it must be you that searches it out. It must be you that relinquishes it voluntarily, in the end, because if you have a belief in your mind that is imprisoning you, then it is not from spirit, it is not of Love — it is of the ego and its limiting beliefs and ideas.

We want you to understand that as you change through time, some of the things that you believe now, in a few years will seem absurd to you. You will look at your life and mind and body that are healed by these teachings and you will come to understand that the prison indeed was of your own creation.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 280

"What limits can I lay upon God's Son?"

You are Blessed Beings indeed. I am that one that you know as Jesus and the self righteous judgements that you lay upon your brothers you do not see as imprisoning you. But they do. They keep you away from the truth of what you are, because they are keeping the illusion of your brother's fallibility and failings in your mind.

You must look upon yourself with the same value system that you look upon your brothers and sisters with. So if you are judging them for Being

lazy, you will judge yourself for Being lazy. If you judge them for Being ugly, you will judge yourself as Being ugly.

You will magnify what's in your mind, by laying it on your brothers and sisters.

This is how the ego relieves itself of pain in the form of projection — it takes what is in your mind and puts it on to somebody else. But it really does not remove it, it merely displaces it a little bit and, in fact, magnifies it because you are putting your energy into believing that the other is guilty.

You cannot remove from your mind the guilt that you feel... or the self-loathing that you feel... or the judgement that you feel... [by] projecting it onto others you, in fact, keep it alive.

So understand that forgiveness practice — in ceasing to do these things — you bring relief to your own mind and bring it back into balance with Truth.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 281

"I can be hurt by nothing but my thoughts."

You are Blessed Beings indeed. I am that one that you know as Jesus and this does not seem to be true, does it?

You feel as if you are hurt by so many things... a negative look that someone throws your way... somebody disappointing you... someone stealing from you... all of these things things seem to hurt you, and they

seem to be outside of you, but in fact you are a resilient Being and if you look at yourself now you are perfectly fine.

The ego always uses the argument of, "Well somebody could shoot me, and that would mean that I am hurt by something other than myself".

But we want you to understand here — what we are speaking about is emotional and mental pain.

We are speaking about the daily traumas that you inflict upon yourself — not the exceptional physical disasters that can, indeed, happen to your body. They do not happen to you, in that sense — the body can be hurt or destroyed — but it is not who you are. So in that sense, this lesson is still true.

But we are speaking about all the little ups and downs that you go through each day. The downs in particular.

The downs in particular are you telling a story of:

"Well that person let me down... that person did something that they shouldn't have done..."

These are the stories that caused you suffering. These are the stories, and thoughts, and ideas, that will reveal themselves to you each day — and your guidance system will reveal their untruth to you each day by giving you negative emotional feedback.

Remember — when you are feeling bad... suffering... depleted... energy-less... put upon... unfairly treated — all of these negativities that you can perceive as nothing to do with you — **they are Being manufactured by your beliefs about a situation and the thoughts that you believe about that situation.**

Remember, you do not have to believe all the thoughts that you have.

You may have a thought such as "this... that person doesn't like me...". You really do not know the truth of the situation. They may have said some things that seemed unloving, they may behave in ways that you do not understand, but your thought "that person doesn't like me" — if you believe that thought — then you will suffer.

If you [instead] observe that thought and say, "Well that's an interesting thought... I think I need to question that thought... I think I need to inquire is that thought true..." initially the ego will yell "Yes, it is true." But if you continue to inquire you may delve down deeper and realize that you are the one that does not like them, that you are in fact accusing them of what you are doing — **which is projection.**

And surely — if you are feeling bad, you are in the ego, and the ego projects.

So that is a question that we would like you to ask yourself the next time you accuse someone of something. Inquire beneath the surface of that thought form and ask, "is it in fact me that is doing this?"

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 282

"I will not be afraid of love today."

You are Blessed Beings indeed. I am that one that you know as Jesus and most of you would deny that you are afraid of Love.

But —

you are attached to judgement...

you are attached to fear...

you are attached to self-loathing...

you are attached to many things that are unloving.

And the ego's favourite game is to keep you away from Love with these distractions.

That is what the ego is up to, it projects your judgement on to other Beings so that the Love that you are is hidden from you. You do not realize that you are — *made of Love, by Love, for Love* — and whenever you are unloving you will feel bad.

It does not matter if you are Being unloving to yourself... unloving to someone else... unloving to some other group people... places... things — whatever you are Being unloving toward you are in fact disconnecting yourself from the experience of Love every single time.

So if you are going through your day feeling disappointed... unloved... chagrined... hard done by... complaining about things... you are choosing those states of Being. And because you are so powerful, you literally are putting up an umbrella between you and the Love that is cascading down towards you from That which you would call God.

We want you to understand that Love is peace... Love is contentment... Love is creativity... Love is interest... Love is curiosity... Love is fascination... Love is passion... Love is many things — Love is enjoying your life as well.

If you are not enjoying your life, then you are choosing to separate yourself from the awareness of Love's presence and that is what these lessons are teaching you — it is your choice, you have a choice in every moment — to forgive and to choose Love, no matter what you are gazing upon.

I am that one that you know as Jesus and we will speak to you again tomorrow.

Lesson 283

"My true Identity abides in You."

You are Blessed Beings indeed. I am that one that you know as Jesus and the more you identify with the body, the worse you will feel.

Now this does not mean that you must hate the body, in fact the opposite is true. When you worship the body, you will begin to feel worse, and this is one of those strange paradoxes that you experience on the earth plane — because when you worship or idolize the body of yourself, or someone else, you are functioning in the lowest frequencies available to you... those slow, solid, heavy, materialistic frequencies that are on the lower rungs of the three-dimensional ladder.

What we are working towards in these lessons is getting you up towards the top runs of the three-dimensional ladder. Yes, you are still in a body. Yes, you are still experiencing yourself in separation. But we are working to getting you towards those higher frequencies, even though you are still, in fact, in an illusory state, which is that of separation.

Now your job, as A Course In Miracles student, is to focus your mind on these higher frequency beliefs and ideas, relinquishing your lower frequency beliefs and ideas in favour of these higher frequency ones.

What this will do is it will take you up that ladder... keeping you in your family... keeping you in your body... keeping you in this seemingly separated state... but without the suffering. And once the suffering begins

to dissipate and you realize that it was your focus that was causing your suffering, then you begin to be able to master yourself and the world more eloquently, more diligently, more predictably — because you have, through training your mind, removed from your mind... suffering. And so that means it is optional. It means that it is up to you whether you suffer or not.

And these higher frequency teachings are the Truth — they are the Truth of your True Nature — that you are made in the image of God. You are powerful creators, but you must be free and you must be in alignment with Love to be able to live your life without pain.

And so we witness your diligent practice, and we thank you all for sticking with us for so long throughout these videos and these days, and we congratulate you for your diligence, those of you that are reaching these higher numbers. You will by now be seeing beneficial behaviours emerging from yourself. You will begin to see people changing around you, a miracle indeed, and you will begin to feel the loss of pain and suffering, and the increase in joy and love. This is the evidence that this course works. And if anyone asks you why you are doing this strange practice, you can tell them, "Because it works and it makes me feel better, and as I feel better I have more to offer all Beings".

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 284

"I can elect to change all thoughts that hurt."

You are Blessed Beings indeed. I am that one that you know as Jesus and, of course, many of these lessons do not ring true when you first read them. They seem as if they are cruel even. To say that grief is not true seems to

believe everything that you come to understand on your planet about Love — that if you lose somebody in physical form, you will feel grief, and that that is a good thing and that that is a healthy thing.

But if you are in full control of your reality and your thoughts and your feelings, you will be far from thoughtless and unkind and unfeeling. In fact, you will be far more compassionate and loving of your brothers and sisters — and yet you will not be tormented by things such as deep grief.

We witness on your plane, often, that the untrained mind will turn upon itself when somebody close to you moves from physical form into the non-physical. This is a natural part of your evolutionary cycle. It is a joyous time for the spirit because it leaves behind the ego's playground and seems to be freer and more able to do whatever it wishes.

In fact, from the departing spirit's point of view, there is only the opening and the closing of a door — and then, there is freedom. From your point of view, within the ego's playground, there is a loss, but that is only because the mind is holding such a low frequency, focusing on the physical/material body as who that Being is, rather than their consciousness, their mind, and the ever-unchanging aspect of them that follows them from birth to death — was before they were born, and still exists after their body falls away.

You do not die — in fact, your consciousness merely blinks and carries on.

So, if you change your perspective on the body and on death, you will not grieve. You will in fact be excited for your loved one to go on to the next part of their journey. And in giving them that freedom you, too, will be fearless with your own passing, because you will be excited to come to understand another level of consciousness that you cannot easily access in this particular form.

So you can see that changing your mind can relieve you of some of the greatest burdens of physical existence.

Keep on this path, understanding that you will not always get these lessons. You will not always understand them. You may not even believe them the first time you say them. But as you continue on with your practice, you will step up that ladder to enlightenment, more and more and more, and eventually you will be above the battleground where all the pain is.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 285

"My Holiness shines bright and clear today."

You are Blessed Beings indeed. I am that one that you know as Jesus and this idea of your Holiness representing your connection to the Divine will bring you peace throughout the day.

Whenever you get enmeshed in the world's temptation — be that money, or food, or sex, or death, or sickness — remind yourself of your Holiness and your eternal spiritual nature.

Your suffering and your feeling blue will be the indicator that you are off-track and you are identifying with those lower materialistic frequencies, again — of the body... of sickness... of money... of sex.

Now, we want you to understand that when we say sex, we mean the use of the body for physical gratification. We are not speaking of the higher minded ideal of minds connecting and bodies following along after the

heart and mind have been unified. That is a more sacred form of that particular act. Just as you can have unhealthy food and healthy food... unhealthy entertainment and high frequency entertainment... painful and hateful words, loving and kind words. Each topic of your day has a lower frequency aspect, potentially, and a higher frequency aspect, potentially.

Your Holiness, and your belief in your Holiness and your acceptance that you are a Holy Son of God, Child of God, Daughter of God — that acceptance will get you choosing the higher frequency version and walking away from the low frequency version saying, "This is not good enough for me, I deserve better because I am a Holy Child of God." And in that knowing you will not feel deprived, you will not feel alone, you will not feel put upon — but you will know that you are using the higher frequencies, and you may have to be a little more patient to get those experiences of high frequency that you are seeking.

Remember, there's a lot of momentum built up in your life when you have been indulging in low frequency activities, and it takes a little while for your behaviour, and the consequences of your behaviour, to catch up to the transforming mind. But understand that it will catch up. Understand that your transforming mind will indeed transform your life, your body, and everything you experience here.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 286

"The hush of Heaven holds my heart today."

You are Blessed Beings indeed. I am that one that you know as Jesus and the idea of peace to the ego is anathema, it does not want it — you must remember this.

When your ego is still strong, the idea of a completely peaceful day with no drama... no upsets... no arguments... no judgements... no fears... no antagonism... is the idea of hell to the ego.

So some of you may read this lesson and find it frightening because you would not even know how to handle peace of such depth.

But we want you to understand what's happening here, you are creating room for the Divine. You must let go of all the battles... and all of the fears... and all of the ups and downs... so that you may make conscious contact with your teachers and guides. And THEN things will get very interesting. Not only will you begin to receive information directly from higher frequencies, but those messages themselves will trigger another round of growth in you.

So when we talk about these times of peace, we say — and we often say this to this Dear Being — when it's peaceful enjoy it because it will not last.

Your transformation through this education program will lead you to anything but a boring life.

Yes, your mind will be at peace.

Yes, the dramas and the upsets will disappear.

But you will be tuned in to Knowledge AND THAT, will inspire you.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 287

"You are my goal, my Father. Only You."

You are Blessed Beings indeed. I am that one that you know as Jesus and you must remember that your goal has been everything but God up until this point.

It has been to find the perfect body... or to have the perfect body... it has been to make money... it has been to avoid conflict... it has been to create havoc... it has been so many things.

And each of those things that you have pursued you believed would make you 'happy'. That is why you pursued them. There is some distortion in the mind that makes you believe that that idol that you are chasing is the one thing that's going change everything for you and make you happy. And what happens, of course, as you travel along this weary making road of planet Earth, you figure out that most of the things you've chased haven't made you happy.

This is a great thing for spirit. All of us on this side of the veil cheer when you become clear that what you are chasing does not make you happy. This makes you teachable. This makes you willing to try something new. And that is what you are all doing here — you are going against the world's teachings and you are listening to Heaven's teachings.

The world's teachings will keep you in the battleground — and heaven's teachings will take you above the battleground, and eventually all the way to Peace and the Truth.

This is a long journey that you are on. You are in the recovery stage. You have taken yourselves deep into fear... deep into the twisted and convoluted lies of the ego's world. But you are surfacing, you are beginning to see that everything that you have been told is not true. If it was True you would be happy. That pair of boots would have made you happy. Having sex with that person would have made you happy. Getting that job would have made you happy.

And you all have been on Earth long enough to know that those things did not make you happy, and there is still some deep part of you that is calling out for 'something'. And that deep part of you is the Truth of who you ARE — and it is calling out for Love.

You can't find the kind of Love that satisfies Spirit in the physical material world. It does not mean that you hate your life here. It does not mean that you don't enjoy yourself whilst you are in physical form. But what it means is that you know the Truth of what you Are, and you know where your Home truly is. It is at home in the arms of God — not in death — but in Eternal Life.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 288

"Let me forget my brother's past today."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is the last thing any of your egos want to hear, that your salvation lies in forgiving your brothers and sisters of their pasts — because you are holding on to a vision of separation and distinction between you and your brothers and sisters when you hold a grievance.

You are saying, "You are worse than me."

You are saying, "You have done something unforgivable."

You are saying that, "In God's eyes you must be less loved than I."

None of those things are true, of course. But you believe them when you hold a resentment, and it is impossible for you to move ahead in your spiritual evolution as long as you hold these beliefs about any one person.

It does not matter if they are a person that you know, or a person that you view in history.

It does not matter if you hold anybody guilty of unforgivable sin, then you have prevented yourself from reaching salvation — which is the true and complete understanding that you are all One. That is what salvation is, and that is what precipitates enlightenment. And it is in this understanding that your freedom will be given to you.

I am that one that you know is Jesus and I will speak to you again tomorrow.

Lesson 289

"The past is over. It can touch me not."

You are Blessed Beings indeed. I am that one that you know as Jesus and today we want you to think about how often you talk about the past — because you are wasting your time when you talk about the past. You're talking about something that does not exist anymore, and you are contaminating the Present Moment with that past.

Even if that past memory is a good 'memory' — and this is something that may upset some of you — we do not want you to spend a lot of time thinking about the 'good old days', and how good things used to be. Why? Because you are then assuming by that memory that today is not as good — that to find a feeling of joy you must go back into an imagined past that allows you to feel better.

Now we would say that's better than going into an imagined past that makes you feel worse, but still, we would like you to be present... and in that presence... acknowledge that this is the best day that you have ever had. Why? Because you are in presence. You are becoming aware... you are becoming conscious... and so memory must be managed as your current thinking is managed.

If you are in conversations with people and you find yourself telling old stories all the time, be aware of that and realize that you are not using the Present Moment for what it can be used for — which is communion... which is sharing your current feelings... sharing your current excitements... sharing your current visions... for a more happy and loving future.

That is what you want to be doing with your Present Moment, getting every experience you can out of the Eternal Now because that is how you grow, that is how you expand. If you're always going to the past to retrieve memories, you are going to stay the same and, in fact, we'll guarantee that the future looks like the past because that is what you are referring to as your preferred state of consciousness.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 290

"My present happiness is all I see."

You are Blessed Beings indeed. I am that one that you know as Jesus and if you look around you most people are not looking at their present happiness, they are looking at what is wrong with the world and making themselves miserable — thinking that the world is making them miserable — but it is their choice to look upon the sins of the world, and believe in them, that is making them miserable.

Look upon the good... look upon the cheerful... look upon the beautiful... look upon the kind... look upon the uplifting... and you will feel happy.

And you then will be adding a higher frequency to the world's frequency, which after all is a collection of all of your minds... your beliefs... your thoughts... and you will be contributing more to the world, and its healing, than those Beings who gaze upon its sins and the terrors of the ego's playground, wringing their hands and tearing at their hair saying, "What a terrible world this is."

You have a choice — are you going to choose love and happiness and upliftment? — or are you going to believe the ego's lies and dive into the cesspool of pain and swim around in it with all the other Beings who are in ignorance?

It is ignorance that convinces you that suffering and lamenting the way things are is the way to solve them, it is not the way to solve them.

What you put your energy towards will grow stronger and stronger.

And so if you look upon the suffering and devastation of this world, and let it bring you down, you are contributing... you are contributing... you are contributing.

Contribute light... contribute happiness... contribute joy... and BE the change that you want to see in the world.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 291

"This is a day of stillness and of peace."

You are Blessed Beings indeed. I am that one that you know as Jesus and we would like you to relish those days of stillness and of peace — and we would like you to watch the mind try to fabricate something to do.

There are going to be many opportunities for you in this training program to be at peace all day long — without entertainments... without errands to run... without projects to occupy your mind and your time — and we would like you to become more and more used to this stillness,

understanding that to be at peace... and in stillness... is a wonderful gift indeed. There is nothing lacking there. There is an opening that happens in the consciousness when the mind can be completely at peace.

Now it does not happen in the first minutes... it does not happen in the first day... it does not happen in the first few days... but the more days that you can string together this inordinate peace, the clearer your mind becomes and the more reduced the static is between higher frequency communications and you.

That is what this Being did. She practiced Being still. She practiced focusing her mind. She practiced her forgiveness work diligently and, at times, relentlessly, insisting that her mind returned to a peaceful state without agitation and resentment. And it was that determinedness that brought about the transformation of her body-mind in such a way that she was able to connect with higher guidance.

This is not going to happen to all of you in this form, fear not. You are not all going to be required to do this kind of work. This kind of work was designed specifically for Beings such as this one, but you will have guidance, you will have strong guidance — but you must first become used to stillness, to peace, and to not seeing it as a lack of anything.

I am that one that you know is Jesus and I will speak to you again tomorrow.

Lesson 292

"A happy outcome to all things is sure."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is not the ego's story, is it?

The ego tells you to be careful... to watch for danger... not to trust anybody... to be very careful... to save for a rainy day. Its prescriptions are always about bad things coming in the future.

We want you to understand that you are a powerful creator and, if you continue to think along those lines, you will manufacture the disasters you are focused on.

If you think always about avoiding sickness, you will get sick — you will feel the power of your own mis-creations manifesting in your body.

If, however, you are living a passionate life and focus on your health, then you will see health manifested in your body. It is just that simple.

And we challenge all of you that have sicknesses, to observe how often you either talk about them... or project into the future how terrible they might become... or even how you ruminate on them internally... rather than envisioning a healthy body, a strong body, a happy body.

Your body is not everything, but we understand that when you have fallen into lower frequencies, the mis-creations in the physical can become quite painful. And what you will find as you go through these lessons, and continue on your practicing after these lessons are done — remember this is a training period, this is a clarification period, it is not the be-all and end-all of it you must continue your work every day — you will begin to see and feel the strength and joy and happiness that these lessons speak about.

I am that one that you know as Jesus and I'll speak to you again tomorrow.

Lesson 293

"All fear is past and only love is here."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is a difficult concept to grasp, is it not? — that peace and love and joy are HERE.

Your fearful ideas are merely hiding that truth from you.

And this is the illusory world that you hear everybody speaking about. This fearful... death-ridden... unloving and unforgiving world that you all live in is a product of your own minds. A product of your own imagination. And if you trained your minds... if you calm your minds... if you master your minds — once all of the trials and tribulations and stories that the ego tells have been put to sleep, there is peace, and there is joy, and there is Love remaining. That is what's underneath all of the drama and the toil and trouble that the ego-mind produces in YOUR mind.

YOUR mind is the producer of your suffering.

And when you learn to stop producing suffering, you will discover that you are happy and that peace is with you always, and it always was, it was merely hidden — like the still deep waters of the ocean is hidden beneath the stormy waters above, very, very similar. The same as the Sun is hidden by the storm clouds, very, very similar.

Remember your physical world is always reflecting back to you the state of your own consciousness — and these two great demonstrations of the state of your consciousness are there to show you, to symbolize, what is going on within you.

So become like the clear blue sunlit sky above the storm clouds and become like the deep, quiet, calm ocean beneath the waves — and you will be aligning with your True Nature that is there, Now — STILL — waiting for you to find it.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 294

"My body is a wholly neutral thing."

You are Blessed Beings indeed. I am that one that you know as Jesus and this body in which you find yourself is one of the great liabilities of this three-dimensional experience, is it not?

It seems to be the thing that causes you so much trouble... it is too fat... it is too thin... it gets sick randomly... and it seems to die.

Well, in actual fact your body is never alive. Now this seems a strange thing to say, but you are the animating force of the body. The Spirit is the animating force of the body.

The body in and of itself does not live, it is animated by you. Without you in it, the body is a corpse. It has no volition of its own... it has no desires of its own... it it does only what you ask it to do... and so it is truly neutral, in that sense, because it has no mind of its own.

You have a lot of stories in your society about instincts... and habits... and addictions... as if the body rules the mind. It is not true. The mind rules the body — Spirit rules the body — and it is important for you not to blame the body for anything.

Some of your deepest, darkest feelings are of... loathing the body... hating the body... mistrusting the body. The body only does what YOU ask to do. It eats the food you ask it to eat... it travels where you ask it to travel... it is innocent in that sense. So stop attacking your body. Stop judging your body and address the part of you that is the decision-maker, that is where the healing needs to take place — in the mind that is making the unhealthy decisions.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 295

"The Holy Spirit looks through me today."

You are Blessed Beings indeed. I am that one that you know as Jesus and just as you can choose to look with the ego's eyes... judgemental... fearful... lacking... afraid of many things... you can choose to surrender your sight to the Holy Spirit which means you are using the "intermediary vision" that has been given to you through Christ Consciousness so that you may see a forgiven world.

This is what the Holy Spirit's sight will show you. It will show you a forgiven world.

It will demonstrate to you that you can go through your day without judgement.

It will demonstrate to you that you can go through your day without fear... without recriminations... without battling... and this brings you tremendous peace.

And what you will find surprising along the way is that the world does not come to an end when you stop the ego controlling everything. The ego will tell you that to surrender to a vision that is not your own will allow you to lose control, and then you will lose. The opposite is true.

When you surrender to the Holy Spirit's vision and walk through your day without judgement... without fear... without hatred... looking upon the world with forgiving eyes, you will realize that your ego is not your friend. **It is something that you need to employ to get through some survival aspects of your experience, but it is a fatal error to allow the ego to rule your world and to make all your decisions for you.**

You want to surrender to the Holy Spirit and allow a vision higher than the limited and fearful one of the ego to make your decisions for you, and to allow you to relax into surrendered life — life that is peaceful... life that is loving... life that is accepting — all very, very different conditions than that which the ego offers you.

Try it today and see how it goes.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 296

"The Holy Spirit speaks through me today."

You are Blessed Beings indeed. I am that one that you know as Jesus, and all of you can feel your split mind as you travel through your day.

You can hear the hateful voice that wants to criticize and judge, and you have the ability to allow Love to guide your thoughts and your words. You have a choice every single moment of every single day.

What this lesson is prompting you to do is to ACTIVELY choose Love, to ACTIVELY demonstrate these lessons in your thoughts, your words, and your deeds.

Now this does not mean standing on a soapbox and proselytizing like an evangelist. What it means is demonstrating these teachings through your actions and your words.

And of course your actions and your words come from your thoughts, so those are included as well.

When you demonstrate these teachings, your world becomes full of miracles.

Where you were fearful you become courageous.

Where you were angry you become peaceful.

And dedicating a day to this — such as this lesson promotes — we'll show you just how powerful your mind and your decisions are.

Follow these prescriptions today and feel the Love of God flowing through you, and awakening all of those around you with its wonderful, gentle and loving Light.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 297

"Forgiveness is the only gift I give."

You are Blessed Beings indeed. I am that one that you know as Jesus and you have been told that to get what you want in the world... you have to work hard... you have to struggle... you have to strive ...you have to fight.

So many things that you have been taught in this world, to get you what you want, or to get you what the ego wants, but truly forgiveness will bring you peace — and peace will bring you connection to guidance that will take you on a journey that is more magnificent than you can imagine.

Your guidance, once it comes in clear and true — because your mind has become peaceful — will show you the way. And as you share your Light throughout your journey, more and more will be given to you — not as payment, as such, but because you have come to understand how creation works.

You have come to understand that you are the Projector and, therefore, anyone you encounter is, in fact, a part of your own mind — and to attack them, or to take from them, is foolish because you are, in fact, attacking and taking from yourself.

In practicing forgiveness throughout your life, you are demonstrating your understanding of the Laws of Creation, which is, that you are connected... LITERALLY... to everyone, because they are characters in YOUR dream.

Your dream can be a nightmare when you attack yourself through attacking others, or your dream can become a happy one by treating everybody you meet as you would like to be treated.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 298

"I love You, Father, and I love Your Son."

You are Blessed Beings indeed. I am that one that you know as Jesus and, in loving yourself as a holy child of God, and in loving your brothers and sisters on this earth plane as holy children of God, also, you will bring such peace and joy to your life, that you will be astonished.

It is in your petty judgements of yourselves, and in your petty judgements of others, that you cause the profound suffering that many of you experience in your days.

You think it is because they are wrong... you think it is because they are bad... you think it is because you are too old... or too poor... or some such judgement that you have levied upon yourself.

But the truth of your pain is the judgement. You are in pain because you are judging. You are separating yourself from yourself, and from your brothers and sisters, and in that judgement of separation, you step away from Love and so you feel the pain of that distance from Love.

And as you forgive... and as you forget... and as you appreciate... and have gratitude... you step closer to Love — because you are in fact loving things when you appreciate them, and when you have gratitude for them — and in that stepping closer to Love you feel better.

This is the one road that you are all on — the road to hell or heaven. Choose the road to heaven by practicing loving-kindness and forgiving all that you see with your earthly eyes.

The problems that you address on your earth plane at this time are the end result of misdirected minds. The tangible events that you are witnessing on your plane at this time are the end result of a multitude of thoughts, and beliefs, and ideas acted out.

So there's nothing you can do about the event that is happening now, but what you can do, is you can appreciate that it is not what you would like more of, and you can focus your mind on the opposite of that which you do not want, and ask yourself, "What can I think do, be or express that will assist my vision into manifestation?"

Stop focusing on what you don't want and judging it, increasing your pain and suffering — focus on the opposite of what you don't want, what you'd love to have, what you'd love to see, and ask yourself, "How can I bring that into Being?"

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 299

"Eternal holiness abides in me."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is important for you to understand that this is absolutely true — you are holy Beings.

You have merely hidden this from yourself by choosing to chase earthly idols, materialistic goals, and dreams that others have implanted into your minds through programming. You have all been deeply programmed in this society, and you are all chasing after things that those programs have told you will make you happy.

Nobody has ever told you that your holiness is what truly makes you happy — and it is your connection with that deep internal Sanctity that will bring you what you are seeking when you are buying things and rushing hither and yon to try and fulfill the ego's demands.

As you evolve through this journey you will find that your life will become quieter... it will become calmer... it will become healthier.

It will become more abundant, full of nourishing things... good relationships... healthier foods... healthier entertainments.

But as you go through this journey you may feel as if you are losing the world. In fact, you are not losing the world as you see it now, you are gaining heaven. You are beginning to transform your perception so that the world that is loving, kind, and generous comes into Being for you. You literally are recreating a new world with the transformation of your perceptions.

So be patient with yourselves. We cannot remove everything from your life that is untrue, you would fall to your knees in terror. You must choose day-by-day to choose Love, and to let little things go that you used to grasp onto. And as you let things go, you will create room for the Divine, and the Divine will indeed fill that space that you create.

But you must do it willingly, you must do it openly, and you must do it with enthusiasm because your free will is the deciding factor. If you have any hesitance or fear, we will wait for you until you are courageous enough to do it wholeheartedly.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 300

"Only an instant does this world endure."

You are Blessed Beings indeed. I am that one that you know as Jesus and, of course, that is not how you look at this place. You think of it as a permanent place, despite all the many changes that are constantly happening in your life and in your world.

A lot of your suffering comes from wanting things to be permanent and wanting things to stay the same. One of the great gifts you can give yourself, along with doing this lesson and beginning to focus on the Eternal, is the letting go of the permanent, and the idea that things should remain the same. All of you would be much better off to be in deep appreciation of whatever it is that is happening today, because it will change.

And those of you that have been on the planet a little while of course understand this. You look back to previous marriages or when your children were small or when you were in university and you think, "My goodness, how different that time was. If only I had known how precious it was, I would have valued it more." This is the saying that you have on your planet: "Youth is wasted on the young", because you truly do not appreciate what you have when you are young. You are full of dreams of all of the things that you are going to achieve, and how you are going to be happy, but as many of you find out as you go through this challenging excursion into 3-D reality, a lot of your dreams don't come true.

But they don't come true — not because you are not deserving, not because you are Being punished — but because the dreams are ego dreams. There are things that you did receive that you wanted, whether it be a new car, or a new house, or a new lover, and you found out that that didn't make you happy. But the penny never has really dropped for many of you, that these worldly assets are not the thing that makes you happy. Yes, driving a new car will keep you entertained and stimulated for a few weeks perhaps, but then the dissatisfaction will come in again, and you will begin looking for the next thing, and the next thing, and the next thing.

One of the ways of connecting to Eternity is through the Eternal Now, through the practice of appreciation and gratitude, knowing that whatever it is that you have now, whether it be money, health, love, sickness, debt — it doesn't matter whether it's the good or the bad — this too shall pass. And in that appreciation of each of those things you will say for the lack, "Thank goodness this is not going to last. I will come out of the other side of this."

And if you have that idea of not resisting it but looking at it and going, "Okay, well, I have a lack of funds right now, but what DO I have? What do I have in abundance? Is there a way of getting into a state of appreciation for what I AM experiencing right now?"

Perhaps you are experiencing a lack of money because the experience it is bringing you is what you needed. Perhaps you have overly valued money. Perhaps you have not developed other aspects of your abundance practice — and not having money for a little while can aid you in that. And, alternatively, if you have a lot, the ego's methodology would be to fear losing what you have. What we would like you to do if you have a lot, is that we would like you to appreciate fully, revel in it, roll around in it, and squeeze all the juice you can out of what you have right now, because this too shall pass and change will come.

So this is an adjunct to your current practice — this idea of fully living in the Now, regardless of whether you consider it good or bad, because each experience is going to expand your expression of yourself. And once you begin to see the good in the bad, and the changeability in the good, then you will be living fully in the Now, and it is THERE that Eternity lies.

And that is what this lesson is referring to. This world does not last very long. And those of you that have been on this planet for a few decades know how quickly it can go in human terms. But we are literally speaking here that, if you change your mind, if you shift your frequency, the world you know will change instantaneously, and you will begin living in a new place, a more heavenly aligned place.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 301

"And God Himself shall wipe away all tears."

You are Blessed Beings indeed. I am that one that you know as Jesus and all of the judgements that you have laid upon the world have caused ALL of your problems.

There is NOT a problem that you have encountered that did not come from some form of judgement.

Now we want you to understand that some of that judgement was taking place in your mind — and you did not know your mind and so you did not understand the depth to which your judgements had taken your life.

So, what we want to explain here is that when you are constantly attacking yourself, or others, even if you are unaware of it, you will have a sense of feeling bad, because you are out of accord with Love, which is God's world.

God's world is a loving world. God's relationships are loving relationships. And if you have not been experiencing happiness and Love and joy, then this lesson tells you that it is because of something that you are doing.

Now one of the great rules of your earth plane is that you have **free will**. You are free to choose whatever thoughts you want, and you are free to believe whatever thoughts you want. So if you have the thought, "I am unworthy." and you believe it, then you will experience people who are treating you — and situations arising — that prove your unworthiness to you. This is a very, very important point here, this idea that you inflict your own pain and guilt upon yourself unconsciously.

So we are attempting, through these beautiful lessons, to raise your mind up out of unconsciousness into consciousness, where you begin to become aware of what you are doing to yourself. This is the first great realization of A Course In Miracles student as they perform these lessons — they begin to see the contrast between their own unloving thoughts and judgemental ideas, and those loving prayers and lessons that we are presenting to you each day through this text.

You begin to see that you do not see yourself as one of God's children.

You begin to see that you are not treating yourself as a Sacred Being.

You begin to see that you are focused overly on the body as the definition of who and what you are.

It is this learning, that is so imperative, for all of you to really begin to grasp today. You are not your body, and you are not a victim of the world you see — you are the creator of it, the attractor of it. And no, you are not

always aware of what you're doing, but that is because you have an untrained mind and have had an untrained mind for many years.

Now you are beginning to see, "Oh, if I tell a negative story about myself, I begin to feel bad." Unfortunately, the ego's interpretation of that bad feeling is that you are indeed unworthy. And this is something that we really want to bring to mind to you today, is if you are having a thought, an unloving thought about yourself or someone else, and you begin to feel bad, that's your guidance system telling you you're wrong, saying, "No. Don't go there."

It's an aversion therapy, if you will. The better you feel, the more accurately you are aligning with God's will for you, and the worse you feel, the more you are out of accord with God's will for you.

God's will for you is your will for you. That means, that when you are happy, you are in alignment with God's will for you. That means you are wanting the same things for you that God wants for you — things that are good-feeling, exciting, creative, happy, and loving. God is not a punishing God, the ego is a punishing idol.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 302

"Where darkness was I look upon the light."

You are Blessed Beings indeed. I am that one that you know as Jesus and the hardest part about the forgiveness process is the realization that you want to judge and you want to hate and you want to separate.

This is one of the biggest realizations that you will come to you through this process, because as you decide to forgive a particular action, person, place, thing, or experience, you will realize that there is a part of you that does not want to forgive. There is a part of you that wants to hold on to that hatred. And that is the part that chose to come into separation to experience **not-love**.

Hard to imagine, we know. Hard to believe that any consciousness would **choose** to do this, and this goes counter to many beliefs and belief systems that you have in your world — that God created you to come into this place.

No. God did create you, but you chose to come into this lower frequency experience to chase the idols and to experience the things that you wanted to experience in physical form.

Now, Being in separation in and of itself does not have to be a disaster. But what you have to learn is not to hate... not to judge... not to separate yourself even more from Love. Because Being in a body, Being human, having this separation experience, is bad enough.

Even when you are having a good time you are still challenged by many, many things — including your bodies, including aging — all of these aspects of the physical experience that you have to go through if you choose to come into separation. Even the birthing process is a very, very challenging one.

So make sure that you are seeing this world truthfully, which is as a form of separation from Love. That means that there is a part of you that wanted this.

There is a part of you now that has had enough of this and is less enamoured — because you've had a few decades on the planet — and that is the part now that is seeking peace and to return home.

It is nothing to be sad about. It is nothing to rush. It is nothing to fear. Your home in God awaits you no matter what you decide to do in this incarnation. But the further you stray into separation, the more suffering and pain you will have. It's just that simple.

So make reducing the separation — through the act of forgiveness — your prime directive, and all other things will come to you.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 303

"The Holy Christ is born in me today."

You are Blessed Beings indeed. I am that one that you know as Jesus.

In your world you say "Jesus Christ". Well, "Jesus" was the man.

"Jesus Christ" was the Christed Being that YOU are studying to become.

So this one will be "Tina Christ", and others may be "John Christ", or "Susan Christ".

You are going to become Christed Beings through this Ascension process, and through YOUR dedication to your spiritual practice.

It is YOUR dedication to your spiritual practice — the constant asking and seeking for connection with the Divine, and the observation of this world, understanding what it truly is.

It is YOUR dedication to Love and YOUR dedication to communion with the Divine that will cause YOU to become a Christed Being.

It IS possible for all of you. That is what I meant when I said, "The things I do, you too will be able to do."

You can do those things.

You CAN heal.

You CAN overcome death.

It seems extreme given the materialistic and secular world in which you have been raised, but it is the Truth.

Those Beings that seek the Divine eventually overcome the physical constraints of the physics that you think control your bodies and your world. You become able to do things that are 'seemingly' impossible, and you call them 'miracles'.

Miracles are but a leap of Faith.

That is what all of you are doing here with these lessons [A Course In Miracles]. You are trusting in this process even though you did not have evidence other than the stories of some Beings who have done A Course In Miracles.

You did not have proof for your eyes but you took a leap of faith and began to practice, and that is all becoming Christed requires of you — is an intensifying of your practice, a dedication to the Divine, an understanding that forgiveness is the means that you have been given to achieve that level of evolution.

It is in demonstrating your understanding of this Law of Creation that you are experiencing YOU here. There are NO separate Beings. There is only an aspect of your mind that has 'seemingly' separated from you, but in your forgiveness practice you are reintegrating your mind into a Holy One and a Whole One.

So know that you are going to become Christed Beings, one way or the other.

The question is on his timeframe?

Are you going to allow the ego to detain you — and allow the shiny objects of this world to detain you? Or are you going to dedicate this incarnation to the rising up into your Christed Self?

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 304

"Let not my world obscure the sight of Christ."

You are Blessed Beings indeed. I am that one that you know as Jesus and, of course, the saying "Be the change you want to see in the world." reflects this lesson — that you will see a world that reflects YOU. And if you want to see changes in the world, make those changes in yourself internally and perceptually first, and then you will be adding to the world the correct frequency.

These days, where there are many, many demonstrations going on, and there is a feeling of confrontation or attack happening, the masses of Beings who want better things are often misunderstanding the Laws of Creation.

They go in with a fierce, combative energy against that which they believe is causing the problem.

There is nothing wrong with a demonstration. There is nothing wrong with like-minded Beings gathering together. But those like-minded Beings must come together in the love of something. And so the environmental demonstrations that you are seeing, for example, are often working counter to the end result that all of those Beings are seeking to accomplish, because they believe that something outside of them is causing the problem.

You can see, when you step back and look at the world from a more elevated point of view — you can see that it is the collective accumulation of individual consumption that is causing the problem. All of these single-use plastics, all of these plastic bags... these sorts of things.

Now, an individual does not believe that changing themselves will change the world. They simply do not believe that, because they have been raised in your Newtonian physics, which is what you call the scientific method — that there is a simple cause and effect relationship. One person cannot change the world. What THIS teaching is bringing forth is the idea that one person CAN indeed change the world — your world — because you are the creator of your world and you are experiencing your world, and you will in fact attract to you things of a like frequency.

So, if you are concerned about the environment, for example — this is only one subject we are using as an example because it is so front and center in your society's media at the moment, it is not more important than other issues that other people are interested in, it's just one example — you changing your personal consumption methods will attract to you more conscious people, places, things, and experiences, because you are accepting your role in the collective. You are saying, "I may only be one drop in this bucket, but if I can demonstrate a certain frequency, I will begin to affect the whole bucket." And that is literally what will happen.

So we ask you to continue Being passionate about what it is you want, but do not get caught up in fighting against what you don't want. You are adding your energy to that system when you fight against it because you are in a combative "them and us" mode. You are not in an expansive, comprehensive understanding of how creation works, and that will change your frequency considerably.

So, for example, we will mention this Being here. In her Course In Miracles studies, when she was "pre-channeller" we will say, there were many of us helping her focus her mind and work on the forgiveness practices that she needed to work on. There were some deep forgiveness issues that this Being needed to work on. And because she dedicated herself to her forgiveness practice, putting aside some of the other worldly concerns that other people tend to focus on, her practice became a huge part of her day, and the result, therefore, achieved a magnificent velocity that some of you would do well to emulate.

Some of you may look upon this Being and think, "Oh my goodness, what a tremendous experience she is having. How lucky she is." The truth of the matter is that she was in so much pain from the distortions in her mind that doing A Course In Miracles, and the consequent forgiveness practice, brought her such a contrast in feeling of peace, that everything else began to fade in significance, and her practice of attaining and maintaining that peace became the be all and end all her of her existence.

Now when she was in that phase, there was a part of her mind that was concerned that that was all her life would ever be, that she would be living alone, reading this big blue book. She was happy with the peace of mind, but she was concerned about the state of the rest of her experience, in the sense that she did not live in a way that she felt was in alignment with her desires.

Now fast forward 10 years, that has completely changed. This Being IS living the life of her dreams, but that was not her ambition in doing the

forgiveness practice, and this is something that we want you to understand here. That was not her goal. Her goal was peace, and in the attainment of that peace she connected into true guidance, and in the surrendering of her normal boundaries, she allowed us to come into her consciousness fully and completely and upgrade her further. But it was her dedication to her practice that initiated all of that, and that was long in the making — do not think it was an overnight thing.

So for those of you that are in the three hundred's of your lessons, perhaps not for the first time, perhaps for the second or third time, rededicate yourself to your forgiveness practice, understanding that the world you see and the world you react to is in your mind — it is only in your mind — and when you change your mind the world will respond. It is the miracle manifesting.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 305

"There is a peace that Christ bestows on us."

You are Blessed Beings indeed. I am that one that you know as Jesus, and "Christ Consciousness" is that Consciousness that is all-loving and all-forgiving.

That is where we are leading you through these lessons and these teachings — but it is a decision that you can make every moment... to choose not to judge... to choose not to hate yourself, or anyone else... to surrender to what is, not with the weakness of a doormat, as you are so afraid of Being, but with the knowledge that life is happening to you and coming through you in a way that is beneficial to you: that even though you may be facing

challenges — or what you call problems — they are in fact opportunities for you to expand your consciousness.

And this is where we want you to change your point of view about the negativities in your life... whether it be a twisted ankle... or a bigger health problem... a divorce... or some loss of employment. We would like you to see these as opportunities for expansion — they are matching you in some way — the frequency of these experiences are matching a part of you in some way, and the way your consciousness is revealed to you, is through your life experience.

Now if you have subterranean, hidden, or unconscious beliefs that are negative, and they are playing out in your life, you want to see them because you have hidden them from yourself. They have gone deep underground either through fear, or guilt, or shame, or just simple unconsciousness, and they are creating/miscreating all the time and they are manufacturing negative experiences for you.

So when you encounter a "negative experience", we want you to reframe your story — instead of saying, "This thing should not be happening to me." we would like you to say, "I am glad that I am seeing this low frequency aspect of my unconscious mind. It has brought this experience into Being."

Better seen than unseen — better out than in, we say.

So from now on, we would like you to understand that your problems are your gifts and your opportunities to see where you are off track. And if they have come into Being in a physical sense, either through a sickness or injury — a physical manifestation of experience — you know that they are powerful indeed and you really believe in them.

So watch what your problems trigger in you, and understand that that is how you come to remove unloving beliefs from your mind and head

towards the Christ Consciousness that is going to bring you all-encompassing peace.

Many of you are not at peace now, but you are coming to be more peaceful — and as you become more peaceful, more in alignment with Christ energies — the upsets, guilt, shame, or fear that you are experiencing occasionally will become much clearer and more easy to identify because the rest of your day is more peaceful.

So don't see your upsets as "I'm Being a bad Course In Miracles student." but see your upsets as, "Oh, here's a little piece of my unconscious mind that's been revealed to me. What just happened? Why am I so upset? Why am I angry? Why am I fearful? Let me look at what has arisen in me... and be grateful that it has been triggered."

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 306

"The gift Christ is all I seek today."

You are Blessed Beings indeed. I am that one that you know as Jesus, and you refer to me in your society as "Jesus Christ" — the "Christ" part of that nomenclature refers to what happened to me as a result of my practice of forgiveness, that is what happened to me.

I do not want you to think that I am more special than you. I am indeed that older brother that the Course In Miracles refers to. It refers to a more experienced, wiser Being that can instruct you on how to mature into that yourself. And that is what these lessons are for, we are asking you to

mature out of the ego's demented and inconsistent and violent ways into a more loving Being.

Now many of you will say, "I am not inconsistent. I go to work every day. I'm not violent. I don't shoot anybody."

But we want you to go into your inner world and ask yourself, "How consistent is your inner world? How calm and loving is your inner world?" Not the behaviours that have been trained into you by conditioning programs, but by the Truth of what you are inside.

Remember, your manifesting is going to be a reflection of the Truth of what you are inside — not your social face, not the face of innocence that the ego paints on you, but the truth of your internal frequency, all of the ups and downs, the hatreds, the fears, the self-loathing that is contained within there.

And that is why you have the saying "bad things happen to good people", because the behaviour of people seems to be good. They seem to be nice and kind and polite, but inside they may be seething with frustration and anger and shame, and THAT is what will generate what you consider the "bad" thing.

So remember — there are no secrets Being kept on this plane — even if the words aren't spoken, your frequency is emitting what you believe and feel and think all of the time. ALL of the time. And the universe is listening and bringing you a reflection of that frequency back to you.

So please stop playing the victim. Step up into your Christhood and train your minds into love. And when you find an unloving part of your mind, do not condemn yourself, but say:

"You are no longer allowed to reside within my sacred space. You must leave. And to enforce that leaving, I am no longer going to believe the

thoughts you generate, and I am not going to act as if what you are saying is true, because I can feel the frequency is unloving."

This is the responsibility that you all bear because you have been given free will. The responsibility that YOU bear is to stop believing every thought that these unloving beliefs generate, stop acting as if every idea you have in your mind is true, whether it's hateful or not, and to begin to use your free will to choose Christ-like behaviour for yourself and others. We always remind you, include YOURSELF in that loving principle.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 307

"Conflicting wishes cannot be my will."

You are Blessed Beings indeed. I am that one that you know as Jesus, and all of you are used to feeling conflict inside. You are used to feeling things like, "I don't want to do this, but I have to."

This is one of the most profound problems that is in need of healing within the Western mind — this idea that to go counter to what makes you happy, and counter to what brings you fulfillment... and joy... and happiness... and contentment... satisfaction... going against that, somehow, is in your best interest.

And this is one of the fundamental conditioning programs of your society, that you cannot have what you want in your life, and happiness is a luxury that not everyone can afford. This is a poisonous belief system that teaches you to constantly put up with things that do not make you happy, in the belief that somehow this is going to make things better.

Where you got this idea we do not know, it is not true — we do know where you've got this idea — the idea came from the suffering and sacrifice and martyrdom concept that the Church has promoted over thousands of years and what your society is built on.

You may not see yourself as a religious person, you may not see yourself as a guilty Catholic, you may not see yourself as a Presbyterian, or whatever denomination you think of when you think of religion, but this society is built on hundreds of years of the Church's violent and intolerant rule, and the teachings that it promoted of self-sacrifice... suffering... martyrdom and fear. That is what your society is built on, even if you don't consider yourself a religious person, those frequencies pervade this world.

So, there is a fundamental part of the Collective Conscious that believes that happiness is a luxury. There's a part of the Collective Consciousness that believes that those that seek joy are self-indulgent and selfish — they are in fact in alignment with God's will for them, which is happiness and joy.

You are given a guidance system that functions impeccably and constantly — it is an alignment with Love and it is the umbilical cord, the invisible umbilical cord to the Divine which says when you are in accord with Love, then you will feel good.

When you are out of accord with Love, where sacrifice and suffering and martyrdom play out, you will feel bad and you are out of accord with God's will for you.

So this teaching is completely counter to what the church taught, but it is what I taught when I walked on the earth plane so many years ago. And it was one of the reasons that I had to be removed from the earth plane, because I was teaching freedom. I was teaching Love, True Love — which

is happiness and joy are your natural birthright — and that is how you will reach Nirvana.

But society's power structures don't like freedom. They don't like free thinking happy Beings, they need dysfunctional, fearful, limited and frustrated Beings to keep the economy going.

So make your happiness the great act of revolution that you are going to participate in today. And in your happiness you will become a better environmentalist, because in your happiness you will not unnecessarily consume. And that is what has been promoted on your society at this time, unhappiness makes for a good economy.

So make your act of environmental revolution, if you care for your planet, one of Being happy so that you do not need to endlessly consume your planet into oblivion.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 308

"This instant is the only time there is."

You are Blessed Beings indeed. I am that one that you know as Jesus, and you have heard this phrase "the Power of Now" — well that is the only place that you have any say in what goes on.

You are obsessed with the past and the future.

You are constantly regaling each other of tales of what has happened in the past — and if someone tells you a tale about their broken leg, then you tell them [about] the time you broke your leg.

And the other obsession that you have is worrying about the future, making up catastrophic future scenarios of homelessness, or poverty, or betrayal.

These 'entertainments' that you have in your mind — retelling of past and future imaginings — contaminate the Present Moment.

Your Present Moment is, as we have said many times, the only place that is truly creative. It is Here and Now in this very instant that you get to choose your vibration, that you get to choose Love or fear — and when you reminisce or project into the future, you are misusing your mind's powerful abilities to recall and to imagine. You are using your creative power to contaminate the Eternal Now, which is the only place you can plant seeds of Love.

And that is what we want you to understand, it is in this place Here and Now that nothing has ever, or will ever go wrong. When you think of things that have gone wrong, or will go wrong, they are not happening Now, they are in the past... or in the future... both imagined places.

Your memories are incorrect, your projections are fantasies. Live in the Eternal Now — Presence Being your gift to the world and yourself.

If you remain in Presence, you will not be afraid — because you are in alignment with What Is when you are present.

So if you are in a conversation with somebody — watch where you leave the present and go into the past, or the future, do it as little as possible. Begin to catch yourself when you find yourself telling that same old story one more time... STOP IT... come back to the Present Moment and seek *inspiration* in the Present Moment, *appreciation* in the Present Moment — of What Is.

It is in the Present Moment, uncontaminated by the past and the future that you will find your peace. Return to this moment over and over and over again each day and you will find that you will string one moment of peace onto another... and another... and another... and there you will come to the realization that time is an illusion — it is merely moments *experienced uniquely*, one at a time.

And as you reclaim those moments for peace, you will realize that that is all you ever have to do. Take this moment 'in Presence'... and this moment 'in Presence'... and this moment 'in Presence'... and you will have a happy life.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 309

"I will not fear to look within today."

You are Blessed Beings indeed. I am that one that you know as Jesus and the ego's game is always to keep you chasing things outside of yourselves — a new lover, a new job, a move to a new place. Have you not noticed that the natural tendency of the egoic consciousness is always to look outside for salvation?

This is one of the great programs that is playing out in your society now, this constant consumerism, "if only I can buy the next best thing... the next phone... the next car... I will be happy".

And the constant seeking of love, special love, outside of yourself in the form of romantic engagement.

Now this is one of the great sacred worshipping aspects of the ego — the worshipping of the special relationship — and you can see it played out in love songs, romantic novels, your romantic movies — always that special person who is going to change everything.

Well, the ego keeps you chasing things to waste your time, where we are now saying, "Stop wasting your time and go inside, because the answer is there." The answer is within you. The answer is arising from within you every single day in the form of guidance, loving guidance, from Spirit.

What you are faced with, as a programmed Western person, is a deeply indoctrinated propaganda program that is designed to keep you buying, to keep you separated, to keep you individualized, to magnify the separation experience that you're having.

Now you are in separation, and that is a challenge in and of itself — you are in an individual body that seems to have a will of its own — but you have not been sent into this dramatic and challenging environment without a map. And your map is your emotional guidance system.

You are loved enough that you were not sent off by yourself, which is what you wanted to do, you have a God-given gift that is a map home, should you decide to go home.

You don't have to go home if you don't want to, you can stay and play in this realm as long as you want — but once you get tired, once you realize

that all of those things that you have been chasing are not working, then it is time to go inside.

And that is the difficult part, because there are very few people to support you on this journey. This channel that this Being has put up on YouTube is one of the rare places where you can get ongoing support for your journey into the heart of darkness, because that is where all those programs and those propaganda messages are residing in you, they are residing within your mind and you must go in and investigate what's going on in there and you must evict some of those programs. And that is what we are here to help you do, we are here to help you, encourage you, on that journey

The programs that are not benefiting you will make you feel bad, and so they are quite easy to find. But you have been taught to override your guidance system and so you are used to feeling bad.

This is one of the most challenging aspects of this transformative re-indoctrination, so to speak, the idea that you are meant to feel good, the idea that happiness is what God wills for you.

That IS God's will for you — to be happy — even in your choice of separation, you can have a happy dream.

So be brave and go inside regularly, once or twice a day in whatever form suits you — obviously these lessons are encouraging you to stop, go inside, repeat things internally throughout your day. And they are a training program to get you to go inside, because that's where the magic happens, that's where your creative world begins — it begins WITHIN you.

But you are the master of your ship. You are the master of your mind and whatever it consumes and whatever it entertains.

Nobody will save you from yourself. You must save yourself using the information that you have been given in these texts and the many, many videos that this Being has provided for your education.

I am that one that you know as Jesus. Your peace resides within you always, it has merely been covered up by propaganda. We will speak to you again tomorrow.

Lesson 310

"In fearlessness and love I spend today."

You are Blessed Beings indeed. I am that one that you know as Jesus and this, of course, is the opposite of what most Beings spend their time in. They spend their time in fear and judgement.

Dedicating your life day-by-day to fearlessness and Love relaxes you in a way that is measurable. You will find your heart rate goes down... you will find that your confrontations and stressful events go down... you will find that you observe people in a different way, and that your day is completely different.

We suggest that you embrace fearlessness today as an experiment. Watch whenever fear arises in you — and the only way that most of you will know that is by how you feel, you will feel a sense of trepidation, you will feel anxiety in your tummy.

Catch yourself every single time today that you believe a fearful thought, and stop yourself dead in your tracks and say, "Today, I will be fearless, nothing bad is going to happen".

What we want you to know — when you dedicate a day to fearlessness, such as this lesson asks of you, you take hold of your mind and make it yours again.

Instead of allowing the programs and the past to dictate your behaviour, which is all the fear is — you would not fear anything if you did not have a belief in your mind that it was dangerous somehow — a belief that was planted there many years ago by someone, somewhere, you know not who. When you decide that today you will be free of fear, you are taking back the Present Moment and you are deciding that the future will look different, you are saying, "This time, this experience is mine, it does not belong to the past, it does not belong to those Beings that taught me to be afraid, or those experiences that showed me how to fear. Today is a new, clean slate and it will play out in the form of a better life in the future."

Now many Course In Miracles teachers will say it is not about making a better life — but a better life is the side effect of choosing Love and fearlessness. So it is not necessarily the goal, but the side effect of the goal, which is you taking back your mind. Take back your mind today and choose to be courageous and fearless.

I am that one that you know is Jesus and I will speak to you again tomorrow.

Lesson 311

"I judge all things as I would have them be."

You are Blessed Beings indeed. I am that one that you know as Jesus and arguing with reality, as you see it, is your basic problem.

Acceptance is the answer to all of your problems. Accepting "what is" as the manifested form of past thoughts, beliefs and ideas — in the form of behaviour, solid material, people, places and things.

When you think about it, something that has already come into manifestation is the 'end result' of a lot of... thought... behaviour... action.

You are foolish to try and change the end result of anything. What you must do is change the 'ingredients'.

If you bake a cake and you put the wrong ingredients in, let us say you put salt in instead of sugar, the cake will be bad. You will not want to eat it. But it would be foolish for you to try and take the salt out of the cake and put sugar in, you would merely destroy it. What you must do is say, *"Ah. The ingredients for this cake were incorrect, the next time I make a cake I am going to be careful about the ingredients I put in, and make sure that I do not put salt in when there should be sugar."*

And that is how we would like you to look at the world. We would like you to look at the world and say,

"Look at this effect, look at this material manifestation of something that is incorrect. It is unloving, it is not benefiting...me... or my family... or my community... or the world.

"How can we change the ingredients that produced this end effect? What is lacking?

"Is there Love lacking in the ingredients?

"Is there Love lacking in the decision making process?

"Is there Love lacking in the education of the people who are making these decisions?"

Yes, yes, yes. All of these things would be true in your world at this time. And so it is pointless to get all in a flutter over what's already come into Being.

In your lane... in your life... in your experience... begin to see the end results that you don't want to have as lessons to show you how to change the ingredients.

So if your body is not functioning as you would like it to function, look at how you are feeding it... look at how you are exercising it... look at the things you say to it, and about it... and ask yourself, *"Is there Love lacking here? Is this something I have not contributed to the well-Being of my body?"*

A very, very good example that all of you would do well to follow.

The same with your relationships, look at what you put into your relationships. Are you having negative and unloving thoughts about your partner all the time? Are you judging them all the time?

Ask yourself, "Is there something I have not contributed to this situation in terms of ingredients? Have I been adding bitter ingredients to this relationship and that is why it tastes not sweet to me?"

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 312

"I see all things as I would have them be."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is something that is very hard for many of you to swallow, is it not — that the world is as you want it to be, and you have decided what you are going to look upon?

There are Beings on this planet who do not see war, who do not see starvation, and have an experience of extreme peace and abundance and joy — and that is because they have mastered their minds, they have clarified their beliefs and ideas, and they have decided moment-by-moment what they will gaze upon, and what they will not judge.

You have an opinion about everything, and what we would like you to do today, is we would like you to step back from sharing your opinion about everything.

If you are having a conversation with somebody today, we would like you ONLY to share your direct experiences about whatever it is you are discussing — not something you have read in a book, or something that you have listened to on the radio, or a movie you have seen — speak about your personal experience of that subject, then you are more accurately representing what you are going through.

But still, your experience of, let us say, Being a parent, is uniquely yours based on all of your beliefs, and all of your ideas, and all of your past teachings.

Another Being, experiencing parenting, will have a completely different experience and point of view than you. But, if you are sharing your own

unique experiences, you may shine a light on an opportunity for learning that the other person has no access to because of their beliefs and ideas.

The opposite is true, of course, they may share an experience based on their personal happening, that gives you an opportunity to perhaps see things a different way.

But it is not about imposing your opinion on somebody. It is about sharing your experience and yet, at the same time, acknowledging that somebody can have a completely different experience of the same subject. What this opens up is dialogue and communication.

So today, before you speak, ask yourself, "Have I actually had any experience of this? And if I have, even though I have, others may experience it differently, so I will present my case, or my sharing, with that intention, to hear others' experiences so we may all grow and expand.

We are all here to commune... we are all here to communicate... we are all here to offer up inspiration for you, and if you could do that for your fellow brothers and sisters as well, instead of shutting them down... or arguing with them... or dismissing what they have had as their experience... you would find that a lot of education, a lot of compassion and a lot of community building would take place.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 313

"Now, let a new perception come to me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and your perception, as you experience it, is what you see and interpret the world to be through all of the distorting lenses that are manufactured by the beliefs that you hold in your mind that are not true.

The Truth is just that things 'are happening'. There are people crossing the road. There are some people Being born, some people dying. But you are laying on a story over everything through those lenses of perception.

Now what we want you to understand is, that there is a Truth that you can connect with, but **you must ask** to have your perception healed so that you can see the Truth.

You have beliefs resident in your mind — through your willingness to have them there. They are there because you believe in them. And you apply them, **because you believe in them.**

The Holy Spirit is the intermediary between your consciousness and Christ Consciousness. The Holy Spirit understands that you have distortions, and it understands the Truth, and it acts as a bridge between those two things in whatever way works for your deluded mind.

You do not need to know how this works, what you need to understand is that you have to be willing to have your perception healed. And that comes first of all through your practice of forgiveness. In that act you are saying, "I understand that I do not understand what's happening here, I'm going to forgive the person who's angry at me. I'm going to allow that this is somehow, someday part of my own consciousness revealing itself to me,

even though I don't really, truly comprehend it. And your conscious willingness to have that perception healed is what is going to bring you peace.

So once again, you don't need to understand this process, what you need to understand is that you have these beliefs residing in your mind and you are acting upon them through use of your free will. You must now use your free will to say, "I offer up my mind so that my perceptions may be healed."

And what will happen over time, if you continue to make up this offering, is that your perceptions will be healed and you will begin to see things differently. And not only will you begin to see things differently, but **when your perception is healed, the world must change because you are the Projector, you are the Creator.**

And this is how you truly come to understand the miracle. It is because YOU are the one who is causing what's happening in your experience, and when you change your mind, when you become willing to be healed of your misperceptions, the world will change. You may be healed of some sickness... relationships may change... your abundance level may change... all of these things may change when you become willing to have your perception healed. But you must voluntarily show willingness, and you must ask for it to be done for you. Because you now understand that your perception and your misinterpretation of reality is what is causing your suffering.

Suffering is optional here.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 314

"I seek a future different from the past."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is the simplest lesson of all — that your Present Moment is the only place that your future can be created.

When you envision future events in your mind, you are contaminating the Present Moment with your personal needs and wants.

This is something that is an interesting topic for discussion today because you have in your society many promoters of the Law of Attraction, which is this idea that you will choose what your future looks like — and in the Present Moment if you keep fixating on the objects of your desire, then you will get them.

Well, we will say the Law of Attraction does not work in this way. The Law of Attraction works in the form of frequency , so that if you are seeking to get a car, then you will have to make the frequency of "I've got a beautiful car" radiate from you to get the car.

If you have the image of a car in your mind and you have a frequency Being emitted of poverty, scarcity, lack in some way — the car that you want won't come to you. And that is why many of you seeking to utilize the Law of Attraction feel disappointed, because you do not get what you want.

But you *are* getting what you want — you are getting the frequency that you are emitting, and you are emitting the frequency because of the things you are choosing to focus on.

What this lesson is speaking about is **trusting** that there is a benevolent, wise, all-encompassing Awareness that knows what is best for you given your Karmic history, given your reincarnational background, given those things that you have decided that you would like to learn in this lifetime as part of your consciousness expansion.

You, however, are contaminated by the ego's programs.

Many of you are contaminated by the materialistic consumer propaganda that you have been raised on and are fed constantly through your media systems.

So you may look at the big house and go, "that is what will make me feel secure", whereas the overriding, benevolent highly evolved Consciousness is aware of the fact that that is, in fact, the opposite of what will make you feel secure. You are insecure for other reasons.

You are insecure because of your lack of faith.

You are insecure because of the fearful thoughts and ideas that you are entertaining in your mind all the time.

And so, when you reside in the Present Moment, relaxed and in a place of faith that what is best for you will come your way, you are doing the right thing.

The fear that comes up, however, in all of you, is this fear of salvation, which is a belief that most of you have that somehow aligning with God's will for you will deprive you of what you want.

And that is the ego story indeed. The ego is always telling you that IT needs to be in control so that you can get what you want. But have you not noticed that when the ego is in control you do not get what you want?

So this is a big change of mind that we are asking you to indulge in here. But we would like you to do it even for one whole day, where you remain in the present — you do not think about the future, and you trust that everything you need will be coming to you.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 315

"All gifts my brothers give belong to me."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is one of those quantum examples that you are really unaware of in your Newtonian, simple cause-and-effect training programs. When you have somebody on this planet who does something positive, everybody benefits.

When you do something positive, everybody on the planet benefits. You are a collective in that sense.

The separation illusion is exactly that, it is an illusion — you are all connected.

You are like, we will say, bees in a hive. And we do not mean to insult you in any way, although you are coming to respect bees more and more in your society as you realize their most grand job, but you are like bees in a hive. Each bee does not work for itself, each bee in a hive works towards the well-Being of the hive.

And you can imagine what a hive would look like if all the bees did exactly what they wanted and were driven by personal agendas. The babies

wouldn't live... the queen would not produce... there would be no food for the winter... it sort of reminds us of your society a little bit.

What we want you to understand is that that inner guidance is coming from the 'hive leader' let us say. You would call that Being 'God'. But the hive leader is a Consciousness that has awareness of what needs to be done... what your strengths are... what your place in the salvation of the world is, and was meant to be... and so your guidance will lead you to that place, if you listen to it.

This is what these lessons are all for. It is about getting you out of the way — the 'small you' out of the way — and allowing you to be guided by the 'greater you' which is God's will for you.

God's will for you is YOUR will for you.

What God wills for you will make you happy, and what makes you happy is good for everybody, it's good for the world. You have an unhappy world right now because everybody is striving for the wrong things, believing that they are Being guided truly — but they are Being led along to the edge of a precipice by the training programs that you've been the subject of.

This is a new training program, it is. It's a brainwashing program, a voluntary one. You understand that you are Being told what to think, and how to behave, so that you may reclaim that True North guidance that tells you where you need to go. A compass does not argue with itself, it constantly tells you where North is. If you want to go West, that is your choice, but the compass will always point to True North.

Your guidance system is always going to point you towards God's will for you, your True North. If you choose to do otherwise, you will get lost, not as a punishment, but as a natural consequence of not listening to the guidance.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 316

All gifts I give my brothers are my own.

You are Blessed Beings indeed. I am that one that you know as Jesus and the ego's game is about **getting**.

It uses the appetites of the body, and the lusts of the idols that you worship, to try and get you always... to take... to hoard... to keep to yourself... to secret away... in an effort to maintain what it believes is yours.

The Truth of the matter is — what you give away is what you get to keep.

This seems strange, given the laws that you believe are applying in your world. In the physical material world it does seem to be true, in fact. If you have a piece of fruit, and you give it away, you no longer have that piece of fruit.

But if you are going into the non-physical world, you have Love and you give it away, it is not taken from you, it is but strengthened.

If you have creativity and you create beautiful pieces of artwork, let's say, and you give that creativity away — or you sell it, it's okay to sell it — but it is extended from you, it is sent out into the world.

It is expanded — your creativity is shared by many, many Beings and inspires Beings, and is appreciated by Beings — so you give it away and

every time your art or your creations are appreciated by others, you receive that appreciation.

And so this idea of scarcity, is one of the issues that we will address in this lesson. The idea that if you keep everything for yourself — because you are afraid of losing it — you, in fact, lose the opportunity to **expand** it.

So share what you have.

Be generous with your gifts.

Understand that because you are all one, even though you appear to be separated, whatever you give to your brother or sister you give to yourself. You are merely sharing it with an aspect of your own mind that seems to be apart from you — it's not really apart from you.

Just as it seemed to be that when you push guilt on others, you think you have gotten rid of it, but in fact you have magnified it, and you will feel more guilty.

So give away that which you want to keep, share that which you want more of, and you will find your life expanding miraculously.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 317

"I follow in the way appointed me."

You are Blessed Beings indeed. I am that one that you know as Jesus and you are all given the opportunity to hear the information that will transform your minds.

It comes to you over and over and over again.

It comes to you in the form of a book.

It comes to you in the form of a person who's sharing their testimony.

It comes to you in a dream.

It comes to you in many many ways, this opportunity to surrender to God's will for you.

Now this is antithetical to the ego's world, it does not want to surrender to anything. But as you may have noticed as you go through your life, you become more and more disillusioned because the illusions are not living up to the ego's story about what they will be — whether it is the new body... the new boyfriend... the new car... the new job... the new country that you're living in... the bigger house — it doesn't matter. The illusions that you have been taught to follow, and have the inclination to follow, eventually will begin to disappoint you.

And that is disillusionment. You still believe in the illusions, but they are not feeding you the way they used to. Eventually there will come a point of surrender and in that point of surrender, which can be a 'dark night of the soul' indeed — it can be when you fall to your knees and say I cannot do

this anymore — but in that moment of surrender you will say, "Show me the way, there must be a better way." and in that moment Spirit steps in and says "Yes, there is a better way and here it is."

You have been given the means to that end, and that book, that blue book [A Course In Miracles] that you hold in your hands, is the means that you have been given to take you to salvation.

Other people have different pathways, other people have different routes — there are a thousand routes to heaven — but if you are here listening to this lesson, and if this work speaks to you, then you have found your means to an end. Follow it, love it, enjoy it, and Trust in your life to show you the next thing that you need to work on. It will come to you every day.

Each day there will be something that you know feels a little off, that you know is not correct. Trust that it will show itself to you, that it will reveal itself to you. You do not need to go digging for it.

It will show itself in negative emotion... sadness... depression... guilt... or shame... fear. It will show itself. So step into each day eager for not only the joy that that day will bring, but also that little nudge that there's something off, and that is your next project.

That is the next little piece of forgiveness work that you will work on. But get up each day optimistic. Get up each day happy that you have another opportunity to experience this most wonderful 3D experience.

Yes, it is challenging.

Yes, it is tiring.

Yes, it can be exhausting when you are off track.

But once you have found the means to the end, things will improve.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 318

"In me salvation's means and end are one."

You are Blessed Beings indeed. I am that one that you know as Jesus and, of course, the phrase "looking for love in all the wrong places" comes to mind with this particular lesson. You are constantly seeking outside of yourself for your salvation, when your salvation is built into your DNA, we will say, into your particular structure of personality-body-mind-spirit.

You have been given everything you need to come to a place of peace, and that is reflected back to you in your guidance system, your feeling self. That means that when you align with happiness... when you align with joy... when you align with what feels good to you... then you are on track to your salvation. And your salvation — the reintegration of your mind into wholeness and holiness — is what the world needs for its salvation.

As long as all of you are running around in fear. As long as all of you are running around feeling guilty, or accusing others of Being guilty, then the world cannot change.

This transformation that your planet is going through at this time must be a collective transformation, even though your world will shift if you become reintegrated, if your mind becomes whole and focused on Love, your entire experience will change. But many of you want a collective shift, and that is what we are seeking too — we are seeking to gather together as many

miracle-minded Beings as possible. And with that gathering, the power builds and builds, and the effect builds and builds. Because one Being aligned with love is far more powerful than one Being aligned with fear.

The fear aligned Being is constricted and limited and separation focused and isolated — and the love focus Being is expansive... extending... creative... and is engaged with as many Beings as possible.

This is what we are seeking, to have thousands upon thousands of Beings opening their hearts, opening their minds — becoming defenceless, refusing to attack — and bring into this time and place the peace and joy that is your natural inheritance.

We encourage you all today to double down on your practice, to let go of anything that is making you feel bad, and to choose again.

Choose health.

Choose life.

Choose Love, and

Choose to extend into your world the beautiful gifts that you have been given.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 319

"I came for the salvation of the world."

You are Blessed Beings indeed. I am that one that you know as Jesus and this sounds like a grand plan, does it not — that you have come for the salvation of the world?

But it is true. You keep coming here for the salvation of the world. Every incarnation that you have ever had has been the opportunity for you to save the world through the transformation of your own mind into an absolutely loving entity.

This is what is required for graduation from this 'education institution'. The earth is a place where you learn to Love, and that is what it is all about.

So, for those of you that know you don't know how to Love, or if you witness yourself in loving relationships you understand that you have some distortions, that is okay.

You are here to do this work. You are here to relinquish that from your minds which no longer reflects what you want for your future. Each one of you must decide to let go of that which causes you suffering, because the suffering is the indicator that it is unloving, and therefore causes you pain.

Love never causes you pain — and this is one of the most important things for you to remember as you go through your journey of loving and learning how to Love, and be loved.

But Love does not cause pain, Love does not cause suffering — it is only the distortions in the minds of the lovers that causes pain and suffering.

So make sure that you are not laying the suffering story on Love — not telling yourself that you will have to sacrifice and suffer for Love. You do not have to do that. Sacrifice and suffering are the illusions that have been added to Love by your society's teachers and they are lies — and they are not necessary — you can Love fully and happily and not lose one ounce of freedom, one ounce of your own unique creative style.

So go out there and Love yourselves... your friends.

Love your families.

Love your lovers.

And love everybody who is driving you crazy with bad behaviour, because they are lacking Love and the only way to heal them is to send them Love, Love, Love, Love.

We will speak to you again tomorrow.

Lesson 320

"My father gives all power unto me."

You are Blessed Beings indeed. I am that one that you know as Jesus and you are made in the image of God.

You are made as powerful creators and you have the ability to manifest whatever it is that you want to manifest. And that is what you are all doing.

The problem that most of you have with your unconscious minds is that you don't know what programs and beliefs you have in your mind, and so they are mis-creating all over the place. Negative beliefs and ideas that your grandmother used to tell you when you were sitting on her knee

when you were four, are still in there. They are put in there intentionally by authority figures, and they will not be removed until YOU remove them.

It is these beliefs and ideas that are limiting you. It is not a natural limit that you are feeling in your daily experience. You are feeling the limitation of the untrue and limiting beliefs and ideas that have been implanted within you. So your job is to discover those limitations — and how do you do that? — you do that through **experience**.

And so what we want to inspire in you today, is this faith in your experience. That you are not having negative experiences for no reason, or because God doesn't love you. You are having negative experiences because you are in some way bringing them to you. Unconsciously, yes. Unintentionally, yes.

But there are things that you say... things that you think... actions that are motivated by beliefs that are bringing negativities to you. And this is the most powerful place you will find yourself — when you realize that even though you are doing your best with your conscious mind, all of those programs that have been indoctrinated into you are actively undermining the effort that you are using with your conscious mind. And percentage-wise, you're unconscious or subconscious mind has a much larger percentage of your body-mind's control.

So, we will say, your heartbeat, you do not have to think about your heart beating... you do not have to think about digesting your food... you do not have to think about cleansing your blood... you do not have to think about growing your hair... all of these are unconscious in you. Thank goodness for that, there would be no time for anything else if you have to think about all those things.

But then we go to the subconscious, the subconscious is where you have put all of the stories, the beliefs, the indoctrinations, the lessons that you

have had. It is where you store them out of sight, out of mind — but they are still playing through.

So, for example, you took lots of tests in school where you had to learn your times tables and your alphabet. You don't have to think about that anymore, you know it. But at the same time as that indoctrination was taking place — you were Being told other things, things like... money doesn't grow on trees... don't get above yourself... get off your high horse... who do you think you are... don't tell people things they will use it against you — all kinds of tales from your family, who may very well have been very negative and scared. Some of them may have been very wealthy and positive. But they are all in there, and you will be seeing the evidence of that teaching in your life.

And that is what we are asking you to contemplate today — we are asking you to contemplate the family into which you were born, and what their stories are. And are you still playing out those stories, even though you do not want the results that they are eliciting?

The mind training program that we are conducting here — that you are voluntarily participating in — is so that you begin to focus your mind on that which is beautiful... that which is freedom... that which is creativity... that which is love... and you are now going to be lessening the energy that you put into those untrue beliefs and ideas.

But if you keep seeing in yourself thoughts, feelings, behaviours, that remind you of things you don't want or don't like to experience, then you will need to bring them up into your conscious mind and ask yourself, "What is it I keep doing in this area area of my life that keeps it from blossoming, that keeps it from flourishing?" And you will very, very quickly begin to see that you are thinking things, or saying things, or doing things that are out of accord with abundance and joy in that area of your life. And that then becomes an area where you can focus your attention in transforming your thoughts, transforming your beliefs, and transforming

your actions, so that you are congruent — thought, word and deed are aligned.

Now many Beings will say this is not the business of A Course In Miracles, teaching you how to live your daily life. But we want you to understand that living your daily life gets better when you apply the principles of A Course In Miracles. So don't focus on the daily life, per se, but focus on what we are teaching you — implementing those processes, using your mind for good, for love, for the evolution of human consciousness, and your daily life will improve as a side effect of the mastery of your mind.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 321

"Father my freedom is in you alone."

You are Blessed Beings indeed. I am that one that you know as Jesus, and most of you who have come to these teachings have tried many, many different things along the pathway to this point in time, and have agreed that the map that you were given is not a very good one.

And that is all that we are doing here for you today. We are giving you a map towards peace and in that peace your guidance becomes extremely clear and your interactions with your guides and teachers will become clearer and clearer and clearer. But we must remind you that you have constant guidance.

There are many Beings who ask, "How come I cannot see or speak to my spirit guides? How come I can't channel?" and we say, you are connecting with your spirit guides all the time through your emotional guidance system.

Remember the image we bring to mind for you — the mothership communicating with the little exploratory pod that has gone down onto planet Earth. The mothership sees and knows where you are, what's approaching, what is best for your safety, best for your evolution, most interesting for your mind, and you will be guided there by your feelings.

Always good feelings... happiness... joy... curiosity... wonder... creativity... these great feelings, these are the ones that are your guides and teachers speaking to you. And the more you listen to that guidance, the louder and clearer and more articulate it will get.

There are many Beings who have been following this one for several years now who are channeling, who are communicating directly in many different forms... who are producing beautiful artwork... who are producing books... music... all kinds of things. So dedicate yourself to this practice, continue to dedicate yourself to this practice, even though these lessons will be finished soon, and you too will have a clearer and clearer connection to your guides and teachers who are always there helping you along the way.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 322

"I can give up but what was never real."

You are Blessed Beings indeed. I am that one that you know as Jesus and imagine that every time you have been afraid... or felt disconnected... or shameful... or guilty... none of that was Real. None of that is registered as Real by that which you would call 'All That Is'.

The only things that are Real are those things that God possesses and has endowed you with — Love... creativity... extension... self-expression... joy... happiness. These are the things that are Real.

And so, when you go through your day, we want you to realize that the pursuit of your happiness... your joy...your creativity... your self-expression... the extension of the Love that you possess as a natural inclination — all of that is Real. And you will take those experiences into the next, or other incarnations that you will have.

The guilt... the shame... the fear... the worry... the negativity — these are the things that are keeping you from Reality. These are the things that on your earth people say, "Oh, but this is real. The fear, the treachery, the betrayal, this is all real." But in actual fact it is what's keeping you from Reality.

And as you focus your mind more and more on Reality, in that sense focusing less on the material world and more on the non-physical world of creativity... Love... joy... expression — all of these things are non-physical. in that sense — you will be living a more Real life.

After all when you look at what Being a human is, it is these non-physical things that provide you with the most nourishment — Love... creativity... joy... happiness — they are not material things are they?

So focus your mind away from the material and away from the physical, and bring yourself into alignment with the Eternal. And in that alignment you will feel more peace, you will feel more joy, and you will feel less fear and less worry.

Fear and worry always come up when you are in the realm of the physical. Fear of death... fear of losing money... fear of Being hurt... these are all related to the physical body.

Keep your mind above the battleground and focus on that which is elevated... that which is exciting for you... and that which enlivens your body with eager anticipation.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 323

I gladly make the "sacrifice" of fear.

You are Blessed Beings indeed. I am that one that you know as Jesus, and your minds are your greatest assets, or they are your greatest liabilities.

They are the same thing Being used properly/correctly or incorrectly. When you are driving along in your car, and you are thinking about something, you are using your mind incorrectly.

We would like you to be driving along in your car paying attention to the Present Moment. That means that you are looking where you are going. It means that you are paying attention to how you are feeling — your hands on the steering wheel, the comfort of your body in the chair, if you are waiting in your car at a traffic light or whatever it is, be observant about what is going on — do not drift off into your mind ruminating on a problem.

This is generally what happens. Most of you are not ruminating on what you would like, you are ruminating on what you don't want. It could be the anticipated argument you're going to have with your beloved when

you get home. It could be the comment that the co-worker made earlier on in the day that's been bothering you all day. It could be many things.

But these are the incorrect uses of the mind. What we want you to understand is that relentless thinking of what is not going on at this moment is a waste of your time.

Now, we are not speaking about the conscious envisioning of a future you might like to experience, although even that is often driven by the ego's desires. We are speaking about the general thinking that goes on — the thousands and thousands of thoughts that you have every day about what you don't want, or about what you're afraid of. This is the incorrect use of mind.

Presence is the correct use of mind. And it is in Presence that you will connect with the Love of the Divine.

That means in Presence you are paying attention to What Is. You are appreciating What Is. You are engaging with What Is — not what was or what you don't want — but What Is — the person sitting right in front of you, or the beautiful view that's in front of you, or even the traffic jam that's in front of you.

The traffic jam in front of you can be your meditation for today. You say, "Here I am. I am sitting in traffic and it's hot and my arm is out the window and I feel like I'm getting a bit of a sunburn, but here I am." And what will happen when you are actually where you are, is that you will be given feedback about the situation in which you are. You will not be avoiding the situation in which you are, and you may very well decide, "I actually don't like sitting in traffic with my arm getting burnt out of the window. I think I might need to do something about where I work and how I get there."

But if you are off ruminating, if you are off imagining, if you are off fantasizing, you are not actually experiencing What Is.

And this is one of the definitions of the illusory world that is often referred to. You are often not where you are, experiencing what you are experiencing. And so you are not getting the lesson. You are not getting the "full surround sound" experience of your three dimensional experience. And that is how you learn. That is how you feel your way through your day — actually Being where you are, actually talking to the people who are in front of you, actually feeling your feelings. They are guidance, they are telling you something.

But so many of you are off somewhere else, distracting yourselves... changing the channel on the radio station because you're bored... talking on the phone... not doing what you are doing. You are multitasking, multi-distracting yourself, and you have no idea how you feel about what you're doing.

So, today, let us do one thing at a time... do it well... pay attention to it... if it is on your list of things to do today, accept that it is on your list of things to do today, and do it thoroughly and with great attention — and get every ounce of experience out of that thing that you can.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 324

"I merely follow, for I would not lead."

You are Blessed Beings indeed. I am that one that you know as Jesus, and the ego does not like this lesson. The ego wants to be in charge. The ego wants to control. And what this lesson is suggesting is that you listen to guidance that is giving you direction as to what to do next.

So, as you become more familiar with these teachings, you will come to comprehend that the concept of surrender to guidance is the way to a peaceful life. You can lead with your ego in charge, but it will not lead you to a peaceful life. It might lead you to a very successful life, financially. It might lead you to a very exciting life. But it will not lead you to a peaceful life.

Many of you have had an exciting life so far — divorces and all kinds of shenanigans going on — excitement is not always what you are seeking.

The guidance that you have innately within you, that is clearly heard once the chatter of the ego mind is subdued somewhat, will take you to the place that you want to go. Where do you want to go? You want to go somewhere where you'll be happy. You want to go somewhere where you'll be free. You want to go somewhere where you are hanging out with people of a like mind — friends, your tribe. That is where your guidance will take you.

The ego can take you on a thousand long and circuitous journeys, all of which you are free to do if you choose. If you do not want to follow guidance you are free to do as you will. You are loved that much that you are given free will to chase whatever you want to chase in this experience that you are having on this 3D plane.

But we are speaking to those of you that have become tired of the chase — a little disillusioned, a little worn out, a little frustrated. Begin to listen to that inner guidance. And it comes in the form of your feelings towards things.

It comes in the form of that looks really interesting.

It comes in the form of "I can't stop thinking about this particular subject".

It comes in the form of synchronicities.

It comes in the form of meeting people that have exactly the thing that you have been looking for — whether it be a new job opportunity, a new piece of information, or a new relationship of some kind.

Slow down and listen to your guidance, it will save you a long, long time.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 325

"All things I see reflect ideas."

You are Blessed Beings indeed. I am that one that you know as Jesus and, of course, this is the great challenge to the things that you were taught about your world — that it is objective, and it is happening TO you, it is not coming FROM you.

Anybody that is still in the battleground does not believe this lesson, and many of you will not believe this lesson. The only way for you to believe this lesson, is to practice it.

You practice changing your mind about something, and that something will reflect the change in your mind that you have chosen to make.

If this was an objective world, that would not happen.

If this was an objective world, your thoughts could not make any difference whatsoever.

If this was an objective world, you would be a victim, but you are not a victim, you are a creator. You are made in the image of God, and we must remind you day after day that you are made in the image of God and what you find in your world reflects something that you want.

If you look upon death and destruction, and keep choosing to look upon death and destruction — we will give you an example — for example, if you see a disaster on your news station and you turn it on and you look at it and you watch it and you wring your hands in horror, and then you tune in again later to see how it's going, you are choosing to indulge in that.

If you do as we have asked and get rid of your television sets and choose only loving, kind informative educational uplifting inspiring entertainment, you will not be indulging in that.

But if you keep looking at the car accident as you drive by, you are choosing that and you will get more of that.

And so we encourage you to practice this lesson with diligence and ask yourself, "What am I seeking in the world? Am I seeking peace and joy and creativity and self-realization? Or am I seeking arguments, and frustrations, and wars, and bad relationships, and unhealthy foods? What am I seeking? Those things represent ideas that I have that I bring into manifestation by my desire for them."

Look at what you desire, look at what's coming to you. The process of projection is a powerful one. Your entire world is made by the process of projection. Once the mind has cleared the projector will only project good things. Be the change that you want to see in the world and your projector will begin to project good things.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 326

"I am forever an Effect of God."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this brings a sense of relief to the troubled mind.

You are as God created you. You are a replica, if you will, of the Father. That means that you have great power, you have great influence, and you have been given the freedom to create as you see fit.

You must look at the effects of YOUR creation — just as God looks at the effects of His creation and is pleased — you must look at the effects of your creations and ask, are you pleased?

Are you pleased with how you're living?

Are you pleased with what you are experiencing?

Are you pleased?

If you are not pleased, then you have lost your way somehow. You have gone off track somehow. You have not been listening to the inner guidance that shows you clearly where to go.

For you are loved so much that you have been given an invisible umbilical cord to that which you call "God", which means you are always in tune with Love unless you decide otherwise.

When you decide otherwise, you are given a negative response from that umbilical cord that is connected to Love, to the Divine, to All That Is.

And in that judgement, you can feel you are incorrect. This feeling is not nice. It is designed to be not nice, so that it gets your attention.

The trouble with the projected world is that you are constantly putting outside of yourself, that which is inside of you. That is how this world of separation is maintained. And so when you get that negative feeling, you project it OUT from you and try to blame it on somebody else.

This would be a mistake. It is an error in perception. YOU are causing the negative feeling by your judgements of what you are seeing. You are mistaken in your judgements of what you are seeing, because you are seeing what is coming FROM you, so you are, in fact, attacking your own mind.

This is the principle behind forgiveness.

So we would like you, today, to stop judging one thing that you constantly judge — whether it be your body... your partner... the president... the environment — whatever it is, stop judging it today, for a whole day, and see how you feel. And you will feel different, because you have returned to a frequency of acceptance which is more in alignment with Love than judgement — and then you will see that your suffering is self-induced. When your frequency goes up, because you are ceasing judging, you have more access to the Divine power that you have been given.

When you are judgemental, you have disconnected yourself from Love and that is the source of your power.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 327

"I need but call and You will answer me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and as you have heard us mentioned before, free will is the rule on your 3D earth experience.

You must ask for help, to get help. Spirit is not allowed to intervene in your creative process unless we are invited to intervene in your creative process.

And even on a daily basis, it is good to reaffirm that you would like our help, my help, God's help. We on the other side of the veil are in God's service to you and we will bring to you, at your request, all of the experiences you need to come to develop a faith in Life, and in Love, and in God, that is required for your graduation ceremony from this place.

It comes in the form of people... places... things... experiences... opportunities... synchronicities... dreams.... ideas... imagination... inspiration... it does not necessarily come in the form of a voice ringing in your ears telling you what to do.

Your free will must play out at each level of your decision-making process, you must constantly choose over and over again that you want to wake up.

You can take back your freewill at any point, and this is what the ego will counsel you to do. It will say, "Ah, this is just coincidence. Don't pay any attention to it. That meeting with that person was nothing special, things like that happen all the time." That is the voice of the ego mind.

The ego is the doubting part of the mind... the fearful part of the mind... the separation part of the mind... and so because it has a separation focused quality to it, it will not join the dots together. It will not join the synchronicities together. It will not see, "Ah, each day I get some small signposts that I should be walking this way."

For those of you that have been on this path for some time, you know that the signposts keep coming, the synchronicities keep coming, the random meetings keep happening and you keep getting what you need to take you on your path to your awakening.

Those of you that have been on the path longer, hold the Light up for those who are new. And that is what this Being is doing. She is holding up the Light that she has followed for many years now, and says to you, "This worked for me, you may want to try it."

And that is all we can do. We can show you the way but we can't force you to take the steps. We encourage you, we get excited when we see one of you choosing to choose love instead of fear. We bring forth as many opportunities to each of you as we possibly can, given the parameters within which we must function.

But you are the chooser. You are the captain of your ship and you must turn its trajectory around to Love, yourself.

We can tell you "it's over here, if you do this, this will help" — and there are many Beings, of course, teaching and sharing their experiences with you on this planet at this time, but it is always up to you. We can lead you to water but we cannot make you drink.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 328

"I choose the second place to gain the first."

You are Blessed Beings indeed. I am that one that you know as Jesus, and as many of you come to these later lessons, you will begin to feel the argument of the ego's voice rising up yet again to say that you are going too deep into surrender and oneness, [that] it is not safe.

You must remember that the ego mind has created, mis-created, manufactured this world as a demonstration of its belief in separation. That is why everything is individual here. That is why there are so many of you here. It is not a place that demonstrates union, it is a place that demonstrates separation.

So you must remember that the entire structure of this world depends on separation to maintain the form that it has now.

So as you come to these deeper realizations — that we are asking you to envision the communion you have with your brothers and sisters, rather than the differences — you literally are arguing with the ego's need to have separation manifested. And it manifested it because it is afraid of God.

Ego is completely separate from God, and the world that it made is a demonstration of that separation from God — that is why you seem to die, because if you imagine a God that created you only to die in sickness and in pain, it would indeed be an insane God.

It is not God's will that you die in pain. It is the ego's desire that you die in pain and prove your abandonment by God — because if nothing proves abandonment by God, then death and dying in pain and sickness does prove that you have been left and abandoned.

We are asking you to choose God now, while you are 'alive and kicking' so to speak, and to follow the guidance and the humility that that choice takes.

It seems as if you are giving up your will, the ego's desires for its own attainments, but in actual fact you will gain the world, you will gain everything, you will gain heaven.

So be brave and surrender to the guidance that you are getting — to forgive and to love rather than to attack and separate, which is what the ego will counsel you to do. You will seem to lose initially by the ego's definition, but over time you will create a happier and more loving, more generous and miracle filled life. And in the end you will not need to come into 3D reality to demonstrate your belief in separation, because you will have erased your belief in separation, and you will live in heaven in communion.

This does not mean that your work is over — you do not sit up there on clouds playing harps getting bored, you are stimulated, you are given exciting assignments in your new world, but do not fear — surrender — it is the path to salvation and you will be pleased.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 329

"I have already chosen what You will."

You are Blessed Beings indeed, I am that one that you know as Jesus and it is clear that you are not more powerful than God.

And so any errors that you have made that you might consider sins in the past, or errors of behaviour, or errors of word or thought or deed, have not hurt God in any way, and, in fact, you are allowed to make mistakes, you are given free will.

The idea that God has given you free will but you're not allowed to use it is a modern distortion of this Truth. You have been given free will, you are allowed to do whatever you want to here — and experience the natural consequences of that — you are allowed to reap the harvest of the seeds you sow.

Most of you when you sow a bitter seed and get a bitter of harvest, do not like how it feels. It may be manifesting as a harvest of broken relationships, or an unhealthy body, or disillusionment, or sadness, guilt, shame, fear, whatever it is, it does not feel good when you are out of alignment with your Father's will for you. And that is Love, because you are loved.

So see all of your past errors and sins as just errors that need to need to be corrected. You can see your errors often as negative patterns repeating themselves throughout your earlier years, but often as you get older you see that you are the common denominator in all of those varying manifestations of fear or shame or guilt or anger or whatever it is that you are repeating.

See this as a good thing to see, "Ah, I am the common denominator in all of these unpleasant situations. Even if I trade my partner in, or move to another place, the pattern keeps repeating because I am the pattern creator."

Witness that and then decide, "Ah this is something in me that is an aberration of some kind, it is not in alignment with God's will for me, because it is not making me happy. It is not feeling good, therefore, it must be something that I need to let go of. It is not helping me on my journey home."

Begin to be more forgiving of yourself, and yet, ask of yourself that you begin to let go of that pattern. Only you can do that. We cannot override you and heal you of something that you want. You must begin to choose again, choose differently, and witness where you contribute to your suffering. It is only through your free will transforming and changing, and aligning with guidance — it is only in you choosing that — that you will begin to have a new experience.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 330

"I will not hurt myself again today."

You are Blessed Beings indeed. I am that one that you know as Jesus and, of course, all of your judgements hurt you. All of your fears hurt you. All of your hatreds hurt you. They caused you suffering, they cause you to feel negative emotion because you have stepped away from your natural inheritance, which is to align with the love of God that was present when you were created, and is always still present but merely hidden by the distortions in your mind that confuse you and make you fearful.

Do not hurt yourselves today by judging and fearing and fear-mongering.

When you are on your social media platforms, make a promise to yourself today that you will not share fear, or hatred, or anger, or anything that is not inspiring, or loving, or just plain cute. Those kitten videos work wonders because they lift folks out of their worry and their fear into a moment of joy.

We want you to make sure that when you repost something — because this is a very, very powerful way that each of you have to influence not only your own feelings but the feelings of those loved ones with whom you are connected on social media, or if you are famous, or you have a large following, then you are even more influential bringing into the mind of a thousand people in one day, that which is either fearful or loving — make sure that if you post something on social media it is informative, if nothing else. But we would prefer the joyful, the inspirational, the happy — to counter the propaganda that is Being spread throughout your society of judgement and hatred.

Make sure that your posts are high vibe, and that if Jesus was reading that post, that you would be comfortable.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 331

"There is no conflict, for my will is Yours."

You are Blessed Beings indeed. I am that one that you know as Jesus and conflict is you arguing with God. That is essentially what conflict is. It is your judgements upon the world saying, "This thing should not be that I am watching, or seeing, or Being told about."

And yet God has allowed it, it is happening, it is what's there.

And so, to accept 'what is there', is a very, very important part of bringing your mind to peace. Now the ego does not want to forgive anything. It does not want to step back from judgement, because it is judgement that keeps the world of separation alive.

It is your judgement that keeps the separation world alive.

Even if you are looking upon something that you think is evil or cruel or terrible, your joining in the judgement of that thing keeps it alive.

When you look upon disaster, or you look upon something negative — to forgive it means that you are making a statement, "I no longer want to see this, I am forgiving it because I know my judgement is what keeps it alive."

This is something that's very important for you to really grasp today — that you are not condoning what is unpleasant, you are in fact, in your forgiveness, ensuring its demise because you are no longer judging and therefore keeping the world of separation alive. And what is the world of separation, but suffering and death.

So forgive whatever you see, and know that in that forgiveness practice you are rising above the battleground and you are ending separation.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 332

"Fear binds the world. Forgiveness sets it free."

You are Blessed Beings indeed. I am that one that you know as Jesus, and fear is the great deceiver.

When you have a feeling of fear, you are feeling the disconnection from Truth. That is what fear is. That horrible feeling of fear is you leaping off the path — towards Truth and Love — into the ditch filled with brambles and fear. But you have chosen to do it.

Fear is not something that Spirit can remove from your mind. Sometimes we hear those prayers, "Please stop me Being afraid of love." or "Please stop me Being afraid of flying in a plane."

But fear is your own creation. It is your own baby. It is what you worship, it is what you want. And until you realize that you can go through fear, to the other side of it, and experience life, good things, nothing bad happens, what you had been fantasizing about does not come to pass — then you begin to understand that fear is an illusion.

Now, we are not speaking about the fear of things like tigers. This is often what the ego's argument is, "You have to be afraid of tigers and criminals and these sorts of things."

The ego will look after you if you are in a dangerous situation. For example, if there is a wild creature that is about to pounce, your fight or flight mechanisms will kick in and you will be given ideas, you will be helped.

We are speaking about irrational fear... fabricated fear... fantasy fear. When you think of a future situation and it frightens you, it is because you have beliefs in your mind, that you have allowed to reside there, that are producing that feeling.

So, for example, if you have had a bad relationship in the past, and you now think about getting into another relationship, the ego-mind will say, "Do you remember the last time we did this? It was very unpleasant, let's not do that again." and the feeling of fear will arise.

But Spirit will say, "You were in a different place then. You were exhibiting a different frequency then, and you have learnt from that experience [and] you will not let that happen again. Let us try love again because that is something that we want to experience."

And if you listen to THAT voice, you will not feel fear. But the ego — once a fear belief is indoctrinated into your mind through trauma, whatever kind of trauma, and however big a trauma — it is the first voice that you are going to hear. But you are going to have to learn to go through fears and find out that life continues on the other side and it was just an idea, a thin veil of mist that you have to walk through.

This Being has gone through many levels of fear in doing this work, and she has found out that, on the other side, none of those fears have come true. None of those fantasies that her ego said would happen, have happened. And she is enjoying this work tremendously, but she has gone through veil after veil of fear. But now she realizes that that feeling does not mean anything. It is a shadow of a day gone by, and it must not let you ruin your future.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 333

"Forgiveness ends the dream of conflict here."

You are Blessed Beings indeed. I am that one that you know as Jesus, and forgiveness is like cutting the chain of the ball and chain around your ankle. You become free.

It is like untying the string of a balloon and letting it float up into the sky. The balloon is your frequency and the resentment is the knot — and the setting free of that balloon, to allow it to rise to its natural height filled with that buoyant gas, is forgiveness.

It is forgiveness that undoes the knot.

It is forgiveness that fractures the chain of the ball and chain.

It is forgiveness that is the wire clippers that clips the barbed wire around the concentration camp that you have been held in by your judgements.

All of these images bring to mind... freedom... lightness... expansion... the ability to express yourself more freely... and that is what forgiveness gives you. It is far more than you can ever know.

So do not delay your forgiveness practice. Do not hide behind justifications of, "Well, they really hurt me" or "They are crazy." or "They shouldn't have done that."

Let them go so that you may be free. And these images — especially the one of the balloon, is the one that we would like you to keep in your mind today so that you understand that it is the knot that YOU have tied to the other person, place, thing, or experience that is keeping you down in the battleground.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Letter 334

"Today I claim the gifts forgiveness gives."

You are Blessed Beings indeed. I am that one that you know as Jesus and forgiveness of everything is all you need to do.

You think you need to get thinner... you think you need to get richer... you think you need to get married... you think you need a promotion... you think you need... you need... you need... you need... but what we will tell you is that if you can let your judgements go, everything that is naturally yours will come to you.

You have been keeping it away, like the umbrella keeps rain away from you, but that dome of judgement that you hold on to so preciously is what is keeping all of the gifts of your natural inheritance away from you.

The gifts of your natural inheritance are things like abundance, health, creativity, inspiration, beautiful, beautiful things that you are keeping away from yourself by holding up the umbrella of judgement whilst the rain of Love pours down but cannot reach you.

So envision yourself putting down the umbrella of judgement, lifting up your face to the heavens and allowing that rain of Love to come down onto you.

What does this look like in real life? It means that you stop telling stories about yourself and other people, it means that you don't gossip, it means that when you are observing something you don't like, you merely turn your gaze to something that you do like. You do not even have to change your mind about the thing that you are gazing upon that you feel is wrong,

you merely have to shift your gaze to something that you love and appreciate and use that frequency as your guiding light.

When you look upon what you don't like, and feel how you feel, and you look upon what you do like, and feel how you feel, it is clear that you are Being guided to look upon what you do like, and let the other go.

If you find yourself going back to the judgement, then your ego is getting something out of it, it is getting food out of it somehow. And you can ask to be shown, "What is my ego getting out of this resentment that I have? I can't tell what it is?"

It could be that it's making you feel supreme superior, it could be that it's making you feel inferior. It could be that it's making you angry, it could be that it's making you cynical. The ego remember is unloving, it wants these things.

You as the you that you perceive yourself to be, are a mixture of the ego's thought system and the Holy Spirit's thought system. You must begin to see that the feelings you get are the indicator of which thought system you are in.

If you are in judgement — hatred, fear, shame, guilt, you are in the ego's thought system and you will not be happy there.

If you practice forgiveness and shifting your gaze to that which you appreciate and love and want more of, you will feel yourself getting happier and more joyful and calmer and you will feel a sense of relief. That means you've stepped into the Holy Spirit's thought system, and there is where you will find everything that you want.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Letter 335

"I choose to see my brother's sinlessness."

You are Blessed Beings indeed. I am that one that you know as Jesus, and when you begin to practice this visioning, seeing your brother as sinless — now when we say your brother, we don't mean your literal brother, although that may be the case. It may be your sister. It may be your mother. It may be your father. It may be a stranger. It may be a political figure. It may be a religious figure.

Whenever you begin to practice this form of forgiveness, you will be judging yourself by the same standard. And that is why, when you judge another, you feel bad. Because you are inflicting that low frequency perception on yourself.

When you inflict a higher frequency perception on someone else, as in seeing them as innocent, you will feel the benefit of it, because it is YOU interacting with your own consciousness.

You think you are forgiving another person, but you are in fact cleansing your own mind.

It is your own mind you are experiencing when you are suffering. It is your own mind that you will experience when you have forgiven. You are not experiencing anything outside of you ever. You are only ever experiencing your own consciousness, and whether it is high or low frequency.

If it is low frequency, you are in the ego's battleground, fighting and scraping to survive.

And if you are in the higher frequency, you are in the Holy Spirit's visioning system where you can look down upon the battleground and choose not to join in it. And in that place, you will be in peace, you will be tapping into higher realms — and you will be getting information and instruction from higher realms.

So for those of you that would like increased contact with your guides and teachers, "forgiveness" is the way.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Letter 336

"Forgiveness lets me know that minds are joined."

You are Blessed Beings indeed. I am that one that you know as Jesus, and forgiveness will bring about results that demonstrate to you that you are a miracle worker.

When you begin to practice forgiveness, you will feel such a difference in your frequency — and you will witness changes in the world that are not directly related to anything, except the fact that you have forgiven something or someone.

The miracle arises where hate has been removed and Love has replaced it.

And what happens in your world, your physical experience, is that when you change your mind, the world must change to reflect that change. And in that transformation you are given proof that all minds are connected and that whatever you do with your mind will create a physical response in the physical world.

That means you are changing a character or an event in the dream that you are dreaming.

And this is the most powerful evidence that your mind is connected to other Beings... other people... other things... other experiences... and events — because when you change the interior world, the exterior world will change too.

What does this look like? It may mean that the co-worker who you have got a terrible resentment with and that you have been praying for and working towards healing, that resentment shifts and changes their personality to such a degree that you have to say, "Wow, that is a miracle that person has gone from Being gossipy and backstabbing, into a calm and pleasant person."

What does that mean? It means that you wanted to see them as gossipy and backstabbing **because that suited some belief in your mind**, something you wanted or needed to align with — and when you chose *actively* to use your freewill to say, "No I no longer want that frequency, I want the frequency of Love.", the other Being must reflect back to you that which you are seeking, which is Love. And you will see it in their behaviour now.

Many of you who have not practiced forgiveness will say this is an impossibility. But we say if you practice forgiveness truly and completely, you will see transformation in the physical, material world that is inexplicable in any other way. Give it a try.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 337

"My sinlessness protects me from all harm."

You are Blessed Beings indeed. I am that one that you know as Jesus, and guilt and sin are the shadows that hide your perfection from you.

The Atonement, when you accept it for yourself, is the acceptance of your sinlessness. The acceptance of your brother's innocence and your sister's innocence. And in that acceptance, through the practice of forgiveness, you get back all of the little pieces of your mind that have been lost along the trail of this earthly experience that you are having.

Every little resentment, every little wound, every little unfair belief that you hold, is a drain on the unity of your unconsciousness. It is a drain on your own power and ability to manifest what you would like to experience.

And so, forgiveness, ultimately, is a selfish act. It brings back to you that which was always yours, but that you have given away mistakenly thinking that judgement is righteous... that condemning others makes you better somehow... or that the sin that they have committed will go unpunished if you do not punish them.

We would like you to leave all of the tallying up of everything to God. It is none of your business what anyone else is doing — unless they're sitting right in front of you — now if you are sitting in front of somebody and they are verbally or emotionally or physically attacking you, your ego is going to kick in and do what it needs to do to protect you or keep you safe, it will, you do not need to worry about it.

What we want you to understand is that forgiveness does not mean you are a doormat, it does not mean that you are a victim — but what it does mean

is that you will have the strength, the connection, the power, to handle any situation that comes your way and presents itself to you.

You may be verbally attacked by somebody, but if you have gone through your own forgiveness practice and understand that their attack on you is a call for Love, then you will turn the other cheek. You will say, "I am NOT going to battle with you over this". You may put your hand up in defence, but you will not strike. Whether that is literal or figurative, in your own mind you will not strike. You will see that they lack Love and that that is where the behaviour is coming from.

These teachings are about what you do with your mind, and your mind creates your reality.

So if you practice these teachings, you will not be attacked because you are not attacking.

You will not be betrayed because you are not betraying.

You are loving, loving, loving.

This does not mean that you cannot go about your daily activities of going to work and looking after your family and gardening and enjoying yourself. It does not mean that you have to act like a monk in a monastery. What it means is that you are Master of your mind, and therefore you enjoy your day.

You do whatever you are inspired to do, whatever makes you happy, whatever brings you joy.

And as you practice forgiveness, more and more reintegrating the mind more and more — more and more joy and happiness will come to you because you are not allowing unloving beliefs and ideas to have residence in your own consciousness. You are evicting them as you find them.

And that is the practice that is going to continue after these lessons are finished. You will continue to practice forgiveness, and you will continue to choose not to support and feed unloving beliefs and ideas in your mind until they have no energy from you at all and they fade away into nothingness. That is what will happen to unloving beliefs and ideas when you stop indulging in them, they are only there because you indulge in them.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 338

"I am affected only by my thoughts."

You are Blessed Beings indeed. I am that one that you know is Jesus and this is one of the most important lessons that you can truly take home and use daily to relieve yourself from suffering.

It is only your thoughts that caused you pain.

If you look upon a brother and judge them, you will feel pain.

If you look upon the world and decide that it is ending, you will feel pain.

Anytime you look upon anything and make an untrue or unloving judgement of that thing, you will feel pain.

So, from this day forth, we want you to truly understand that all your suffering is self-created. If you are feeling bad, you have had an unloving

thought about yourself, someone else, some person, place, thing or experience... past, future or present... you have had an unloving thought.

What a powerful, powerful lesson this is. It means that you are the captain of your destiny. You can choose this day forth to be happy in all ways, at all times. You can do that, it is merely an act of discipline.

We understand that you have beliefs in your mind that cause you to make judgements that seemed to be unconscious, but they are not unconscious. You are always choosing what you do, even though you are so untrained that you are unaware of the choice. But as you become stronger and stronger in this practice, you will see that you can direct your mind wherever you wish, and in that moment you see, "Ah yes, I do not need to have this thought, I may choose another one. And I will choose another one because this one makes me feel bad, the bad feeling is telling me I am off track, it is unloving, it is not God's will for me to think this way. God would not think this way and so, as I am made in the image of God, I will not think this way either and so I will allow myself to return to peace."

And in that peace you will be able to access information that you cannot access in the low frequencies of judgement.

Just as this Being did her forgiveness work intensively and repeatedly, she began to be able to access this information. It was not a conscious choice on her part. She did not do her forgiveness practice with any ulterior motive, other than it began to bring her peace. And in that, she rose up above the battleground and became, we will say, qualified to do this work.

If you love this work, and you would like to become qualified to do your part in the Ascension Teachings, then do your forgiveness practice and it will come to you... It will come to you... it will come to you.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 339

"I will receive whatever I request."

You are Blessed Beings indeed. I am that one that you know as Jesus and this sounds like insanity does it not, that you would request something that would hurt you?

But what else are you doing when you overeat, for example? When you continually put food into a body that has had enough and thus cause it discomfort — you feel full, you have to unbutton your trousers, and you get on the scales and you see that you are 20, 30, 40 pounds overweight — and then you blame the body.

But you have got what you want. You have asked for this, and you have received it.

What about when you are quote-unquote "in love" with somebody who is mean to you, and you keep staying with them because you think you can save them? This is something that many spiritual people do because they think that if they were spiritual enough, they could change the person who is abusing them.

And that's why you will always hear us say, "You must love yourself first, and then share that love with others." Because if you love others before you love yourself, you can allow an abusive relationship to happen.

What is an abusive relationship? It is your willingness to be in the company of things that are painful — and that is what you want, that is why you stay, that is why you're there.

So this is a lesson that is very applicable. We would like you all to look today to the things that you go after — whether it be addictive behaviours, or punishing partners, or under-employment.

Look at the things that you are choosing each day which make you miserable, and ask yourself, "Why are you choosing that? Why are you continually saying that will do rather than deciding, actually, that's not good enough, I want to feel great... I want to feel empowered... I want to feel healthy... I want to feel loved, and offer love... I want to experience joy — I'm going to stop choosing that thing." Those choices come from the deeper levels of your mind and, of course, that is what A Course in Miracles works on.

The superficial levels of your mind are easily accessed, but the deeper levels of your mind are not. And those deeper levels of your mind are damaged by untrue ideas and beliefs — indoctrinations, propaganda, training from religious teachers and parents — and even some of those things come with you from other incarnations.

But they are only healable HERE, do not worry about the other incarnations — do your work here, choosing Love... choosing higher frequency activities... higher frequency foods... higher frequency entertainments — and eventually you will be holding a frequency of Joy and Love and Peace.

But these teachings bring another aspect to that frequency scale, they allow you to rise above the dualistic world into the non-dualistic world where you are able to accept everything, no matter what comes your way, knowing that it is there for some reason, to reveal something to you.

Once again, acceptance does not mean that you are a doormat or that you allow yourself to be abused — but it means that you are not constantly tossed upon the waves of duality. It means you are above the battleground.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 340

“I can be free of suffering today.”

You are Blessed Beings indeed. I am that one that you know as Jesus and many of you will say, "No, I cannot be free of suffering today... I have a mortgage I can't pay... I have children running around the house screaming... I have a partner I don't love anymore... my body's out of shape..." on and on and on.

And we will say to you, if you change the way you're looking at those things, and change the story about those things, and say, "Yes, this is what is manifested right now." — but it is manifested out of the past decisions, beliefs, and ideas that you have made, and in this moment you can decide to let it be what it is.

You can choose, today, in this very instant, to begin to focus on the Love that is present in all things.

This Being has penned a book called "Love and a Map to the Unaltered Soul" and in that book Love is redefined for all of you, because you are genuinely misled about what Love is, and what Love looks like.

The life that pulses through your body is Love. It does not have to involve another person, place, thing, object or experience. You are a demonstration of Love because you are alive. You have been created, and JUST in that miracle alone you should be grateful.

Instead of lamenting your life, in this moment you can begin to joyously appreciate your life and be grateful that your children are running around the house. It means they're healthy. It means that they are full of energy. Take them outside to the woods and say, "Come on kids, let's go! I'm going to leave whatever I'm doing, let's get you some fresh air." That is Love. That is Life.

And that is a decision you can make this very moment — when you have a mortgage that is overwhelming you, payments that are overwhelming you — you can say, "These are all decisions that I made in the past based on what I believed to be true back then. But today, I can say to myself these things that I thought were so valuable and would make me happy are not making me happy. Is there a way I can look upon them with joy? Is there a way that I can look upon them in a way reframing the story that I have about them saying, 'you have chosen these things... you signed the papers for these things'?"

Perhaps you now see that you were deluded. Perhaps now you see that you were seeking something in the purchase that you did not receive from the purchase. But that is not the purchase's fault. That was based on an incorrect belief that you held, and perhaps still hold in your mind.

Today can be the day that you decide "I am going to get out of this situation. I am going to plan my escape carefully and calmly. I'm not going to rush into doing anything drastic, but I am going to see the truth that these things that I have spent a lot of money on have not made me happy. Perhaps there is a change of direction that I can make this very moment, this very day, by looking at what is causing me suffering — by my thoughts about it — and deciding first of all to change my thoughts about it, which means the suffering will end immediately."

But also you can say, "This thing no longer pleases me and so I'm going to begin to make plans to change this thing, this appearance of this thing in my life."

But it is all mind Dear Ones, you can stop suffering today by accepting What Is as a demonstration of the thought processes and beliefs that you had. And that is forgiveness. That means that you are forgiving the errors that got you into this pickle that you think you are in — but you are going to reap the rewards of the change of mind immediately.

You will immediately stop suffering as soon as you stop judging what's going on in your life. And we often recommend 30 days of radical acceptance of your life so that you can actually look at your life without resistance — so that you can actually look at the situations you find yourselves in without hating them, and therefore not getting the lessons. Because when you are hating them, you are resisting them, you are pushing them away — you are not saying, "come to me, come close to me and show me what you need to show me."

And that is something that all of you would benefit from, 30 days of radical acceptance of what your life is right now. Looking at it and saying, "I am looking at this, is this what I want? It must have been what you want because there it is manifested in front of you.

And so you must own your part in the manifestation of the suffering that you are engaged in. But the mental side of it can be stopped immediately.

We want you to understand that you are the captain of your ship. You are the creator of everything you are experiencing. In fact, you are only experiencing your consciousness. You think you are experiencing the world, but you are not. You are experiencing your 'talk' about the world... your 'story' about the world... your 'vision' of the world... your 'perception' of the world.

You are ONLY ever experiencing yourself.

So if you don't like parts of your life that cause you suffering, go inside and shift the part of your consciousness that keeps choosing that thing.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 341

"I can attack but my own sinlessness, And it is only that which keeps me safe."

You are blessed beings indeed. This language is difficult for you to understand sometimes — what is your sinlessness? — well your sinlessness is exactly that.

When you look back on your life from the other side of the veil, you will see that nothing in fact was ever accomplished.

You will see that nothing negative ever really lives on, except in the battleground. Now in the battleground, the sin feels real... the murder feels real... the rape feels real... the suicidal feelings feel real.

But once you arise up through the practice of forgiveness — which means that you forgive yourself, which means that you perceive yourself as sinless — it means that you have never done anything wrong.

Even though you can look back and think, "Oh that thing was not a good thing." — it does not really exist in God's eyes.

God's eyes do not look upon your sins. God's eyes look upon the Love that is always there, and that was there in your creation, and that will always be with you.

So when you begin to look upon yourself with that kind of Love, then the past disappears, and so do your sins. They are gone completely from your mind. And so, miraculously enough, are all the sins of everyone that you think committed sins against you. You forgive and they disappear, and what more proof do you need that this is all taking place in your mind?

It is ALL taking place in your mind... the guilt... the shame ...the suffering... it is all taking place in YOUR mind. And you have the ability to stop it through the practice of forgiving yourself, allowing yourself to be the beautiful Sacred Being that you are —free, living from moment to moment in joy, creating, extending, loving.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 342

"I let forgiveness rest upon all things, for thus forgiveness will be given me."

You are blessed beings indeed. I am that one that you know as Jesus and the universe knows what you want. It knows what you love. It knows what is in your best interest. And all you have to do is get out of the way.

All you have to do is get your foot off the brake of judgment and release it through forgiveness so that you may accelerate into your chosen path.

The path that you chose before you came on to this planet in physical form was built and collaborated between you and your guides and teachers, and the experiences you had already had... the experiences that you struggled with... and a plan was made for your life to bring to you every opportunity

to let go of that which does not serve you, and to expand into that which is Love.

Every single thing that you have encountered gives you an opportunity to practice forgiveness over and over and over again. And it will continue to come to you to give you the opportunity to practice forgiveness. Not to remain in the same place — which is what happens when you continue to judge — but to move you along up and into the realms that you came here to experience.

You did not come here to experience the past over and over again, but there were certain things that were resident within your mind that you needed to deal with. Those things are represented often in your natal family. And your natal family is a big part of your forgiveness practice. You must come to peace with all of the members of your natal family over time.

When you have come to peace with your natal family, you have finished with the business of what you came in with. Then you can turn to that which you wanted to create.

If you have happy relationships with your family, then that was not your assignment in this incarnation. But if you have troublesome and difficult and abrasive relationships with your natal family, then begin there. Begin your forgiveness work there, because you cannot truly move ahead into the most magnificent future... the happy dream... until those beings have been forgiven.

You merely chose them because they matched you in some way. And that is the greatest realization for many of you to make — is that you have an aspect of yourself that matches those beings, those ones that you judge so harshly.

So turn it around, anytime that you find yourself accusing a family member of something, ask yourself, "Am I ever like that?" And surely you will

realize one day, "Oh my goodness, I am just like them! It just looks a little bit different in me. Therefore we are the same, therefore I forgive them so that I may be forgiven."

It is a powerful healing process this forgiveness practice, and we repeat it over and over and over again because the ego's practice is judgment, over and over and over again — and one day, you will hear us.

I am that one that you know is Jesus and I will speak to you again tomorrow.

Lesson 343

"I am not asked to make a sacrifice to find the mercy and the peace of God."

You are Blessed Beings indeed. I am that one that you know as Jesus and this is one of the great fears of the ego — it is that salvation will cost you everything.

In fact, the opposite is true. And, of course, this is par for the course with the ego, because projection is denying the truth and laying it on someone else.

So what the ego does, it says to you, "God is going to ask **you** to sacrifice. God is going to take everything away from **you** to give you salvation."

What is actually true is that the ego-mind is doing that. It is taking everything away from you and telling you that IT will give you salvation. And so the ego is being consistent here, it is consistently projecting what it is doing on to God. It is blaming God for what it is doing.

This is the great reversal that you all must make in your minds — that the fear you have of God is, in fact, the fear of your own ego-mind and what it is doing to you.

When you look back on the suffering... and the pain... and the fear... and the confusion... that you have been experiencing, the ego tells you that that will get worse if you turn to God and Love.

It tells you you will be taken advantage of. It tells you you will lose everything you have. But the truth is the opposite. If you stay with the ego-mind, you will lose everything that you have... including your health... your loved ones... your money... everything... in death.

What Love does is it connects you to that all-encompassing, benevolent force that is the Source of all power, strength, Love, joy, and creativity. And that is where you come from, that is your home.

Salvation, in A Course In Miracles terms, is you returning home to All That Is, all that you are — realizing that you have been given everything that you need, and it is still contained within you. **But you must look within you.**

You cannot keep looking to the world for salvation when your salvation lies within the self realization of all of the gifts that you have inside of you. Your love... your creativity... your inspiration... your excitement... your eager anticipation — all of these things belong to you and are yours, merely hidden by the lies of the ego and the projection that it gets you to engage in. Which means that you are seeking outside of yourself, for that which you already possess.

One of the ideas of giving, as it is related to you in A Course In Miracles, is that when you give what you have — we're not just speaking about money here, but we are speaking about your gifts... your love... your self-

expression... your creativity — when you allow that to flow from within you, you realize for the first time that you have it.

I am that one that you know is Jesus and I will speak to you again tomorrow.

Lesson 344

"Today I learn the law of love; that what I give my brother is my gift to me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and whenever the Course speaks about giving, many of you think about money or material things. What we are asking you to give is "forgiveness".

And what that means is that you step back from judging your brothers and sisters.

It means that you step back back from judging the world as it is — remember the world is the end result of a lot of thought and feeling and fantasy.

There is no point in judging the end result and wishing it was not so. It is much better for you to give acceptance and forgiveness to the world, saying that "When I change, the world too must change because I am the Creator, I am the Projector."

Now the argument that the ego-mind will come up with is to say, "Well if it's a collective dream, and we are all dreaming it together, then my changing my mind will not change the collective."

That is not so. You changing your mind and becoming loving and forgiving, will change your experience of the collective.

You may have noticed that different beings in the world can have extremely different experiences — even though they may be in the same family, even though they may be living next door to each other. And that is because they have different perceptual filters active and therefore their experience is different.

So do not worry about changing the world, but change your view of the world through the gift, the loving gift of forgiveness. And through the gift of that giving, you will receive everything that you desire.

Now we are not speaking about physical desires here, we are speaking about your heart's desires. The feeling you have... the desire you have for freedom... for love... for meaningful work... for kindness.... wonderful experiences.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 345

"I offer only miracles today, for I would have them be returned to me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and your job here is to become miracle minded. That means that instead of offering hatred and separation [and] fear, you are offering love communion and connection

Again we want to remind you that this does not have to be done physically with people, it can and must, initially, be done within your own mind. So

you are monitoring what you are *thinking* about people, what you are *feeling* about people, whatever you are *afraid of* regarding people, and it is there that the work is done. That is where the miracle is created, it is created in the miracle minded Being. It is not a physical act until after the mind has been shifted and the thought processes have been healed.

Once your mind is healed, then your behaviour naturally follows suit. If you do not change your mind, your behaviour will cause you stress and conflict because *acting* more spiritual, if you are not thinking in that way, creates a rift within your own mind. It means that you are forcing yourself to behave in a way that you don't believe. And this is what a lot of people do in your world, they judge what they *do*, they do not judge what they *think*, and do not see that it is the *thinking* that actually transforms behaviour permanently.

So you will see it in somebody who's trying to change their eating habits. They will immediately go to the *effect*, which is the food that they keep choosing that is putting weight on their body. And they will try to change the effect, and they can only do it for so long. If you want to lose weight, or gain weight — let's say you're underweight and you'd like to gain some weight, we're using this because this is a subject that many of you are interested in — change your mind first. Begin to watch movies or documentaries or videos about the things that you would like to achieve.

Perhaps you will watch a video on somebody who is a very good athlete. You not being a very good athlete have no familiarity with this world at all, but if you want to become fitter, let's say, you can begin to watch information and learn from people who are fit, because clearly from your behaviour and your physical structure that's not something you've been taught and you don't know how to do it.

So, if you do not change your mind by reprogramming the mind, putting in new information, I will say "upgrading your software", your mind will want to go back to what it's always done and always known. Why?

Because it is the ego's way. The ego does not seek an improvement, it seeks sameness.

So if you have been taught unhealthy habits, you are seeing, in your unhealthy behaviour, the ego's choice for that, for some reason. Somewhere, somehow, someway that made sense to the ego for some reason.

Remember the ego's purpose is to keep the body alive. It doesn't want to be healthy, it doesn't in fact actually want to keep you alive in the long term, it is a very, very short-term focused aspect of consciousness. So it says, "If there's food in front of me, I'm going to eat it because there might not be food in an hour". That is a very, very short-sighted, frightened, fear-based belief, "If I don't eat this food there may not be any in an hour."

Now that is a very primitive part of the brain, the mind, the ego-mind.

The more evolved, higher frequency mind can say, "There's plenty of food all over the place, I do not need to overeat right now because I do not want the consequences of that in the long term. I also know, given my education and my awareness, that food is available. So I can eat a little bit now, and when I get hungry again, I can eat a little bit then too. I do not need to stuff myself."

Now we are not judging the people who have weight or food issues. Your society is very distorted around the subject and many of you have been abused through food, especially through the marketing systems on your planet. But what we want you to know is that the miracle starts in your mind. So begin there, begin to change your mind about those subjects that are not lovingly in alignment with your greater good, and that you would like to change over the next little while.

I am that one that you know is Jesus and I will speak to you again tomorrow.

Lesson 346

"Today the peace of God envelops me, and I forget all things except His Love."

You are blessed beings indeed. I am that one that you know as Jesus and, for most of you, a lesson like this will make you think that you have to stop your normal life today. And that is not true at all.

You can carry on with the tasks of your daily existence and experience, but focusing your mind on the Eternal throughout the day. What this does, is it stops fear creeping into your mind because fear is always to do with time, it is always to do with the body, which is temporary.

So when you begin to focus on God's Love, which is an eternal, ever-present, always existing thing, there is no fluctuation in your mood because you are not focused on the time-based, ego-driven dream in which you are living. You are truly stepping above the battleground and truly becoming miracle-minded when you focus on God's Love. It is not represented in physical form in your world, but it is about that eternal connection that you have with All That Is.

And that is what we've been cultivating through all of these lessons, is getting you to focus your mind away from the physical, not as a judgment of it, but understanding that the physical, again, is the end result of what you are believing and where you are putting your attention.

So if you are putting your attention on the physical body all the time, you are going to feel a bit yucky! You are going to feel conflicted and fearful, not because the body is bad, but because the body is temporary and YOU are not. Your mind is not temporary, it is an Eternal Spiritual Being. And so there is some conflict there when you begin to overly identify with the

short-term physical, your mind is saying, "Mm-mm, no, that's not the correct thing to focus on."

Focus on higher frequency things so that you may be in alignment with your Self, your Self being in alignment with God.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 347

"Anger must come from judgment. Judgment is the weapon I would use against myself, to keep the miracle away from me."

You are blessed beings indeed. I am that one that you know as Jesus, and you do not think that anger comes from judgment — you think that anger comes from 'knowing'.

You think that you know what is right, and you know what should happen and, therefore, when it doesn't happen, you get angry. This is a fundamental flaw in your thinking processes.

What this lesson is teaching you, is that your judgments against the world... about the world... about other people... against other people... are the very things that cause your suffering — and they are the very things that you do, unconsciously, to keep separation alive.

This is why judgment is so hard to give up, because unconsciously you want it. Unconsciously the ego-mind knows that as long as you are judgmental, as long as you are not in a state of unconditional acceptance, you are keeping the separation mentality alive.

The ego's keeping the separation mentality alive because, to the ego, it is safe. Separation from God, for the ego, means safety because the ego fears God.

This is a very fundamental teaching of A Course In Miracles, that unconsciously you fear salvation, you fear God, and so you do everything you can to keep separation alive, knowing that it keeps you from God.

So stepping back from judgment is your acknowledgement that you understand how the separation is maintained — and that you are choosing not to maintain it anymore — using your free will and understanding that you have come to through your studies of A Course in Miracles.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 348

"I have no cause for anger or for fear, for You surround me. And in every need that I perceive, Your grace suffices me."

You are Blessed Beings indeed. I am that one that you know as Jesus.

Fear and anger feel terrible because they are off track.

Now many of you who are in relationships — we'll call them special relationships, intimate relationships, those husband and wife relationships — anger is a constant presence there in the sense that, if you are fully functioning from your ego-mind, they will be constantly doing things that upset you.

And that is because the ego's food is judgment, it is only kept alive by judgment. So it cannot do anything but judge and, therefore, you will be in a constant state of pain and suffering, because you are constantly being pushed away from Love towards separation.

Now for many of you in close relationships — they can be family relationships too, not just lover relationships — there will be a constant state of judgment as well, "My mother is always doing this..." "My son is always doing this..." and you will have a hard, hard time not judging. Once again, because the default setting of the ego is judgment and separation.

You must, through your education, choose non-judgment as your prayer, as your demonstration of the understanding of how Love expresses Itself. You are learning how to express yourselves in a loving way so that you do not suffer but, of course, as a consequence of you being more loving to yourself and others, others will suffer less by your ego desires, arguments, distractions.

So this is a win-win situation for everybody. The ego will tell you that not to judge your partner will mean that you lose.

Not to judge your partner, or those close to you, will mean that you all win, nobody will be bulldozed over by the other, that is a story that the ego will tell you.

When you step back from judgment, you connect more deeply to everyone and everything around you, and that makes everyone and everything around you closer to you — and therefore more loving to you — and you more loving to them.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 349

"Today I let Christ's vision look upon all things for me and judge them not, but give each one a miracle of love instead."

You are Blessed Beings indeed. I am that one that you know as Jesus, and this is the greatest blind spot that all of you have on this plane, in this 3D world. Because you are trained into materialism, and because you are so materially focused, it seems as if what you give away you will lose.

The opposite is true. What you give you will receive. Why? Because you are demonstrating that you have it and therefore your awareness of having it will increase when you know that you can give it to somebody.

So, for example, if you do not see yourself as a kind and loving person, let us say, but you decide that you are going to become more kind and loving, and you *act* in that way... and you *speak* in that way... and you begin to *think* in that way... you've made a decision.

You're using your freewill to decide I am going to be more kind and loving. When you do that you will get that Love reflected back to you by other people's behaviours, actions, words and deeds as they interact with you. And so you will receive more Love because you have given more Love.

If you are judgmental and harsh and cruel, and you express that, you are going to get more of that back. People are not going to be loving and kind to you if you are harsh and cruel and judgmental.

You are going to get what you give out, back.

Again, this is a very, very important thing for you to comprehend and grasp at this time in your training.

We are coming to the end of these lessons Dear Ones, and so these important principles are valuable to reconsider — **what you give, you will get back a hundredfold... or a thousandfold even.**

When you give of Love, when you give your passions to the world for example, let's say you love art, and you give that — first of all you must express it, that means you must have the discipline and the self-awareness to create your artistic, and indulge in your artistic endeavors, then you share it with the world in whatever way you feel motivated to do that you are going to receive appreciation, **if you appreciate it.**

If you share your art with the world and judge it, then you will get a reflection of judgment back. So, when you forgive somebody, when you step back from judging somebody, you are not gifting them, you are gifting yourself.

And this is the thing that you are missing when you feel self-righteous about your judgments of others — you do not realize that it is **you** who you are denying. You are denying yourself the miracle. And what is a miracle, a miracle is where you are choosing Love instead of fear. You are using your freewill to decide, "No, I'm going to choose Love instead of fear Here. I am not going to increase the separation, I'm going to decrease separation by offering forgiveness as often as I can, and it will be **me** that benefits from that."

So really you're being truly Self-ish in being forgiving even though the world calls it the opposite. But of course this is an upside-down world, it wants you to value things that are valueless, and so, do the opposite of what this world wants — it wants you to judge, it wants you to live in fear.

Don't judge... and BE fearless.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 350

"Miracles mirror God's eternal Love. To offer them is to remember Him, And through His memory to save the world."

You are Blessed Beings indeed. I am that one that you know as Jesus, and your purpose here is to remove all the barriers to your awareness of Love's presence — to remove all the **barriers** to your awareness of Love's presence

Love is always present, you are merely blocking your awareness of that presence by judgment. That is what forgiveness does. It removes from your mind the barriers to your awareness of Love's presence, and that is God's presence.

God is Love, and therefore, when you are aware of Love's eternal presence through your forgiveness practice, you are in alignment with God. And that means the separation is ending, and that means fear subsides, and that means that you will feel better.

Now what is going to happen for the dedicated spiritual practitioner, is that forgiveness and non-judgment are going to become more and more frequent throughout the day. The mind is going to become more and more peaceful. The connection to the Divine is going to become more and more clear. And so you will receive guidance more easily as you practice your forgiveness more and more.

What the forgiveness is, is your choice of love over fear. What your forgiveness practice demonstrates is your understanding that Love is the opposite of separation, and that when you choose not to separate, therefore

not to judge, you are aligning yourself with the loving frequency that is **always** present. It is merely hidden from you by your choice to use your free will to judge.

And so that is all an Enlightened Being is. An Enlightened Being is somebody who has practiced forgiveness and non-judgment more and more frequently throughout the day, until, there is nothing but Love left.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 351

"My sinless brother is my guide to peace. My sinful brother is my guide to pain. And which I choose to see I will behold."

You are Blessed Beings indeed. I am that one that you know as Jesus.

You ARE Blessed Beings indeed, and that is how we want you to look at your fellow brothers and sisters on this planet with you. They are your fellow brothers and sisters, and if you judge against them, you judge against yourself — and if you Love them, you Love yourself. You are all connected.

If you envision a beehive, an analogy we've used before, the chaotic individual behaviour of self-serving bees would guarantee the demise of the hive. When the bees all work together, not fighting each other, not hating each other, but allowing each to play their part in the highest functioning — regardless of whether they understand it or not, the worker bee's work has nothing similar at all to the queen bee's work — they are contributing their part, and allowing each other to contribute their part.

That is how we would like you to begin to envision yourself and your brothers and sisters. We would like you to say, "Ah, I have been given my part, and my part is given to me by my guidance system that says what I enjoy, what I like, what I value, what I'm interested in — and my brother's and sister's parts are given to them by their guidance system, and they might like completely different things from me. They might enjoy completely different things from me. But we are part of one collective, and that collective is working towards a goal that none of us in our small selves understand."

Just as the individual bees do not comprehend how their work contributes to the whole, neither do you understand how your unique self contributes to the whole, but it does. And there is an intelligence greater than yours that is at play.

So step back from the judgment of others, figuring that you know everything. Most of you, in fact, if you were asked, "Do you know everything?" would say, "No, I don't know everything. There are many things I don't know."

And yet, when it comes to judging others, you act as if you do know everything. You do not know what that person is being guided to do, how they're being guided to do it, what lessons they're learning from the guidance and experiences that they are going to have — just as you do not know what your lessons and experiences are going to bring you in the form of wisdom.

Many of you have not received things that you wanted to receive, and in hindsight you can see that you were relieved of some suffering because you did not get what you wanted.

That may be happening today as well, when you are judging another, you may be witnessing something that somehow, some way is beneficent to the whole, but you are not high enough up in your evolution to be able to

consider all of the ramifications of everything, in every timeline, in every person. That is what's going on on your plane. There are greater forces at play that you are not privy to.

So listen to your guidance. Know that if you are happy and in alignment, in peace, and participating in a life that you enjoy, then you are on track. And you are being given the guidance that **you** need to take you where **you** need to go as one of those participants in the great human hive.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 352

"Judgment and love are opposites. From one come all the sorrows of the world. But from the other comes the peace of God Himself."

You are Blessed Beings indeed. I am that one that you know as Jesus, and you feel the repetition of these lessons, do you not?

You feel that we are telling you what the most important thing is for you to do here, and that is to forgive.

Forgive, knowing that no sin was ever committed.

Forgive, knowing that the separation that you are all experiencing that seems so real is not real. You have never left the Father. The Father has not abandoned you. You decided to descend into separation, in fear, as an experiment to see what it's like to be alone.

You are not having any fun being alone, feeling separated, and yet the terror that underlies the the original decision that you make keeps you away from God, keeps you away from going home.

There is this idea of the punishing Father lurking in many of your minds and it keeps you from forgiveness because you have this shadow in your mind that says, "I have done something terribly wrong." You don't even have a conscious awareness of it, but there is an underlying feeling of guilt in your mind that says, "I am not good enough, I have done wrong, I will be punished".

And, of course, the churches of old played upon this unconscious guilt in the form of Hell. And so there is this seed planted in your mind of Hell and Judgment Day — and all of you believe it to one degree or another — and it is not true.

You will not be judged. You are merely going to, and are, reaping the harvests of the seeds you have sown. Are you sowing seeds of further separation? If you are sowing the seeds of further separation, you will suffer more.

If you stop sowing seeds of separation and practice forgiveness to the best of your ability each day, knowing that you are going to do it imperfectly and that the ego will try to hang on to those judgements. Why? Because its survival depends on your judgments. But as you go through each day forgiving as best you can, putting away that resentment to the best of your ability today, you are ceasing to sow the seeds of separation and fear and you are increasing the seeds of Love that you are sowing and that you will harvest in the future.

So do not look at this process as a big thing, but look at it as all of the small things you do each day that are more loving for yourself, and others... more forgiving... less judgmental... just keep doing your basic work,

knowing that each one of those decisions is a little miracle and it is sowing a seed of love instead of fear.

And as you continue to sow those seeds of Love instead of fear, the fear in your mind will dissipate... peace will increase... connection to the information coming from All That Is will increase... and you will feel less and less alone, more and more guided each day. You are not alone Dear Ones, you merely *think* you are.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 353

"My eyes, my tongue, my hands, my feet today have but one purpose; to be given Christ to use to bless the world with miracles."

You are Blessed Beings indeed. I am that one that you know as Jesus, and you will notice the use of the word "Christ" here, that means Christ Consciousness. It is not "Jesus" Christ (me). I am Jesus who became Christed through the practices that I had been shown and learnt. And what this lesson tells you is that initially you dedicate yourself to being used by Christ Consciousness for [a] higher purpose, and through that practice you will become acquainted with your True Nature, and that True Nature then will take over.

So, it is first a practice of surrender to a higher consciousness, knowing that you do not know everything that you need to know. Knowing that you are misguided at times. And through this dedication you are saying, "Change me!" You are saying, "I am not going to use my body-mind for my ego's purposes any more. I dedicate them to a higher purpose, and through that dedication I will come to know myself to such a degree that I will then be

guided towards my True Self. And in that guidance I will be free to use my free will as I see fit because I will have been raised up above the battleground into wisdom and direct conscious contact with my own guides and teachers."

So that is what happened to this being. She surrendered her ego's will to dedicate herself to the practice of forgiveness, completely dedicated her body-mind to becoming a perfect communication device for God. And in that dedication, in putting aside her own desires, she became connected to a higher purpose — and through that purpose she now chooses what she wants to do, given her experiences in that surrendered state.

So it seems as if you are losing yourself, but in fact you are finding yourself. You do not lose your free will, you in fact become qualified to use your free will lovingly and kindly and magnanimously.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 354

"We stand together, Christ and I, in peace and certainty of purpose. And in Him is His Creator, as He is in me."

You are Blessed Beings indeed. I am that one that you know as Jesus, and Christ Consciousness is an all-pervading energy of Unity.

It is That which you all are a part of, but have forgotten that you are a part of.

You are Holy indeed. You are Holy, all of you, in each unique way that you have been made. You are each part of the Sonship. You are each part of the Christ Mind, and you are all part of God.

This 'separation' into which you have fallen, like a dark dream, is not real. You are all connected. You are all One. You are all loved. And so it is this that you must focus on now. It is this that you must bring up into your conscious mind as often as possible:

That you are all connected.

That you are all one.

And that you are all loved.

You are all equal in the eyes of God.

When you think about the things that upset you, it is because you have deemed somebody unworthy or bad because of what they're doing. You have deemed a situation untenable or incorrect, even though it has already happened. These are the things that cause your suffering. It is your relentless judgment and hanging on to the belief that you are in charge of everything, and that everything must go your way.

The Truth is, everything is already going your way because you are loved, deeply. You are respected, deeply. And you are honoured, deeply, by that which you call God.

You have been given free will.

You have been given freedom of choice.

And that is the greatest respect that can be paid to you.

So use your free will and your unique vision of your own life each day, as you make decisions. Know that your inner guidance, that thing that makes you feel as if you are aligned with something, can be trusted. It is your invisible umbilical cord to the Divine. It is your connection to Christ Consciousness, and it is your connection to me.

I am with you always, and I will do whatever I can to guide you on your journey, always.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 355

"There is no end to all the peace and joy, and all the miracles that I will give, when I accept God's Word. Why not today?"

You are Blessed Beings indeed. I am that one that you know as Jesus and it is imperative that you understand that this is **your** choice.

It is always your choice.

It has always been your choice.

And the suffering that you have been experiencing has been your choice.

You may not have fully comprehended the power of your judgments. You may not have fully comprehended the power of your fears and your indulgences in them, but they are your choices. They are your babies, and they are the things that you value. If you didn't value them, you could let them go this very minute.

There is a part of your mind that will say, "No, I don't want to suffer. No, I don't want to judge." and yet you do. And this is one of those areas that is very, very challenging for you to accept — **that it is what you want.**

You get exactly what you want.

What we are asking here for you today is that you want what is the most blessed feeling in the world, which is peace and happiness and joy and Love — the feeling of the unconflicted mind. The feeling of the mind returning to its natural connection to the Divine. That is what we are asking you to choose today — instead of your judgments, instead of your fears, instead of your indulgences, choose Love, and you will feel better. And tomorrow, choose Love again, and you will continue to feel better.

The ego does not want peace. It does not want Love. It wants war. It wants separation. It is the very thing that you have manufactured to give you safety and separation from God. Only **you** can undo that separation. Only **you** can choose Love.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 356

"Sickness is but another name for sin. Healing is but another name for God. The miracle is thus a call to Him."

You are Blessed Beings indeed. I am that one that you know as Jesus, and sickness is the ego's greatest argument that you have been abandoned by God, is it not? When your body seems to go wrong of its own volition, you seem to be betrayed.

But the Truth is, your body does not go wrong of its own volition, it is reflective of the frequencies of thought and belief that you hold. If you believe in sickness, you can get sick. If you believe in death, you can die.

It is very, very important at this stage of your development to begin to see past sickness, as I did in my incarnation on the earth plane so many years

ago. That is what I did when I healed people. I had such conviction that they were well, and my frequency was so high because of the studies and the practices that I had been engaged in for so many years, that I was able to override their belief, and prove to them that miracles can happen.

Miracles can happen to you. If you are sick, we want you to go into your mind and investigate where your beliefs about sickness reside, and what they are — and we would like you to begin to change them. We would like you to become miracle-minded. That means instead of talking about your sickness, sharing your sickness with others, telling them how bad you feel, you do not do this and you begin to say to yourself: "I am well, I never get sick." What will happen is that you will begin to see a shift in the frequency with which you get sick, and it is because of your beliefs.

Your body is the effect of your mind, it is that simple.

I am that one that you know as Jesus, and I will speak to you again tomorrow.

Lesson 357

"Truth answers every call we make to God, responding first with miracles, and then returning unto us to be itself."

You are Blessed Beings indeed. I am that one that you know as Jesus and the emphasis continues to be upon forgiveness of your brother.

There are many pursuits that you have in this world. You have fitness pursuits. You have financial pursuits. You have entertainment pursuits. And all of these things you consider important. But we want you to know here, just how very important your forgiveness practice is.

When you step back from the tiniest judgment, you are choosing a miracle — you are choosing to be miracle-minded. That means you are going counter to what the ego wants you to do, intentionally, and with full force of your free will. This is the most powerful way to deconstruct the ego.

There are many spiritual practices on this planet, and all are free to choose what they use, and what they do, and how they do it. But we want you to understand here that intentionally using your free will to stop yourself from judging, and stepping back from that hateful relationship with your brother, is the most powerful way that you can transform your own mind. You have been given the means in this book to transform your mind into something miraculous.

And all of the shiny things in this world are always going to be there, taunting you, tempting you, asking you to play with them.

And we want you to understand that you CAN enjoy your life. You can follow your passions and live the way you would like to live. But add forgiveness into the mix. Understand just how truly powerful this gift is for you, and to you, and for you. It is brought to you as a gift from God. Just as the ego's judgment is brought to you by the shadow, forgiveness is brought to you by the Light.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 358

"No call to God can be unheard nor left unanswered. And of this I can be sure; His answer is the one I really want."

You are Blessed Beings indeed. I am that one that you know as Jesus and many of the things that you want are not good for you.

Many of the things that you think will make you happy, will not make you happy. But this is a tricky game for you to play.

How do you know what to do?

How do you know where to go?

How do you know what to follow?

Are you going to follow the wrong person home?

The wrong God home?

What we want you to understand, today, is that you have a guidance system that is impeccably aligned with Love. And that means that you will feel good when you are on track. And it will mean that you feel bad when you are off track.

And we are not speaking about pleasure here. We've gone through this before. We are not speaking about the good you feel when you're eating a piece of chocolate cake — that is a pleasure sensation, and that is not happiness. In fact, indulging in too many pleasures sensations will make you unhappy and will lead to addiction because the brain is being stimulated by the senses and you are releasing a chemical that makes you feel good, using your senses.

What we want you to focus on is a general feeling of ease and happiness and contentment throughout the day. One that does not fluctuate a lot.

Now for many of you this is a dream. There is a volatility to your emotions, there is a volatility to your reactions to what's going on in the world. And this is your clue that you have not yet aligned with happiness. You are still seeking in the world for your happiness, and it is not giving it to you. It may offer you some temporary solutions, but it is not a general feeling of well-being that pervades you.

So this is how you choose, you choose things that over time make you feel better in general. So we will give you some examples here.

Going for a walk in nature on any given day may not seem like a big deal, but if you continue to go for a walk in nature month after month, you will develop a level of connection and happiness to that nature that makes you feel better over time.

If you are buying things to make yourself feel better, what you will see over time is that a month after you've bought that pair of shoes that you thought would make you happy, you're no longer even aware of them in your cupboard, or perhaps you put them on once in a while and they give you a minute or two of pleasure, but it's very short-lived.

This is the feedback that you're getting that says the purchasing of shoes to make yourself happy over time doesn't work.

So what we would like you all to do today, is we would like you... and this is a very, very auspicious day, obviously, Christmas Eve is a big time of realizing how much you're consuming in many ways, whether it be foods, drinks, shopping — this is a time of contemplation to look at where you are seeking for happiness.

Are you seeking it outside of yourself? Or are you cultivating over time healthy habits that bring you a feeling of contentment and ease?

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 359

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

You are Blessed Beings indeed. I am that one that you know as Jesus and, of course, today is a big day for many of you.

If you began these lessons on January 1st then today is Christmas Day for you, and Christmas Day is a wonderful opportunity for you to feel your way into how on-track you are.

Because everything is intensified on this day, it gives you an opportunity to feel your unforgiveness.

It gives you an opportunity to feel what you appreciate or what you do not appreciate about what you are doing.

It brings to mind anniversaries... I was doing the same thing last year and I didn't like it then either.

This day is a catalyst for those of you that are off-track. For those of you that are on-track, it can indeed be a joyful day. But for those of you that are a little lost, it can magnify, and beautifully so, that which is not okay in your life.

So we would like those of you that are happy today... those of you that are fulfilled today... those of you that are living the way you would like to live and are feeling progress, evolving in your consciousness... we would like to say Merry Christmas to you and we thank you for the work that you have done.

For those of you that are struggling a bit... for those of you that feel a little lost or adrift... for those of you that feel but your life does not look how you would like it to look... we want you to use this day as a catalyst. We want you to really take inventory today of what it is that you want to change in your experience.

Remember you are experiencing your own consciousness.

Things that keep showing up that do you do not like, keep showing up because you keep allowing them to show up. You keep permitting them space in your mind, and you keep showing up with your body-mind participating in them.

Nobody is going to save you from yourself.

This is something that our dear channel has learnt over the years and that many people are at times astonished at, that we do not save her from herself. She must work through her own problems. She must work through her own issues. And Christmas was a time of difficulty for this one, but she has managed through the years to let go of that which she does not want, and to allow into her life that which she does want in this particular season and so it causes her no stress now.

But the reconstruction of her belief system around this particular day took years to come to a place of peace. And this may be the case for many of you as well, where you are starting to change what you do around this time of the year, but you are still feeling the pressure to conform. Your societal pressures to conform our powerful, particularly at this time of year. Why?

Well the foundation of your economy is based on the shopping that people do this time of year.

There are many businesses in your society that would not function if Christmas did not exist. And so a lot of attention and time and money is put into coaxing you into buying in, literally and figuratively, to the gift-giving idea.

One of the things that we would like you to address this year as you do your lesson and as you experience your Christmas day, we would like you to feel into what does not feel right.

Are you holding a resentment against somebody who's sitting at your dinner table? After you have listened to this broadcast, we would like you to take yourself somewhere quiet and we would ask you to ask yourself what sin have they committed that is so bad? And the truth is they have not committed a sin.

They may have made errors according to your ego.

They may not look the way you like.

They not may not speak the way you like.

But who are you to decide what they should be, and how they should be? It is not your job.

They are made in the image of God. They are given particular assignments, and they are given particular personalities, all of which suit them on their spiritual journey and will help them learn and experience the things that they need to learn and experience to grow. Who are you to judge them? Who are you to say they are wrong and should be different?

We would like you to take this time today to assess those sinful, committed relationships that you believe are around you — that means we want you to assess why you feel justified in judging them. Why you feel justified in

throwing stones. And we would say, those in glass houses should not throw stones.

None of you are perfect.

All of you make mistakes.

All of you speak incorrectly at times.

All of you feel incorrectly at times.

We would like this day to be the day that you assess, truly, why you consider these Beings, who may be with you, or maybe apart from you, your enemies, and why you can then condemn them as sinners. They are not sinners. They are like you — humans poorly taught on a difficult journey.

So today let go of any resentments that you had left, you do not want to take them into the New Year with you. They will not serve you and they will not benefit anything that you wish to manifest in the New Year. We will tell you this surely, that you will benefit when you let this resentment go. You will feel a lightening, you will feel an easing, and you will feel peace infusing your mind.

Those beings will continue to be what they are and who they are, and do what they do. But you do not need to let it bother you. You need to reclaim that part of your mind and dedicate it to the Divine.

I am that one that you know as Jesus. I wish you all a Merry Christmas and I'll speak to you again tomorrow.

Lesson 360

"Peace be to me, the holy Son of God. Peace to my brother, who is one with me. Let all the world be blessed with peace through us."

You are Blessed Beings indeed. I am that one that you know as Jesus and your feedback system gives you peace of mind as the signal that you are doing what you are meant to do. You will notice that throughout the day there can be many things that get you to lose your peace of mind... thinking that you've forgotten your wallet... not being able to find a parking space... ruminating on something someone said to you that you didn't like... worried about the future.

These are the small impediments to peace that you must begin to witness as the key to your suffering. Your decisions about what to worry about, or what to think about, are happening all the time. And it is your peace that is at stake when you do not pay attention to what you are ruminating on.

So let us think about this. If you cannot find a parking space, the ego-mind says, "Well that's a reasonable thing to be upset about." And we say, "Is it worth losing your peace when there is no parking space?" There is an acceptance of What Is until there is a parking space. And the entire time between observing no parking space and finding a parking space, can be Heaven, or Hell, it's up to you.

Ruminating on what someone said to you that you didn't like — the time that you spend on that creates Hell in your mind — you lose your peace. You have assumed that you know what that person meant. You have assumed that it was wrong, they shouldn't have said it. You have been triggered into some past emotion that it has brought up into your mind.

Now that Being that said something you didn't like is, in fact, a gift to you, because they have brought something up in your mind from the past. Otherwise you would not have reacted to it. If you do not have a tender spot there, when they say something you don't like you would just pass it over and go, "Guess they're having a bad day".

But if they say something that pokes a tender spot in your psyche, then they have given you a gift. Instead of being in Hell, and judging them, you could be in Heaven and say thank you to them for revealing something in the subconscious of your mind that you are not aware of, and they have just brought it up for you. What a wonderful gift they have given you.

Again, you can turn Hell into Heaven. This can happen a hundred times, a thousand times, a day. Your choice is to whether or not you judge the world, whether you accept the world as it is in this moment, or not. If you accept the world as it is in this moment it does not mean that you want it to stay that way, what it means is that you understand it is that way. It is that way in this very moment and, if you look at it without judgment, you will see there something that will help you. You will see there something that will inspire you. You will see there something that will motivate you.

You do not have to be in Hell. You can say, "I accept that there is poverty in this world and I would like to change it". Instead of wringing your hands and being in a mental state of Hell, you can then say. "And now I am inspired and now I am going to do something about it."

That is not a Hellish state of mind to be in at all — being motivated is an inspiring state of mind. It feels good, you feel energized, you feel as if there is something that you can do.

So value peace today. Whatever peace you have, value it, enjoy it, revel in it and know that when you lose your peace, you have the opportunity to learn something profound and powerful about your own mind and about how your ego sees the world, or thinks the world should be.

Your ego is wrong if it upsets you and makes you lose your peace because the ego is saying it should not be thus. And we say to you, "It is thus, so accept it, learn from it. Become inspired by it."

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 361

"This holy instant would I give to You. Be You in charge. For I would follow You, Certain that Your direction gives me peace."

You are Blessed Beings indeed. I am that one that you know as Jesus and it is important as we come to the end of this year for you to understand what these lessons have been for you.

They have been a clarification process.

They have been a retooling of your mind.

They have been giving you information.

Along with these commentaries they have been giving you information that is counter to what you have been taught to do in this world.

You are breaking the laws of this world by following A Course In Miracles.

So what we want you to understand as we come to the end of these lessons, is that you are not going to get support, necessarily, from everyone around you when you begin to really follow your inner guidance. The people around you, if they are not Course in Miracles students, are not going to understand your thinking. They are not going to understand your

behaviour. They may tell you that you're selfish, or that you're disappointing them, or that you're ruining things because you are beginning to shift your trajectory.

As we have said before, in earlier lessons, when you begin to change your behaviour and those around you have been used to you doing something else for a few decades, let's say, it's always good to give them the heads up to let them know that you are going to begin to change how you do things — and that as you change how you do things, you do it in a moderate way. Not because you are fearful, but because you are now using your mind in a different way and you are going to get a different experience because you are choosing different priorities.

When you begin to choose different priorities, as you all have been doing over this last year, you are going to have a new experience. And from that new experience, you are going to get new information and new understanding.

So you don't want to go charging off, pushing everything off the table like a crazed cat. You want to contemplate the changes that you are making... carefully and calmly and slowly... and see what comes up. Because as you change your behaviour, you are going to trigger in yourself, and those around you, fears.

The reasons you were doing things that were not in your best interest were because you were taught to do that. You were indoctrinated into doing that, and as you begin to break the rules into which you have been indoctrinated, the fear that was instilled in you during the programming by your parents, your church, your commercial TV, your banking system, whatever it is, the fears that were used to get you to take behaviour and belief onboard are going to arise in you.

And so this can be a very rocky time, even though you feel you are following your guidance honestly for the first time perhaps in your life.

Fears are going to arise. And the fears that are going to arise are those indoctrinated as the program was put into you. So this is why we want you to make changes cautiously. We want you to experience your new experiences feeling the upsets that arise in you, and everyone else, with compassion, with forgiveness, understanding that you are literally reconstructing your personality based now on inner guidance rather than outer conditioning.

So if everybody in your society started to do this too quickly, you would have chaos ensuing because the systems that are at play in your world now have been built upon these erroneous beliefs and ideas.

As you begin to shift and change, a lot is also going to shift and change. You are all on the leading edge of this world's transformation and we want you to feel good about that. But we also want you to understand that the world is not necessarily going to support the changes. So do not stand on a soapbox and trumpet out what you're doing, but gently and quietly inform those that you must that some changes are going to be happening, and do them in a delicate and thoughtful way so that everyone can manage it.

There will be those of you that go off like a galloping horse into a different future because you have decided you don't want to do what you're doing anymore. And we cannot stop you doing that, that will be up to the individuals. But our advice here is go slowly and steadily. You know the story of the hare and the tortoise, go slowly and steadily — baby steps each day towards the new goals that you are setting for yourself.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 362

"This holy instant would I give to You. Be You in charge. For I would follow You, Certain that Your direction gives me peace."

You are blessed beings indeed. I am that one that you know as Jesus and the Holy Instant is where you hand over your mind to the Holy Spirit, to Christ Consciousness and to God.

It is in the Holy Instant that you surrender your desires and say, "Show me what you would have me do. Show me where you would have me go. Show me what you would have me say."

Instead of planning everything by the ego's book, you stop and you ask for guidance. Ask for guidance whenever you have doubts or fears.

You must remember that your fears are your creations. And nobody, no matter how spiritually powerful they are, are permitted to remove from your experience what you have chosen to create. Your creations are your own. And so your fears are generated by you, nurtured by you, and respected by you. When you feel fear, know that you have chosen incorrectly. Know that you are looking at the world incorrectly and that you have left the Eternal Now and you have gone into the future and you are supposing about what might happen.

When you feel fear, ask for guidance. Take a moment, sit down and say, "I must have chosen incorrectly because I am afraid. I must have left this present moment because I am afraid. How do I know I've left this present moment? Because nothing is happening here. Nothing bad is happening here. This is a projection into the future of my own doing. Let me bring my mind back here and ask for guidance."

And it may be that the guidance you get is very quiet. It may be that you don't really hear a voice. But you understand that if you stay in the present moment, come back from the future terror that you have inflicted upon your own mind, you can at least sit in a room quietly for a moment and say, "Nothing bad is happening. Show me what to do."

You will always have an answer.

It will come in the form of peace.

It will come in the form of inspiration.

It will come in some form if you have trained your mind using the lessons of A Course In Miracles. And if you have practiced training your mind throughout the day, you will be able to pull your mind back into the present moment and calmly ask for guidance.

Now many people say they are not getting guidance but...

... you get guidance all the time through your feelings.

If you have stepped back from fear, sat quietly down in your car, at your desk, or in your home and said, "Please show me what to do. I do not know what to do in this situation.", you will have a feeling of some kind. It may be just a feeling to stop moving and not do anything. That is guidance.

Many of you are seeking guidance in the forms of words, of direct instruction from a voice in your head. Well, you ARE getting direct instruction. It is through that impeccable guidance system that you have, **your feelings**. It may be that you get a feeling to go out and get some fresh air and go for a walk. It may be that you get a feeling to take a nap. It may be that you get a feeling to phone a friend and ask for help. This is spiritual guidance.

If it is a loving act, if it is a calming act, if it is a peace-inducing act, it is coming from Spirit.

If it is a fear-inducing act, if it is an agitated feeling, if it is a scared feeling, it is coming from the ego. The ego feels different than Spirit, and it is going to be a learning process for all of you to discern the difference between the ego's fearful guidance, and Spirit's gentle, loving, and calm guidance.

And as you go through the next few years practicing what you have learned with these lessons, you are going to get better and better and better at it.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 363

"This holy instant would I give to You. Be You in charge. For I would follow You, Certain that Your direction gives me peace."

You are Blessed Beings indeed. I am that one that you know as Jesus and as our time together draws to a close in this daily format we want you to become excited about the year ahead.

The year ahead for all of you is going to be a magnificent one because of the frequencies of this planet increasing over and over and over again. You are getting more and more light coming your way, and that is why you are drawn to work like this, because it speaks to that increasing light in yourself.

Those Beings that are turned away from the light are repulsed by teachings such as this because it is incongruent with their frequency.

But those of you that have slugged your way through hundreds of lessons, hundreds of days of dedication, you have clarified yourselves. You have lifted yourselves up.

Now some of you may find yourselves struggling at this time of year because whatever is within you that is not of the light will be coming up for reassessment and release. And so we want you to understand that, as you come into the new year, that whatever resentments, whatever old problems, whatever fears you can work on over the next few days are going to be very, very powerful releases for you.

So if you have unexpressed grief or sadness take yourself into your bedroom and have a good cry and let it out — and hear the words that come when you are in despair. Hear those words. Because those words reveal to you the belief that is causing your pain. It could be that I am never going to see my children again, or I am always going to be alone, or I never have enough money. Listen to those words. Those are the words of the belief that is causing your suffering. As long as you hold on to the control of your emotions, those things remain hidden from you.

Now we are not suggesting spewing your emotions over other people. What we are suggesting in this time between Christmas and New Year is that you give yourself some solitude, give yourself some space, give yourself some time to feel what you are feeling and allow it to surface and allow it to speak the words that it believes.

These thoughts have power because you have empowered them. But as long as you keep them underground they contaminate your frequency. When you let them free to say what they need to say, you hear them and you can then begin to address that belief. For example, if you hear yourself saying "I never have enough money" that is what you will want to bring up into your conscious mind and work on.

How would you work on that? You would say to yourself the opposite of the negative belief that's causing you suffering, the negative belief being "I never have enough money". Your new mantra for the new year would be, "Money comes to me easily and happily. I am surrounded by abundance." That would be your healing mantra to dissolve the thought form that you have allowed to live in your mind.

And whatever negativity comes up in the next few days, don't try and hide it from yourself. Do not burden others with it unless you have somebody close who is a good shoulder to cry on, or somebody who can assist you in the clarification, but not somebody who's going to try and get you to stop speaking about it, to stop processing it. This is a difficult time for people when they see you burdened by something, they want you to feel better.

But for this particular year ending, we would like you to allow your sadness, grief, upset, to surface in a safe and quiet place where you can look at it.

Why are we suggesting this now? Often emotions are just negative forms of attack from the ego. Things that you have repressed and controlled come out in these explosions of emotion, and of course because you are in projecting mode they get vomited on other people. We do not want to do that.

We do not want to burden other people with our own mental distortions, they are ours, they have been developed and allowed to live in our minds by us so don't share them unless you have somebody who's on a similar path that can understand the process you're going through. But allow them release. Allow yourself to feel what you're feeling and make notes afterwards so that you can see what's lurking beneath the surface.

What's lurking beneath the surface on your planet is going to be revealed one way or another so it is good to get it out before the new year begins and your new practice begins. What is your new practice? Putting these

lessons into practice, making them a part of your regular thought processes, using them daily whenever you strike a problem.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 364

"This holy instant would I give to You. Be You in charge. For I would follow You, Certain that Your direction gives me peace."

You are Blessed Beings indeed. I am that one that you know as Jesus and the direction that you will get will be sound*. The direction that you get when you surrender your mind to Love will be direction taking you towards more Love. It is going to draw you to Itself.

*For our non-English readers, "sound" means "trustworthy, reliable, dependable".

When you dedicate your mind to separation, which is the opposite of Love, you take yourself further and further away from Love.

So this idea of surrendering your mind to the Divine, surrendering your mind to your Higher Self's guidance — there are many words that are used... Higher Self... Holy Spirit... Divine... Consciousness... all kinds of names are given to the Eternal Guidance that you have access to.

We do not want to get caught up in names here. We do not want to get arguing over dogma. What we want you to understand is that when you surrender your heart and mind to Love and you say, "Show me the way. I

am dedicating my life to Love, show me how to find my way in this difficult world." you will get guidance.

And we want to let you know the guidance will be different than you are used to engaging in with your own self direction. So, for example, if you are always very tightly controlled around things, the guidance that you may get may come from a new friend who is very relaxed and easygoing, and demonstrating to you how to let go of control. You might not think that that is guidance from the Divine, but it is. This person has come into your life with a different point of view, a different value system, a different way of doing things, and a different way of being to show you that your super controlled nature is a choice. They are doing something different.

So the guidance that you will get when you dedicate yourself to Love can come in unusual ways and this is what we want to give you today, is the heads up that the guidance that you get can come in the form of new relationships... new friendships... a new job opportunity... an influx of money... a loss of money. Many of you learn about your financial fears and your scarcity thinking when money leaves you and the fears come up from the unconscious into the conscious mind.

So, as we venture towards the edge of this year, remember that the messages can come to you in many forms.

This means be open to new opportunities,
Be open to new conversations,
Be open to new inspirations,

— that is how the guidance is going to come.

I am that one that you know as Jesus and I will speak to you again tomorrow.

Lesson 365

"This holy instant would I give to You. Be You in charge. For I would follow You, Certain that Your direction gives me peace."

You are blessed beings indeed. I am that one that you know as Jesus and here we are at our very, very final lesson and what a good job you have all done this year. You have struggled, you have given up at times, [and] some of you have been very dedicated and have not missed a day. And all of those different approaches are fine.

What we want you to know — on this side of the veil — is that the work that has been done by this online group, this year, and that will continue to be done in the coming year, is magnificent indeed. Many hearts and many minds have been transformed, and a frequency increase that is hard for you to comprehend has happened to the group of beings that have decided to choose this year to do the Course in Miracles lessons.

These lessons are designed specifically to open your heart and mind to Love.

And each one of you as you have ventured on this path have felt your unlovingness.

You have felt your judgments.

You have felt your fears.

You have felt your grief.

You have come to see more about yourself than you have ever seen.

And a lot of it needs to be healed.

How is it healed? It is healed by practice. It is healed by relentlessly stepping back from judgment and forgiving the world that is the end result.

Remember the world is the end result of thousands, millions, billions of thoughts and beliefs and ideas and fears and loves — it is a mishmash of so many things.

What we are attempting to do with this teaching is to filter out the bad and leave only the good.

Now this world is a world of relativity, that means there is light and dark, there is hot and cold, and there seems to be good and bad. But that is a demonstration of separation and we now focusing our minds only on the good, only on the loving, only on the beautiful.

And as you go into your New Year we would like you to think about that. Make your dedication in this coming year to see the world through forgiving eyes. To be kinder to yourself and others. To not sacrifice yourself on the altar of some teaching that has been brought through by Beings that have not got your best interest at heart, but know that you can trust your inner guidance.

You have clarified your minds. You have come to see your shortcomings. You've come to see where there is work to be done on your beliefs, and the work will continue tomorrow. We will not necessarily see you all tomorrow, although we will be with all of you tomorrow.

We want to thank you for joining us on this tremendous journey and we want to thank this Being for allowing us to do this work through her. Her tears (Tina is crying) are of joy and intense emotion. This year has been a powerful one for her too. She had no idea what she was letting herself in for, but she is glad that she stepped up to the plate and dedicated herself to something that she knew was good.

Take a leaf out of her book *Dear Ones* and dedicate yourself this year to something you Love... to something that you know is good... and to something that you know will benefit the world.

I am that one that you know as Jesus, I will speak to you again soon.



End of the Lessons