

Confession and Promises ACIM

I am whole. I am complete. I am perfect. I am healthy. Divine life flows through me. God made me that way. My body cannot be sick. All sickness is of the mind. God has offered me the freedom of a Sound Mind. I am invulnerable. Unless I look upon that which is not there, my present happiness is all I see. I am not a body. Nothing outside me can hurt me, nor anything inside me.

What Am I? I am God's Son, complete and healed and whole, shining in the reflection of His Love. In me is His creation sanctified and guaranteed eternal life. In me is love perfected, fear impossible, and joy established without opposite. I am the holy home of God Himself. I am the Heaven where His Love resides. I am His holy Sinlessness Itself, for in my purity abides His Own.

I feel the Love of God within me now.

Who could feel fear in such a world as this? It welcomes you, rejoices that you came, and sings your praises as it keeps you safe from every form of danger and of pain. It offers you a warm and gentle home in which to stay a while. It blesses you throughout the day, and watches through the night as silent guardian of your holy sleep. It sees salvation in you, and protects the light in you, in which it sees its own. It offers you its flowers and its snow, in thankfulness for your benevolence.

When Darkness Comes.

We have a choice; when we come up against anything out from the realm of darkness. Sickness, fear, stress, anger, self-pity.

We Confess: "I am the Life, I am the Light, and this is darkness. I'm not going to allow it to find expression through me, nor my body, nor my mouth, nor my thoughts, nor my mind. I choose Divine wholeness."

Be glad today how very easily is hell undone. You need only tell yourself:

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

The Thought of God protects you, cares for you, makes soft your resting place and smooths your way, lighting your mind with happiness and love. Eternity and everlasting life shine in your mind, because the Thought of God has left you not, and still abides with you.

The power of decision is my own

No one can suffer loss, or pain, or grief, or fear, or sickness unless it be his own decision.

And no one dies without his own consent.

Nothing occurs but represents your wish, and nothing is omitted that you choose. Here is your world, complete in all details. Here is its whole reality for you. And it is only here salvation is.

This is the only thing that you need do for vision, happiness, release from pain and the complete escape from sin, all to be given you. Say only this, but mean it with no reservations, for here the power of salvation lies:

I am responsible for what I see.

I choose the feelings I experience, and I decide upon the goal I would achieve.

And everything that seems to happen to me I ask for, and receive as I have asked.

Deceive yourself no longer that you are helpless in the face of what is done to you.

Acknowledge but that you have been mistaken, and all effects of your mistakes will disappear.

“The full awareness of the Atonement, then, is the recognition that the separation never occurred. The ego cannot prevail against this because it is an explicit statement that the ego never occurred.”

My Confession: I receive the full awareness of the atonement, that the separation never occurred. The ego cannot win against this because it is proof that the ego never occurred.

God enables me to see myself as He sees me, and to let go of my idea of what’s wrong with me, I allow You to direct my thoughts and to realize the truth of how You see me and how I really am. You allow me to step aside in all my human efforts, confusion of thoughts, heart and emotions. I step aside so that the pure energy, Presence of the Spirit of God, that which animates me, and made purpose for me, might have a free flow and a free expression of its Presence.

My sinlessness ensures me perfect peace, eternal safety, everlasting love, freedom forever from all thought of loss; complete deliverance from suffering. And only happiness can be my state, for only happiness is given me. What must I do to know all this is mine? I must accept Atonement for myself, and nothing more. God has already done all things that need be done.

Father, this is Your day. It is a day in which I would do nothing by myself, but hear Your Voice in everything I do; requesting only what You offer me, accepting only Thoughts You share with me.

What God did not give me has no power over me...

Pray truly for your enemies, for herein lies your own salvation. Forgive them for your sins, and you will be forgiven indeed.

Loving people live in a loving world. Hostile people live in a hostile world. Same world. Spirit sees a loving world. Ego sees a hostile world. Wayne Dyer

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Heaven is the religious name for the Presence of God, and Heaven is infinite; but our mental habit leads us to mould our experience into three dimensions only. Heaven is Eternity, but what we know here, we know only serially, in a sequence called “time,” which never permits of our comprehending an experience in its entirety. God is Divine

Mind, and in that Mind there are no limitations or restrictions at all; yet we see everything distributed in what is called “space,” or spaced out—an artificial restriction which continuously inhibits the constant regrouping of our experience that is required by our creative thought. Emmet Fox, Sermon on the Mount

Regarding Magic.

All material means that you accept as remedies for bodily ills are restatements of magic principles. This is the first step in believing that the body makes its own illness. It is a second misstep to attempt to heal it through non-creative agents. It does not follow, however, that the use of such agents for corrective purposes is evil. Sometimes the illness has a sufficiently strong hold over the mind to render a person temporarily inaccessible to the Atonement. In this case it may be wise to utilize a compromise approach to mind and body, in which something from the outside is temporarily given healing belief. This is because the last thing that can help the non-right-minded, or the sick, is an increase in fear. They are already in a fear-weakened state. If they are prematurely exposed to a miracle, they may be precipitated into panic. This is likely to occur when upside-down perception has induced the belief that miracles are frightening.

Magic is the mindless or the miscreative use of mind. Physical medications are forms of “spells,” but if you are afraid to use the mind to heal, you should not attempt to do so. The very fact that you are afraid makes your mind vulnerable to miscreation. You are therefore likely to misunderstand any healing that might occur, and because egocentricity and fear usually occur together, you may be unable to accept the real Source of the healing. Under these conditions, it is safer for you to rely temporarily on physical healing devices, because you cannot misperceive them as your own creations. As long as your sense of vulnerability persists, you should not attempt to perform miracles.

My home awaits me. I will hasten there.

If I so choose, I can depart this world entirely. It is not death which makes this possible, but it is change of mind about the purpose of the world. If I believe it has a value as I see it now, so will it still remain for me. But if I see no value in the world as I behold it, nothing that I want to keep as mine or search for as a goal, it will depart from me. For I have not sought for illusions to replace the truth.

Father, my home awaits my glad return. Your Arms are open and I hear Your Voice. What need have I to linger in a place of vain desires and of shattered dreams, when Heaven can so easily be mine?

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

The idea for today contains the only way out of fear that will ever succeed. Nothing else will work; everything else is meaningless. But this way cannot fail. Every thought you have makes up some segment of the world you see. It is with your thoughts, then, that we must work, if your perception of the world is to be changed.

If the cause of the world you see is attack thoughts, you must learn that it is these thoughts which you do not want. There is no point in lamenting the world. There is no point in trying to change the world. It is incapable of change because it is merely an effect. But there is indeed a point in changing your thoughts about the world. Here you are changing the cause. The effect will change automatically.

The world you see is a vengeful world, and everything in it is a symbol of vengeance. Each of your perceptions of “external reality” is a pictorial representation of your own

attack thoughts. One can well ask if this can be called seeing. Is not fantasy a better word for such a process, and hallucination a more appropriate term for the result? You see the world that you have made, but you do not see yourself as the image maker. You cannot be saved from the world, but you can escape from its cause. This is what salvation means, for where is the world you see when its cause is gone? Vision already holds a replacement for everything you think you see now. Loveliness can light your images, and so transform them that you will love them, even though they were made of hate. For you will not be making them alone.

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The idea for today introduces the thought that you are not trapped in the world you see, because its cause can be changed. This change requires, first, that the cause be identified and then let go, so that it can be replaced. The first two steps in this process require your cooperation. The final one does not. Your images have already been replaced. By taking the first two steps, you will see that this is so.

As each one crosses your mind say:

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

Hold each attack thought in mind as you say this, and then dismiss that thought and go on to the next.

Only the Love of God will protect you in all circumstances. It will lift you out of every trial, and raise you high above all the perceived dangers of this world into a climate of perfect peace and safety. It will transport you into a state of mind that nothing can threaten, nothing can disturb, and where nothing can intrude upon the eternal calm of the Son of God.

Put not your faith in illusions. They will fail you. Put all your faith in the Love of God within you; eternal, changeless and forever unailing. This is the answer to whatever confronts you today.

Through the Love of God within you, you can resolve all seeming difficulties without effort and in sure confidence.

Tell yourself this often today. It is a declaration of release from the belief in idols. It is your acknowledgment of the truth about yourself.

Let me recognize the problem so it can be solved.

Let me realize today that the problem is always some form of grievance that I would cherish. Let me also understand that the solution is always a miracle with which I let the grievance be replaced. Today I would remember the simplicity of salvation by reinforcing the lesson that there is one problem and one solution. The problem is a grievance; the solution is a miracle. And I invite the solution to come to me through my forgiveness of the grievance, and my welcome of the miracle that takes its place.

What would you see? The choice is given you. But learn and do not let your mind forget this law of seeing: You will look upon that which you feel within. If hatred finds a place within your heart, you will perceive a fearful world, held cruelly in death's sharp-pointed, bony fingers. If you feel the Love of God within you, you will look out on a world of mercy and of love.

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

My home awaits me. I will hasten there.

If I so choose, I can depart this world entirely. It is not death which makes this possible, but it is change of mind about the purpose of the world. If I believe it has a value as I see it now, so will it still remain for me. But if I see no value in the world as I behold it, nothing that I want to keep as mine or search for as a goal, it will depart from me. For I have not sought for illusions to replace the truth.

Father, my home awaits my glad return. Your Arms are open and I hear Your Voice. What need have I to linger in a place of vain desires and of shattered dreams, when Heaven can so easily be mine?

My trust in you is greater than yours in me at the moment, but it will not always be that way. Your mission is very simple. You are asked to live so as to demonstrate that you are not an ego...

In Eternity, which is our home, we dwell perpetually in no-thing-ness. Why then the infatuation with things here?

We have no business to accept ill-health, or poverty, or sinfulness, or strife, or unhappiness, or remorse, with resignation. We have no right to accept anything less than freedom and harmony and joy, for only with these things do we glorify God, and express His holy will, which is our raison d'être. Emmet Fox

No one who learns to forgive can fail to remember God (and Heaven). Forgiveness, then, is all that need be taught, because it is all that need be learned. All blocks to the remembrance of God are forms of unforgiveness, and nothing else. ... for where there is forgiveness truth must come... Not to know God is to have no knowledge, and it is to this that all unforgiveness leads. And without knowledge one can have only belief.

Knowledge is power because it is certain and certainty is strength. Perception is temporary. As an attribute of the belief in space and time, it is subject either to fear or to love. ... True perception is the basis for knowledge, but knowing is the affirmation of truth and beyond all perceptions.

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Healing is holy. Nothing in the world is holier than helping one who asks for help. And two come very close to God in this attempt, however limited, however lacking in sincerity. Where two have joined for healing, God is there. And He has guaranteed that He will hear and answer them in truth.

A brother seeking aid can bring us gifts beyond the heights perceived in any dream. He offers us salvation, for he comes to us as Christ and Savior. What he asks is asked by God through him. And what we do for him becomes the gift we give to God.

The Love of God is what created me. The Love of God is everything I am. The Love of God proclaimed me as His Son. The Love of God within me sets me free.

Only what I'm not giving can be lacking in any situation.

And God Himself extends His Love and happiness each time you say: I am not a body. I am free. I hear the Voice that God has given me, and it is only this my mind obeys.

Pray continually, and if necessary use words. Max Lucado

Defenses are the costliest of all the prices which the ego would exact. In them lies madness in a form so grim that hope of sanity seems but to be an idle dream, beyond the possible.

Every perceived threat is false, regardless of the form it presents itself. Dismiss the lie at once. God protects, provides and heals. YOU ARE INVULNERABLE.

How long does it take for you to become what you already are?

Just as all water flows back to become one again with the ocean, all creation flows back to become one again with God.

My loving thoughts carry me to heaven. My unloving thoughts carry me to hell. The same with forgiveness.

**To everyone I offer quietness.
To everyone I offer peace of mind.
To everyone I offer gentleness.
To everyone I offer love.
To everyone I offer joy.
To everyone I offer forgiveness.**

This is the most joyful day in my pilgrimage on earth.

I am as God created me. His Son can suffer nothing. I am His Son.

Spiritual consciousness readily corrects anything unlike itself. You can be harmed by nothing but your thoughts. Our thoughts cause our suffering.

Spirit am I, a holy Son of God, free of all limits, safe and healed and whole, free to forgive, and free to save the world.

It is not by what we do that healings occur. It is not by what we say that healings occur. It is not by what we pray that healings occur. It is by what we see. We see Divine Life within, the Image and Likeness of God.

We are His Christ. Just as there is only One Life, there is only One Son... One manifestation of that One Life. And we are all In Him, as Him.

I have worshiped at the altar of disease, fearing its power and effect in our lives for the last time. I have served the medical madness and bowed to its authority, allowing it to do whatsoever it deemed right. But no more. Now I see. And now I know.

Sickness is a defense against the truth.

Truth has a power far beyond defense, for no illusions can remain where truth has been allowed to enter. And it comes to any mind that would lay down its arms, and cease to play with folly. It is found at any time; today, if you will choose to practice giving welcome to the truth.

This is our aim today. And we will give a quarter of an hour twice to ask the truth to come to us and set us free. And truth will come, for it has never been apart from us. It merely waits for just this invitation which we give today. We introduce it with a healing prayer, to help us rise above defensiveness, and let truth be as it has always been:

Sickness is a defense against the truth. I will accept the truth of what I am, and let my mind be wholly healed today.

Healing will flash across your open mind, as peace and truth arise to take the place of war and vain imaginings. There will be no dark corners sickness can conceal, and keep defended from the light of truth. There will be no dim figures from your dreams, nor their obscure and meaningless pursuits with double purposes insanely sought, remaining in your mind. It will be healed of all the sickly wishes that it tried to authorize the body to obey.

Now is the body healed, because the source of sickness has been opened to relief. And you will recognize you practiced well by this: The body should not feel at all. If you have been successful, there will be no sense of feeling ill or feeling well, of pain or pleasure. No response at all is in the mind to what the body does. Its usefulness remains and nothing more.

Perhaps you do not realize that this removes the limits you had placed upon the body by the purposes you gave to it. As these are laid aside, the strength the body has will always be enough to serve all truly useful purposes. The body's health is fully guaranteed, because it is not limited by time, by weather or fatigue, by food and drink, or any laws you made it serve before. You need do nothing now to make it well, for sickness has become impossible.

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Yet this protection needs to be preserved by careful watching. If you let your mind harbor attack thoughts, yield to judgment or make plans against uncertainties to come, you have again misplaced yourself, and made a bodily identity which will attack the body, for the mind is sick.

Give instant remedy, should this occur, by not allowing your defensiveness to hurt you longer. Do not be confused about what must be healed, but tell yourself:

I have forgotten what I really am, for I mistook my body for myself. Sickness is a defense against the truth. But I am not a body. And my mind cannot attack. So I can not be sick.