

A Course in Miracles

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Text

Workbook for Students

Manual for Teachers

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This is a course in miracles. It is a required course. Only the time you take it is voluntary. Free will does not mean that you can establish the curriculum. It means only that you can elect what you want to take at a given time. The course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. The opposite of love is fear, but what is all-encompassing can have no opposite.

This course can therefore be summed up very simply in this way:

Nothing real can be threatened.

Nothing unreal exists.

Herein lies the peace of God

Chapters

1. [The Meaning of Miracles](#)
2. [The Separation and the Atonement](#)
3. [The Innocent Perception](#)
4. [The Illusions of the Ego](#)
5. [Healing and Wholeness](#)
6. [The Lessons of Love](#)
7. [The Gifts of the Kingdom](#)
8. [The Journey Back](#)

9. [The Acceptance of the Atonement](#)
 10. [The Idols of Sickness](#)
 11. [God or the Ego](#)
 12. [The Holy Spirit's Curriculum](#)
 13. [The Guiltless World](#)
 14. [Teaching for Truth](#)
 15. [The Holy Instant](#)
 16. [The Forgiveness of Illusions](#)
 17. [Forgiveness and the Holy Relationship](#)
 18. [The Passing of the Dream](#)
 19. [The Attainment of Peace](#)
 20. [The Vision of Holiness](#)
 21. [Reason and Perception](#)
 22. [Salvation and the Holy Relationship](#)
 23. [The War Against Yourself](#)
 24. [The Goal of Specialness](#)
 25. [The Justice of God](#)
 26. [The Transition](#)
 27. [The Healing of the Dream](#)
 28. [The Undoing of Fear](#)
 29. [The Awakening](#)
 30. [The New Beginning](#)
 31. [The Final Vision](#)
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Introduction

1. Nothing I see means anything
2. I have given everything I see all the meaning that it has for me
3. I do not understand anything I see
4. These thoughts do not mean anything
5. I am never upset for the reason I think
6. I am upset because I see something that is not there
7. I see only the past
8. My mind is preoccupied with past thoughts
9. I see nothing as it is now
10. My thoughts do not mean anything
11. My meaningless thoughts are showing me a meaningless world
12. I am upset because I see a meaningless world
13. A meaningless world engenders fear
14. God did not create a meaningless world
15. My thoughts are images that I have made
16. I have no neutral thoughts
17. I see no neutral things
18. I am not alone in experiencing the effects of my seeing
19. I am not alone in experiencing the effects of my thoughts
20. I am determined to see
21. I am determined to see things differently
22. What I see is a form of vengeance

23. I can escape from the world I see by giving up attack thoughts
24. I do not perceive my own best interests
25. I do not know what anything is for
26. My attack thoughts are attacking my invulnerability.
27. Above all else I want to see
28. Above all else I want to see things differently.
29. God is in everything I see
30. God is in everything I see because God is in my mind
31. I am not the victim of the world I see
32. I have invented the world I see
33. There is another way of looking at the world
34. I could see peace instead of this
35. My mind is part of God's. I am very holy.
36. My holiness envelops everything I see
37. My holiness blesses the world
38. There is nothing my holiness cannot do
39. My holiness is my salvation
40. I am blessed as a Son of God
41. God goes with me wherever I go
42. God is my strength. Vision is His gift
43. God is my Source. I cannot see apart from Him
44. God is the light in which I see
45. God is the Mind with which I think
46. God is the Love in which I forgive
47. God is the strength in which I trust
48. There is nothing to fear

49. [God's Voice speaks to me all through the day.](#)
50. [I am sustained by the Love of God](#)

First Review - Introduction

51. [Review of Lessons 1 - 5](#)
52. [Review of Lessons 6 - 10](#)
53. [Review of Lessons 11 - 15](#)
54. [Review of Lessons 16 - 20](#)
55. [Review of Lessons 21 - 25](#)
56. [Review of Lessons 26 - 30](#)
57. [Review of Lessons 31 - 35](#)
58. [Review of Lessons 36 - 40](#)
59. [Review of Lessons 41 - 45](#)
60. [Review of Lessons 46 - 50](#)

Lessons 61 - 80

61. [I am the light of the world](#)
62. [Forgiveness is my function as the light of the world](#)
63. [The light of the world brings peace to every mind through my forgiveness](#)
64. [Let me not forget my function](#)
65. [My only function is the one God gave me](#)
66. [My happiness and my function are one](#)
67. [Love created me like itself](#)
68. [Love holds no grievances](#)
69. [My grievances hide the light of the world in me](#)

70. [My salvation comes from me](#)
71. [Only God's plan for salvation will work](#)
72. [Holding grievances is an attack on God's plan for salvation](#)
73. [I will there be light](#)
74. [There is no will but God's](#)
75. [The light has come](#)
76. [I am under no laws but God's](#)
77. [I am entitled to miracles](#)
78. [Let miracles replace all grievances](#)
79. [Let me recognize the problem so it can be solved](#)
80. [Let me recognize my problems have been solved](#)

Second Review - Introduction

81. [Review of Lessons 61 - 62](#)
82. [Review of Lessons 63 - 64](#)
83. [Review of Lessons 65 - 66](#)
84. [Review of Lessons 67 - 68](#)
85. [Review of Lessons 69 - 70](#)
86. [Review of Lessons 71 - 72](#)
87. [Review of Lessons 73 - 74](#)
88. [Review of Lessons 75 - 76](#)
89. [Review of Lessons 77 - 78](#)
90. [Review of Lessons 79 - 80](#)

Lessons 91 - 110

91. Miracles are seen in light
92. Miracles are seen in light, and light and strength are one
93. Light and joy and peace abide in me
94. I am as God created me
95. I am one Self, united with my Creator
96. Salvation comes from my one Self
97. I am spirit
98. I will accept my part in God's plan for salvation
99. Salvation is my only function here
100. My part is essential to God's plan for salvation
101. God's Will for me is perfect happiness
102. I share God's Will for happiness for me
103. God, being Love, is also happiness
104. I seek but what belongs to me in truth
105. God's peace and joy are mine
106. Let me be still and listen to the truth
107. Truth will correct all errors in my mind
108. To give and to receive are one in truth
109. I rest in God
110. I am as God created me.

Third Review - Introduction

111. Review of Lessons 91 - 92
112. Review of Lessons 93 - 94
113. Review of Lessons 95 - 96
114. Review of Lessons 97 - 98

- 115. [Review of Lessons 99 - 100](#)
- 116. [Review of Lessons 101 - 102](#)
- 117. [Review of Lessons 103 - 104](#)
- 118. [Review of Lessons 105 - 106](#)
- 119. [Review of Lessons 107 - 108](#)
- 120. [Review of Lessons 109 - 110](#)

Lessons 121 - 140

- 121. [Forgiveness is the key to happiness](#)
- 122. [Forgiveness offers everything I want](#)
- 123. [I thank my Father for His gifts to me](#)
- 124. [Let me remember I am one with God](#)
- 125. [In quiet I receive God's Word today.](#)
- 126. [All that I give is given to myself](#)
- 127. [There is no love but God's](#)
- 128. [The world I see holds nothing that I want.](#)
- 129. [Beyond this world there is a world I want](#)
- 130. [It is impossible to see two worlds](#)
- 131. [No one can fail who seeks to reach the truth](#)
- 132. [I loose the world from all I thought it was](#)
- 133. [I will not value what is valueless](#)
- 134. [Let me perceive forgiveness as it is](#)
- 135. [If I defend myself I am attacked](#)
- 136. [Sickness is a defense against the truth](#)
- 137. [When I am healed I am not healed alone](#)
- 138. [Heaven is the decision I must make](#)
- 139. [I will accept Atonement for myself](#)

140. Only salvation can be said to cure

Fourth Review - Introduction

141. Review of Lessons 121 -122

142. Review of Lessons 123 - 124

143. Review of Lessons 125 - 126

144. Review of Lessons 127 - 128

145. Review of Lessons 129 - 130

146. Review of Lessons 131 - 132

147. Review of Lessons 133 - 134

148. Review of Lessons 135 - 136

149. Review of Lessons 137 - 138

150. Review of Lessons 139 - 140

Lessons 151 - 170

151. All things are echoes of the Voice for God

152. The power of decision is my own

153. In my defenselessness my safety lies

154. I am among the ministers of God

155. I will step back and let Him lead the way.

156. I walk with God in perfect holiness

157. Into His Presence would I enter now

158. Today I learn to give as I receive

159. I give the miracles I have received

160. I am at home. Fear is the stranger here

161. Give me your blessing, holy Son of God

162. I am as God created me..
163. There is no death. The Son of God is free
164. Now are we one with Him Who is our Source
165. Let not my mind deny the Thought of God
166. I am entrusted with the gifts of God
167. There is one life, and that I share with God
168. Your grace is given me. I claim it now
169. By grace I live. By grace I am released
170. There is no cruelty in God and none in me

Fifth Review - Introduction

171. Review of Lessons 151 - 152
172. Review of Lessons 153 - 154
173. Review of Lessons 155 - 156
174. Review of Lessons 157 - 158
175. Review of Lessons 159 - 160
176. Review of Lessons 161 - 162
177. Review of Lessons 163 - 164
178. Review of Lessons 165 - 166
179. Review of Lessons 167 - 168
180. Review of Lessons 169 - 170

Introduction to Lessons 181 - 200

181. I trust my brothers, who are one with me
182. I will be still an instant and go home
183. I call upon God's Name and on my own

184. The Name of God is my inheritance
185. I want the peace of God
186. Salvation of the world depends on me
187. I bless the world because I bless myself
188. The peace of God is shining in me now
189. I feel the Love of God within me now
190. I choose the joy of God instead of pain
191. I am the holy Son of God Himself
192. I have a function God would have me fill
193. All things are lessons God would have me learn
194. I place the future in the Hands of God
195. Love is the way I walk in gratitude
196. It can be but myself I crucify.
197. It can be but my gratitude I earn
198. Only my condemnation injures me
199. I am not a body, I am free
200. There is no peace except the peace of God

Sixth Review Introduction

201. Review of Lesson 181
202. Review of Lesson 182
203. Review of Lesson 183
204. Review of Lesson 184
205. Review of Lesson 185
206. Review of Lesson 186
207. Review of Lesson 187
208. Review of Lesson 188

- 209. [Review of Lesson 189](#)
- 210. [Review of Lesson 190](#)
- 211. [Review of Lesson 191](#)
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- 216. [Review of Lesson 196](#)
- 217. [Review of Lesson 197](#)
- 218. [Review of Lesson 198](#)
- 219. [Review of Lesson 199](#)
- 220. [Review of Lesson 200](#)

Introduction to Workbook Part II

What Is Forgiveness?

- 221. [Peace to my mind. Let all my thoughts be still](#)
- 222. [God is with me. I live and move in Him](#)
- 223. [God is my life. I have no life but His](#)
- 224. [God is my Father, and He loves His Son](#)
- 225. [God is my Father, and His Son loves Him](#)
- 226. [My home awaits me. I will hasten there](#)
- 227. [This is my holy instant of release](#)
- 228. [God has condemned me not. No more do I](#)
- 229. [Love, which created me, is what I am](#)
- 230. [Now will I seek and find the peace of God](#)

What Is Salvation?

- 231. Father, I will but to remember You
- 232. Be in my mind, my Father, through the day.
- 233. I give my life to God to guide today.
- 234. Father, today I am Your Son again
- 235. God in His mercy wills that I be saved
- 236. I rule my mind, which I alone must rule
- 237. Now would I be as God created me
- 238. On my decision all salvation rests
- 239. The glory of my Father is my own
- 240. Fear is not justified in any form

What Is the World?

- 241. This holy instant is salvation come
- 242. This day is God's. It is my gift to Him
- 243. Today I will judge nothing that occurs
- 244. I am in danger nowhere in the world
- 245. Your peace is with me, Father. I am safe
- 246. To love my Father is to love His Son
- 247. Without forgiveness I will still be blind
- 248. Whatever suffers is not part of me
- 249. Forgiveness ends all suffering and loss
- 250. Let me not see myself as limited

What Is Sin?

- 251. I am in need of nothing but the truth
- 252. The Son of God is my Identity
- 253. My Self is ruler of the universe
- 254. Let every voice but God's be still in me
- 255. This day I choose to spend in perfect peace
- 256. God is the only goal I have today
- 257. Let me remember what my purpose is
- 258. Let me remember that my goal is God
- 259. Let me remember that there is no sin
- 260. Let me remember God created me

What is the Body?

- 261. God is my refuge and security
- 262. Let me perceive no differences today
- 263. My holy vision sees all things as pure
- 264. I am surrounded by the Love of God
- 265. Creation's gentleness is all I see
- 266. My holy Self abides in you, God's Son
- 267. My heart is beating in the peace of God
- 268. Let all things be exactly as they are
- 269. My sight goes forth to look upon Christ's face
- 270. I will not use the body's eyes today

What is the Christ?

- 271. Christ's is the vision I will use today
- 272. How can illusions satisfy God's Son?

- 273. The stillness of the peace of God is mine
- 274. Today belongs to love. Let me not fear
- 275. God's healing Voice protects all things today
- 276. The Word of God is given me to speak
- 277. Let me not bind Your Son with laws I made
- 278. If I am bound, my Father is not free
- 279. Creation's freedom promises my own
- 280. What limits can I lay upon God's Son

What is the Holy Spirit?

- 281. I can be hurt by nothing but my thoughts
- 282. I will not be afraid of love today
- 283. My true Identity abides in You
- 284. I can elect to change all thoughts that hurt
- 285. My holiness shines bright and clear today
- 286. The hush of Heaven holds my heart today
- 287. You are my goal, my Father. Only You
- 288. Let me forget my brother's past today
- 289. The past is over. It can touch me not
- 290. My present happiness is all I see

What is the Real World?

- 291. This is a day of stillness and of peace
- 292. A happy outcome to all things is sure
- 293. All fear is past and only love is here
- 294. My body is a wholly neutral thing

- 295. The Holy Spirit looks through me today.
- 296. The Holy Spirit speaks through me today.
- 297. Forgiveness is the only gift I give
- 298. I love You, Father, and I love Your Son
- 299. Eternal holiness abides in me
- 300. Only an instant does this world endure

What Is the Second Coming?

- 301. And God Himself shall wipe away all tears
- 302. Where darkness was I look upon the light
- 303. The holy Christ is born in me today.
- 304. Let not my world obscure the sight of Christ
- 305. There is a peace that Christ bestows on us
- 306. The gift of Christ is all I seek today.
- 307. Conflicting wishes cannot be my will
- 308. This instant is the only time there is
- 309. I will not fear to look within today.
- 310. In fearlessness and love I spend today.

What Is the Last Judgment?

- 311. I judge all things as I would have them be
- 312. I see all things as I would have them be
- 313. Now let a new perception come to me
- 314. I seek a future different from the past
- 315. All gifts my brothers give belong to me
- 316. All gifts I give my brothers are my own

- 317. I follow in the way appointed me
- 318. In me salvation's means and end are one
- 319. I came for the salvation of the world
- 320. My Father gives all power unto me

What Is Creation?

- 321. Father, my freedom is in You alone
- 322. I can give up but what was never real
- 323. I gladly make the "sacrifice" of fear
- 324. I merely follow, for I would not lead
- 325. All things I think I see reflect ideas
- 326. I am forever an Effect of God
- 327. I need but call and You will answer me
- 328. I choose the second place to gain the first
- 329. I have already chosen what You will
- 330. I will not hurt myself again today

What Is the Ego?

- 331. There is no conflict, for my will is Yours
- 332. Fear binds the world. Forgiveness sets it free
- 333. Forgiveness ends the dream of conflict here
- 334. Today I claim the gifts forgiveness gives
- 335. I choose to see my brother's sinlessness
- 336. Forgiveness lets me know that minds are joined
- 337. My sinlessness protects me from all harm
- 338. I am affected only by my thoughts

339. I will receive whatever I request
340. I can be free of suffering today.

What Is a Miracle?

341. I can attack but my own sinlessness
342. I let forgiveness rest upon all things
343. I am not asked to make a sacrifice
344. Today I learn the law of love
345. I offer only miracles today.
346. Today the peace of God envelops me
347. Anger must come from judgment
348. I have no cause for anger or for fear
349. Today I let Christ's vision look upon
350. Miracles mirror God's eternal Love

What Am I?

351. My sinless brother is my guide to peace
352. Judgment and love are opposites
353. My eyes, my tongue, my hands
354. We stand together
355. There is no end to all the peace and joy.
356. Sickness is but another name for sin
357. Truth answers every call we make to God
358. No call to God can be unheard nor left unanswered
359. God's answer is some form of peace

360. Peace be to me, the holy Son of God

Final Lessons - Introduction

361-365. This holy instant would I give to You

Epilogue

Introduction

1. Who Are God's Teachers?
2. Who Are Their Pupils?
3. What Are the Levels of Teaching?
4. What Are the Characteristics of God's Teachers?
5. How Is Healing Accomplished?
6. Is Healing Certain?
7. Should Healing Be Repeated?
8. How Can Perception of Order of Difficulties Be Avoided?
9. Are Changes Required in the Life Situation of God's Teachers?
10. How Is Judgment Relinquished?
11. How Is Peace Possible in this World?
12. How Many Teachers of God Are Needed To Save the World?
13. What Is the Real Meaning of Sacrifice?
14. How Will the World End?
15. Is Each One To Be Judged in the End?
16. How Should the Teacher of God Spend His Day?
17. How Do God's Teachers Deal with Magic Thoughts?
18. How Is Correction Made?
19. What Is Justice?
20. What Is the Peace Of God?
21. What Is the Role of Words in Healing?
22. How Are Healing and Atonement Related?

23. [Does Jesus Have a Special Place in Healing?](#)
24. [Is Reincarnation So?](#)
25. [Are "Psychic" Powers Desirable?](#)
26. [Can God Be Reached Directly?](#)
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