

# A COURSE IN MIRACLES

Preface

Volume I - Text

## CONTENTS

Introduction

### Chapter 1 THE MEANING OF MIRACLES

Principles of Miracles

Revelation, Time and Miracles

Atonement and Miracles

The Escape from Darkness

Wholeness and Spirit

The Illusion of Needs

Distortions of Miracle Impulses

### Chapter 2 THE SEPARATION AND THE ATONEMENT

The Origins of Separation

The Atonement as Defence

The Altar of God

Healing as Release from Fear

The Function of the Miracle Worker

Special Principles of Miracle Workers

Fear and Conflict

Cause and Effect

The Meaning of the Last Judgement

### Chapter 3 THE INNOCENT PERCEPTION

Atonement Without Sacrifice

Miracles as True Perception

Perception versus Knowledge

Error and the Ego

Beyond Perception

Judgement and the Authority Problem

Creating versus the Self-Image

## Chapter 4 THE ILLUSIONS OF THE EGO

Introduction

Right Teaching and Right Learning

The Ego and False Autonomy

Love Without Conflict

This Need Not Be

The Ego-Body Illusion

The Rewards of God

Creation and Communication

## Chapter 5 HEALING AND WHOLENESS

Introduction

The Invitation to the Holy Spirit

The Voice for God

The Guide to Salvation

Teaching and Healing

The Ego's Use of Guilt

Time and Eternity

The Decision for God

## Chapter 6 THE LESSONS OF LOVE

Introduction

The Message of the Crucifixion

The Alternative to Projection

The Relinquishment of Attack

The Only Answer

The Lessons of the Holy Spirit

To Have, Give All to All

To Have Peace, Teach Peace to Learn It

Be Vigilant Only for God and His Kingdom

## Chapter 7 THE GIFTS OF THE KINGDOM

The Last Step

The Law of the Kingdom

The Reality of the Kingdom

Healing as the Recognition of Truth

Healing and the Changelessness of Mind

From Vigilance to Peace

The Totality of the Kingdom

The Unbelievable Belief

The Extension of the Kingdom

The Confusion of Pain and Joy  
The State of Grace

## Chapter 8 THE JOURNEY BACK

The Direction of the Curriculum  
The Difference Between Imprisonment and Freedom  
The Holy Encounter  
The Gift of Freedom  
The Undivided Will of the Sonship  
The Treasure of God  
The Body as a Means of Communication  
The Body as Means or End  
Healing as Corrected Perception

## Chapter 9 THE ACCEPTANCE OF THE ATONEMENT

The Acceptance of Reality  
The Answer to prayer  
The Correction of Error  
The Holy Spirit's Plan of Forgiveness  
The Unhealed Healer  
The Acceptance of Your Brother  
The Two Evaluations  
Grandeur versus Grandiosity

## Chapter 10 THE IDOLS OF SICKNESS

Introduction  
At Home in God  
The Decision to Forget  
The God of Sickness  
The End of Sickness  
The Denial of God

## Chapter 11 GOD OR THE EGO

Introduction  
The Gifts of Fatherhood  
The Invitation to Healing  
From Darkness to Light  
The Inheritance of God's Son  
The Dynamics of the Ego  
Waking to Redemption  
The Condition of Reality

The Problem and the Answer

## Chapter 12 THE HOLY SPIRIT'S CURRICULUM

The Judgement of the Holy Spirit

The Way to Remember God

The Investment in Reality

Seeking and Finding

The Sane Curriculum

The Vision of Christ

Looking Within

The Attraction of Love for Love

## Chapter 13 THE GUILTLESS WORLD

Introduction

Guiltlessness and Invulnerability

The Guiltless Son of God

The Fear of Redemption

The Function of Time

The Two Emotions

Finding the Present

Attainment of the Real World

From Perception to Knowledge

The Cloud of Guilt

Release from Guilt

The Peace of Heaven

## Chapter 14 TEACHING FOR TRUTH

Introduction

The Conditions of Learning

The Happy Learner

The Decision for Guiltlessness

Your Function in the Atonement

The Circle of Atonement

The Light of Communication

Sharing Perception with the Holy Spirit

The Holy Meeting Place

The Reflection of Holiness

The Equality of Miracles

The Test of Truth

## Chapter 15 THE HOLY INSTANT

The Two Uses of Time  
The End of Doubt  
Littleness versus Magnitude  
Practising the Holy Instant  
The Holy Instant and Special Relationships  
The Holy Instant and the Laws of God  
The Needless Sacrifice  
The Only Real Relationship  
The Holy Instant and the Attraction of God  
The Time of Rebirth  
Christmas as the End of Sacrifice

## Chapter 16 THE FORGIVENESS OF ILLUSIONS

True Empathy  
The Power of Holiness  
The Reward of Teaching  
The Illusion and the Reality of Love  
The Choice for Completion  
The Bridge to the Real World  
The End of Illusions

## Chapter 17 FORGIVENESS AND THE HOLY RELATIONSHIP

Bringing Fantasy to Truth  
The Forgiven World  
Shadows of the Past  
The Two Pictures  
The Healed Relationship  
Setting the Goal  
The Call for Faith  
The Conditions of Peace

## Chapter 18 THE PASSING OF THE DREAM

The Substitute Reality  
The Basis of the Dream  
Light in the Dream  
The Little Willingness  
The Happy Dream  
Beyond the Body  
I Need Do Nothing  
The Little Garden

The Two Worlds

Chapter 19 THE ATTAINMENT OF PEACE

Healing and Faith

Sin versus Error

The Unreality of Sin

The Obstacles to Peace

The First Obstacle:

The Desire to Get Rid of It

The Attraction of Guilt

The Second Obstacle:

The Belief the Body is Valuable for What It Offers

The Attraction of Pain

The Third Obstacle:

The Attraction of Death

The Incorruptible Body

The Fourth Obstacle:

The Fear of God

The Lifting of the Veil

Chapter 20 THE VISION OF HOLINESS

Holy Week

The Gift Of Lilies

Sin as an Adjustment

Entering the Ark

Heralds of Eternity

The Temple of the Holy Spirit

The Consistency of Means and End

The Vision of Sinlessness

Chapter 21 REASON AND PERCEPTION

Introduction

The Forgotten Song

The Responsibility for Sight

Faith, Belief and Vision

The Fear to Look Within

The Function of Reason

Reason versus Madness

The Last Unanswered Question

The Inner Shift

## Chapter 22 SALVATION AND THE HOLY RELATIONSHIP

Introduction

The Message of the Holy Relationship

Your Brother's Sinlessness

Reason and the Forms of Error

The Branching of the Road

Weakness and Defensiveness

The Light of the Holy Relationship

## Chapter 23 THE WAR AGAINST YOURSELF

Introduction

The Irreconcilable Beliefs

The Laws of Chaos

Salvation Without Compromise

Above the Battleground

## Chapter 24 THE GOAL OF SPECIALNESS

Introduction

Specialness as a Substitute for Love

The Treachery of Specialness

The Forgiveness of Specialness

Specialness versus Sinlessness

The Christ in You

Salvation from Fear

The Meeting Place

## Chapter 25 THE JUSTICE OF GOD

Introduction

The Link to Truth

The Saviour from the Dark

Perception and Choice

The Light You Bring

The State of Sinlessness

The Special Function

The Rock of Salvation

Justice Returned to Love

The Justice of Heaven

## Chapter 26 THE TRANSITION

The Sacrifice of Oneness  
Many Forms; One Correction  
The Borderland  
Where Sin Has Left  
The Little Hindrance  
The Appointed Friend  
The Laws of Healing  
The Immediacy of Salvation  
For They Have Come  
The End of Injustice

## Chapter 27 THE HEALING OF THE DREAM

The Picture of Crucifixion  
The Fear of Healing  
Beyond All Symbols  
The Quiet Answer  
The Healing Example  
The Witnesses to Sin  
The Dreamer of the Dream  
The Hero of the Dream

## Chapter 28 THE UNDOING OF FEAR

The Present Memory  
Reversing Effect and Cause  
The Agreement to Join  
The Greater Joining  
The Alternate to Dreams of Fear  
The Secret Vows  
The Ark of Safety

## Chapter 29 THE AWAKENING

The Closing of the Gap  
The Coming of the Guest  
God's Witnesses  
Dream Roles  
The Changeless Dwelling Place  
Forgiveness and the End of Time  
Seek Not Outside Yourself  
The Anti-Christ  
The Forgiving Dream



## Chapter 30 THE NEW BEGINNING

Introduction

Rules for Decision

Freedom of Will

Beyond All Idols

The Truth Behind Illusions

The Only Purpose

The Justification for Forgiveness

The New Interpretation

Changeless Reality

## Chapter 31 THE FINAL VISION

The Simplicity of Salvation

Walking with Christ

The Self-Accused

The Real Alternative

Self Concept versus Self

Recognising the Spirit

The Saviour's Vision

Choose Once Again

Volume II  
Workbook for Students

CONTENTS

Introduction

PART I

Nothing I see... means anything.  
I have given everything I see... all the meaning that it has for me.  
I do not understand anything I see...  
These thoughts do not mean anything...  
I am never upset for the reason I think.  
I am upset because I see something that is not there.  
I see only the past.  
My mind is preoccupied with past thoughts.  
I see nothing as it is now.  
My thoughts do not mean anything.  
My meaningless thoughts are showing me a meaningless world.  
I am upset because I see a meaningless world.  
A meaningless world engenders fear.  
God did not create a meaningless world.  
My thoughts are images that I have made.  
I have no neutral thoughts.  
I see no neutral things.  
I am not alone in experiencing the effects of my seeing.  
I am not alone in experiencing the effects of my thoughts.  
I am determined to see.  
I am determined to see things differently.  
What I see is a form of vengeance.  
I can escape from the world I see by giving up attack thoughts.  
I do not perceive my own best interests.  
I do not know what anything is for.  
My attack thoughts are attacking my invulnerability.  
Above all else I want to see.  
Above all else I want to see things differently.  
God is in everything I see.  
God is in everything I see because God is in my mind.  
I am not the victim of the world I see.  
I have invented the world I see.  
There is another way of looking at the world.  
I could see peace instead of this.  
My mind is part of God's. I am very holy.  
My holiness envelops everything I see.

My holiness blesses the world.  
There is nothing my holiness cannot do.  
My holiness is my salvation.  
I am blessed as a son of God.  
God goes with me wherever I go.  
God is my strength. Vision is His gift  
God is my Source. I cannot see apart from Him.  
God is the Light In which I see.  
God is the Mind with which I think.  
God is the Love in which I forgive.  
God is the Strength in which I trust.  
There is nothing to fear.  
God's Voice speaks to me all through the day.  
I am sustained by the Love of God.

## REVIEW I

### Introduction

(1-5)(6-10)(11-15)(16-20)(21-25)(26-30)(31-35)(36-40)(41-45)(46-50)

I am the light of the world.  
Forgiveness is my function as the light of the world.  
The light of the world brings peace to every mind through my forgiveness.  
Let me not forget my function.  
My only function is the one God gave me.  
My happiness and my function are one.  
Love created me like Itself.  
Love holds no grievances.  
My grievances hide the light of the world in me.  
My salvation comes from me.  
Only God's plan for salvation will work.  
Holding grievances is an attack on God's plan for salvation.  
I will there be light.  
There is no will but God's.  
The light has come.  
I am under no laws but God's.  
I am entitled to miracles.  
Let miracles replace all grievances.  
Let me recognise the problem so it can be solved.  
Let me recognise my problems have been solved.

## REVIEW II

### Introduction

(61-62)(63-64)(65-66)(67-68)(69-70)(71-72)(73-74)(75-76)(77-78)(79-80)

Miracles are seen in light  
Miracles are seen in light, and light and strength are one.  
Light and joy and peace abide in me.  
I am as God created me.  
I am one Self, united with my Creator.  
Salvation comes from my one self.  
I am spirit.  
I will accept my part in God's plan for salvation.  
Salvation is my only function here.  
My part is essential to God's plan for salvation.  
God's Will for me is perfect happiness.  
I share God's Will for happiness for me.  
God, being love, is also happiness  
I seek but what belongs to me in truth.  
God's peace and joy are mine.  
Let me be still and listen to the truth.  
Truth will correct all errors in my mind.  
To give and to receive are one in truth.  
I rest in God.  
I am as God created me.

## REVIEW III

### Introduction

(91-92)(93-94)(95-96)(97-98)(99-100)  
(101-102)(103-104)(105-106)(107-108)(109-110)

Forgiveness is the key to happiness.  
Forgiveness offers everything I want.  
I thank my Father for His gifts to me.  
Let me remember I am one with God.  
In quiet I receive God's Word today.  
All that I give is given to myself.  
There is no love but God's.  
The world I see holds nothing that I want  
Beyond this world there is a world I want.  
It is impossible to see two worlds.  
No one can fail who seeks to reach the truth.

I loose the world from all I thought it was.  
I will not value what is valueless.  
Let me perceive forgiveness as it is.  
If I defend myself I am attacked.  
Sickness is a defence against the truth.  
When I am healed I am not healed alone.  
Heaven is the decision I must make.  
I will accept Atonement for myself.  
Only salvation can be said to cure.

## REVIEW IV

### Introduction

(121-122)(123-124)(125-126)(127-128)(129-130)  
(131-132)(133-134)(135-136)(137-138)(139-140)

All things are echoes of the Voice for God.  
The power of decision is my own.  
In my defencelessness my safety lies.  
I am among the ministers of God.  
I will step back and let Him lead the way.  
I walk with God in perfect holiness.  
Into his presence would I enter now.  
Today I learn to give as I receive.  
I give the miracles I have received.  
I am at home. Fear is the stranger here.  
Give me your blessing, holy Son of God.  
I am as God created me.  
There is no death. The Son of God is free.  
Now are we one with Him Who is our Source.  
Let not my mind deny the Thought of God.  
I am entrusted with the gifts of God.  
There is one life, and that I share with God.  
Your grace is given me. I claim it now.  
By grace I live. By grace I am released.  
There is no cruelty in God and none in me.

## REVIEW V

### Introduction

(151-152)(153-154)(155-156)(157-158)(159-160)  
(161-162)(163-164)(165-166)(167-168)(169-170)

## Introduction to Lessons 181-200

I trust my brothers, who are one with me.  
I will be still an instant and go home  
I call upon God's Name and on my own.  
The Name of God is my inheritance.  
I want the peace of God.  
Salvation of the world depends upon me.  
I bless the world because I bless myself.  
The peace of God is shining in me now  
I feel the Love of God within me now.  
I choose the joy of God instead of pain.  
I am the holy Son of God Himself.  
I have a function God would have me fill.  
All things are lessons God would have me learn.  
I place the future in the Hands of God.  
Love is the way I walk in gratitude.  
It can be but myself I crucify.  
It can be but my gratitude I earn.  
Only my condemnation injures me.  
I am not a body. I am free.  
There is no peace except the peace of God.

## REVIEW VI

### Introduction

(181)(182)(183)(184)(185)(186)(187)(188)(189)(190)  
(191)(192)(193)(194)(195)(196)(197)(198)(199)(200)

## PART II

### Introduction

#### 1. What is Forgiveness?

Peace to my mind. Let all my thoughts be still.  
God is with me. I live and move in Him.  
God is my life. I have no life but His.  
God is my Father, and He loves His Son.  
God is my Father, and His Son loves Him.  
My home awaits me. I will hasten there.  
This is my holy instant of release.  
God has condemned me not. No more do I.  
Love, Which created me, is what I am.

Now will I seek and find the peace of God.

## 2. What is Salvation?

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

## 3. What is the World?

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

## 4. What is Sin?

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

## 5. What is the Body?

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

#### 6. What is the Christ?

Christ's is the vision I will use today.  
How can illusions satisfy God's Son?  
The stillness of the peace of God is mine.  
Today belongs to Love. Let me not fear.  
God's healing Voice protects all things today.  
The Word of God is given me to speak.  
Let me not bind Your Son with laws I made.  
If I am bound, my Father is not free.  
Creation's freedom promises my own.  
What limits can I lay upon God's Son?

#### 7. What is the Holy Spirit?

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

#### 8. What is the Real World?

This is a day of stillness and of peace.  
A happy outcome to all things is sure.  
All fear is past and only love is here.  
My body is a wholly neutral thing.  
The Holy Spirit looks through me today.  
The Holy Spirit speaks through me today.



Forgiveness is the only gift I give.  
I love You, Father, and I love Your Son.  
Eternal holiness abides in me.  
Only an instant does this world endure.

#### 9. What is the Second Coming?

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

#### 10. What is the Last Judgement?

I judge all things as I would have them be.  
I see all things as I would have them be.  
Now let a new perception come to me  
I seek a future different from the past.  
All gifts my brothers give belong to me.  
All gifts I give my brothers are my own.  
I follow in the way appointed me.  
In me salvation's means and end are one.  
I came for the salvation of the world.  
My Father gives all power unto me.

#### 11. What is Creation?

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

## 12. What is the Ego?

There is no conflict, for my will is Yours.  
Fear binds the world. Forgiveness sets it free.  
Forgiveness ends the dream of conflict here.  
Today I claim the gifts forgiveness gives.  
I choose to see my brother's sinlessness.  
Forgiveness lets me know that minds are joined.  
My sinlessness protects me from all harm.  
I am affected only by my thoughts.  
I will receive whatever I request.  
I can be free of suffering today.

## 13. What is a Miracle?

I can attack but my own sinlessness, and it is only that which keeps me safe.  
I let forgiveness rest upon all things, for thus forgiveness will be given me.  
I am not asked to make a sacrifice to find the mercy and the peace of God.  
Today I learn the law of love; that what I give my brother is my gift to me.  
I offer only miracles today, for I would have them be returned to me.  
Today the peace of God envelopes me, and I forget all things except His Love.  
Anger must come from judgement. Judgement is the weapon I would use against myself, to keep the miracle away from me.  
I have no cause for anger or for fear, for You surround me. And in every need that I perceive, Your grace suffices me.  
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.  
Miracles mirror God's eternal love. To offer them is to remember Him, and through His memory to save the world.

## 14. What am I?

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.

Judgement and love are opposites. From one come all the sorrows of the world. But from the other comes the peace of God himself.

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.

We stand together, Christ and I, in peace and certainty of purpose. And in Him is His Creator, as He is with me.

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?

Sickness is but another name for sin. Healing is but another name for God. The miracle is thus a call to Him.

Truth answers every call we make to God, responding first with miracles, and then returning unto us to be itself.

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.

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.

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.

## Final Lessons

### Introduction

361-365. This holy instant would I give to You. Be You in charge. For I would follow You, certain that Your direction gives me peace.

### Epilogue

## Volume III -Manual for Teachers

### CONTENTS

Introduction

Who Are God's Teachers?

Who Are Their Pupils?

What Are the Levels of Teaching?

What Are the Characteristics of God's Teachers?

Trust

Development of Trust

Honesty

Tolerance

Gentleness

Joy

Defencelessness

Generosity

Patience

Faithfulness

Open-mindedness

How Is Healing Accomplished?

The Perceived Purpose of Sickness

The Shift in Perception

The Function of the Teacher of God

Is Healing Certain?

Should Healing Be Repeated?

How Can Perception of Order of Difficulties Be Avoided?

Are Changes Required in the Life Situation of God's Teachers?

How Is Judgement Relinquished?

How Is Peace Possible in This World?

How Many Teachers of God Are Needed to Save the World?

What Is the Real Meaning of Sacrifice?

How Will the World End?

Is Each One to Be Judged in the End?

How Should the Teacher of God Spend His Day?

How Do God's Teachers Deal with Magic Thoughts?

How Is Correction Made?

What Is Justice?

What Is the Peace of God?

What Is the Role of Words in Healing?

How Are Healing and Atonement Related?

Does Jesus Have a Special Place in Healing?

Is Reincarnation So?

Are "Psychic" Powers Desirable?

Can God Be Reached Directly?

What Is Death?

What Is the Resurrection?

As for the Rest...

## CLARIFICATION OF TERMS

Introduction

Mind-Spirit

The Ego-The Miracle

Forgiveness-The Face of Christ

True Perception-Knowledge

Jesus-Christ

The Holy Spirit

Epilogue