

I am not a body. I am free.  
For I am still as God created me.

(181) I trust my brothers,  
who are one with me.

Everyone is my brother.  
I am blessed with oneness with the  
universe and God, my Father,  
one Creator of the whole that is  
my Self, forever One with me.

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(182) I will be still an instant  
and go home.

Why would I choose to stay  
an instant more where I do not  
belong, when God Himself  
has given me His Voice  
to call me home?

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(183) I call upon God's Name  
and on my own.

The Name of God  
is my deliverance from every  
thought of evil and of sin,  
because it is my own Name  
as well as His.

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(184) The Name of God  
is my inheritance.

God's Name reminds me that  
I am His Son, not slave to time,  
unbound by laws which rule the  
world of sick illusions, free in God,  
forever and forever one with Him.

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(185) I want the peace of God.

The peace of God is everything  
I want. The peace of God is my  
one goal; the aim of all my living  
here, the end I seek, my purpose  
and my function and my life, while  
I abide where I am not at home.

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(186) Salvation of the world  
depends on me.

I am entrusted with the gifts of  
God, because I am His Son.  
And I would give His gifts where  
He intended them to be.

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(187) I bless the world  
because I bless myself.

God's blessing shines upon me  
from within my heart,  
where He abides.

I need but turn to Him, and every  
sorrow melts away, as I accept  
His boundless Love for me.

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(188) The peace of God  
is shining in me now.

I will be still, and let the earth be  
still along with me. And in that  
stillness we will find the peace of  
God. It is within my heart, which  
witnesses to God Himself.

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(189) I feel the Love of God  
within me now.

The Love of God 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.

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(190) I choose the joy of God  
instead of pain.

Pain is my own idea. It is not a  
Thought of God, but one I thought  
apart from Him and from His Will.

His Will is joy, and only joy for  
His beloved Son. And that  
I choose, instead of what I made.

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(191) I am the holy  
Son of God Himself.

In silence and in true humility  
I seek God's glory,  
to behold it  
in the Son whom  
He created as my Self.

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(192) I have a function  
God would have me fill.

I seek the function that would set  
me free from all the vain illusions  
of the world. Only the function  
God has given me can offer  
freedom. Only this I seek,  
and only this will I accept as mine.

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(193) All things are lessons  
God would have me learn.

A lesson is a miracle which God offers to me, in place of thoughts I made that hurt me. What I learn of Him becomes the way I am set free. And so I choose to learn His lessons and forget my own.

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(194) I place the future  
in the Hands of God.

The past is gone; the future is not yet. Now am I freed from both. For what God gives can only be for good. And I accept but what He gives as what belongs to me.

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(195) Love is the way  
I walk in gratitude.

The Holy Spirit is my only Guide.  
He walks with me in love.  
And I give thanks to Him  
for showing me the way to go.

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(196) It can be only  
myself I crucify.

All that I do,  
I do unto myself.  
If I attack, I suffer.  
But if I forgive,  
salvation will be given me.

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(197) It can be only  
my gratitude I earn.

Who should give thanks  
for my salvation but myself?  
And how but through salvation  
can I find the Self to Whom  
my thanks are due?.

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(198) My condemnation only  
injures me.

My condemnation keeps  
my vision dark, and through my  
sightless eyes I cannot see the  
vision of my glory Yet today I can  
behold this glory and be glad.

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(199) I am not a body. I am free.

I am God's Son.  
Be still, my mind, and think a  
moment upon this.  
And then return to earth, without  
confusion as to what my Father  
loves forever as His Son.

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(200) There is no peace  
except the peace of God.

Let me not wander from the way of  
peace, for I am lost on other roads  
than this. But let me follow Him  
Who leads me home, and peace is  
certain as the Love of God.

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