

**LESSON 46. God is the Love in which I forgive.**

W-46.1. God does not forgive because He has never condemned. 2 And there must be condemnation before forgiveness is necessary. 3 Forgiveness is the great need of this world, but that is because it is a world of illusions. 4 Those who forgive are thus releasing themselves from illusions, while those who withhold forgiveness are binding themselves to them. 5 As you condemn only yourself, so do you forgive only yourself.

W-46.2. Yet although God does not forgive, His Love is nevertheless the basis of forgiveness. 2 Fear condemns and love forgives. 3 Forgiveness thus undoes what fear has produced, returning the mind to the awareness of God. 4 For this reason, forgiveness can truly be called salvation. 5 It is the means by which illusions disappear.

W-46.3. Today's exercises require at least three full five-minute practice periods, and as many shorter ones as possible. 2 Begin the longer practice periods by repeating today's idea to yourself, as usual. 3 Close your eyes as you do so, and spend a minute or two in searching your mind for those whom you have not forgiven. 4 It does not matter "how much" you have not forgiven them. 5 You have forgiven them entirely or not at all.

W-46.4. If you are doing the exercises well you should have no difficulty in finding a number of people you have not forgiven. 2 It is a safe rule that anyone you do not like is a suitable subject. 3 Mention each one by name, and say:

4 God is the Love in which I forgive you, [name].

W-46.5. The purpose of the first phase of today's practice periods is to put you in a position to forgive yourself. 2 After you have applied the idea to all those who have come to mind, tell yourself:

3 God is the Love in which I forgive myself.

4 Then devote the remainder of the practice period to adding related ideas such as:

5 God is the Love with which I love myself

6 God is the Love in which I am blessed.

W-46.6. The form of the application may vary considerably, but the central idea should not be lost sight of. 2 You might say, for example:

3 I cannot be guilty because I am a Son of God.

4 I have already been forgiven.

5 No fear is possible in a mind beloved of God.

6 There is no need to attack because love has forgiven me.

7 The practice period should end, however, with a repetition of today's idea as originally stated.

W-46.7. The shorter practice periods may consist either of a repetition of the idea for today in the original or in a related form, as you prefer. 2 Be sure, however, to make more specific applications if they are needed. 3 They will be needed at any time during the day when you become aware of any kind of negative reaction to anyone, present or not. 4 In that event, tell him silently:

5 God is the Love in which I forgive you.

**LESSON 47. God is the strength in which I trust.**

W-47.1. If you are trusting in your own strength, you have every reason to be apprehensive, anxious and fearful. 2 What can you predict or control? 3 What is there in you that can be counted on? 4 What would give you the ability to be aware of all the

facets of any problem, and to resolve them in such a way that only good can come of it? 5 What is there in you that gives you the recognition of the right solution, and the guarantee that it will be accomplished?

W-47.2. Of yourself you can do none of these things. 2 To believe that you can is to put your trust where trust is unwarranted, and to justify fear, anxiety, depression, anger and sorrow. 3 Who can put his faith in weakness and feel safe? 4 Yet who can put his faith in strength and feel weak?

W-47.3. God is your safety in every circumstance. 2 His Voice speaks for Him in all situations and in every aspect of all situations, telling you exactly what to do to call upon His strength and His protection. 3 There are no exceptions because God has no exceptions. 4 And the Voice which speaks for Him thinks as He does.

W-47.4. Today we will try to reach past your own weakness to the Source of real strength. 2 Four five-minute practice periods are necessary today, and longer and more frequent ones are urged. 3 Close your eyes and begin, as usual, by repeating the idea for the day. 4 Then spend a minute or two in searching for situations in your life which you have invested with fear, dismissing each one by telling yourself:  
5 God is the strength in which I trust.

W-47.5. Now try to slip past all concerns related to your own sense of inadequacy. 2 It is obvious that any situation that causes you concern is associated with feelings of inadequacy, for otherwise you would believe that you could deal with the situation successfully. 3 It is not by trusting yourself that you will gain confidence. 4 But the strength of God in you is successful in all things.

W-47.6. The recognition of your own frailty is a necessary step in the correction of your errors, but it is hardly a sufficient one in giving you the confidence which you need, and to which you are entitled. 2 You must also gain an awareness that confidence in your real strength is fully justified in every respect and in all circumstances.

W-47.7. In the latter phase of the practice period, try to reach down into your mind to a place of real safety. 2 You will recognize that you have reached it if you feel a sense of deep peace, however briefly. 3 Let go all the trivial things that churn and bubble on the surface of your mind, and reach down and below them to the Kingdom of Heaven. 4 There is a place in you where there is perfect peace. 5 There is a place in you where nothing is impossible. 6 There is a place in you where the strength of God abides.

W-47.8. During the day, repeat the idea often. 2 Use it as your answer to any disturbance. 3 Remember that peace is your right, because you are giving your trust to the strength of God.

#### **LESSON 48. There is nothing to fear.**

W-48.1. The idea for today simply states a fact. 2 It is not a fact to those who believe in illusions, but illusions are not facts. 3 In truth there is nothing to fear. 4 It is very easy to recognize this. 5 But it is very difficult to recognize it for those who want illusions to be true.

W-48.2. Today's practice periods will be very short, very simple and very frequent. 2 Merely repeat the idea as often as possible. 3 You can use it with your eyes open at any time and in any situation. 4 It is strongly recommended, however, that you take a minute or so whenever possible to close your eyes and repeat the idea slowly to yourself several times. 5 It is particularly important that you use the idea immediately, should anything disturb your peace of mind.

W-48.3. The presence of fear is a sure sign that you are trusting in your own strength. 2 The awareness that there is nothing to fear shows that somewhere in your mind, though not necessarily in a place you recognize as yet, you have remembered God, and let His strength take the place of your weakness. 3 The instant you are willing to do this there is indeed nothing to fear.

**LESSON 49. God's Voice speaks to me all through the day.**

W-49.1. It is quite possible to listen to God's Voice all through the day without interrupting your regular activities in any way. 2 The part of your mind in which truth abides is in constant communication with God, whether you are aware of it or not. 3 It is the other part of your mind that functions in the world and obeys the world's laws. 4 It is this part that is constantly distracted, disorganized and highly uncertain.

W-49.2. The part that is listening to the Voice for God is calm, always at rest and wholly certain. 2 It is really the only part there is. 3 The other part is a wild illusion, frantic and distraught, but without reality of any kind. 4 Try today not to listen to it. 5 Try to identify with the part of your mind where stillness and peace reign forever. 6 Try to hear God's Voice call to you lovingly, reminding you that your Creator has not forgotten His Son.

W-49.3. We will need at least four five-minute practice periods today, and more if possible. 2 We will try actually to hear God's Voice reminding you of Him and of your Self. 3 We will approach this happiest and holiest of thoughts with confidence, knowing that in doing so we are joining our will with the Will of God. 4 He wants you to hear His Voice. 5 He gave It to you to be heard.

W-49.4. Listen in deep silence. 2 Be very still and open your mind. 3 Go past all the raucous shrieks and sick imaginings that cover your real thoughts and obscure your eternal link with God. 4 Sink deep into the peace that waits for you beyond the frantic, riotous thoughts and sights and sounds of this insane world. 5 You do not live here. 6 We are trying to reach your real home. 7 We are trying to reach the place where you are truly welcome. 8 We are trying to reach God.

W-49.5. Do not forget to repeat today's idea very frequently. 2 Do so with your eyes open when necessary, but closed when possible. 3 And be sure to sit quietly and repeat the idea for today whenever you can, closing your eyes on the world, and realizing that you are inviting God's Voice to speak to you.

**LESSON 50. I am sustained by the Love of God.**

W-50.1. Here is the answer to every problem that will confront you, today and tomorrow and throughout time. 2 In this world, you believe you are sustained by everything but God. 3 Your faith is placed in the most trivial and insane symbols; pills, money, "protective" clothing, influence, prestige, being liked, knowing the "right" people, and an endless list of forms of nothingness that you endow with magical powers.

W-50.2. All these things are your replacements for the Love of God. 2 All these things are cherished to ensure a body identification. 3 They are songs of praise to the ego. 4 Do not put your faith in the worthless. 5 It will not sustain you.

W-50.3. Only the Love of God will protect you in all circumstances. 2 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. 3 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.

W-50.4. Put not your faith in illusions. 2 They will fail you. 3 Put all your faith in the Love of God within you; eternal, changeless and forever unfailing. 4 This is the answer to whatever confronts you today. 5 Through the Love of God within you, you can resolve all seeming difficulties without effort and in sure confidence. 6 Tell yourself this often today. 7 It is a declaration of release from the belief in idols. 8 It is your acknowledgment of the truth about yourself.

W-50.5. For ten minutes, twice today, morning and evening, let the idea for today sink deep into your consciousness. 2 Repeat it, think about it, let related thoughts come to help you recognize its truth, and allow peace to flow over you like a blanket of protection and surety. 3 Let no idle and foolish thoughts enter to disturb the holy mind of the Son of God. 4 Such is the Kingdom of Heaven. 5 Such is the resting place where your Father has placed you forever.