

**Review & discuss Lesson # 21-25 & Summary Lesson # 55**  
**Week # 6 Handout # 3**

**W-55.1. (21) I am determined to see things differently.**

2 What I see now are but signs of disease, disaster and death. 3 This cannot be what God created for His beloved Son. 4 The very fact that I see such things is proof that I do not understand God. 5 Therefore I also do not understand His Son. 6 What I see tells me that I do not know who I am. 7 I am determined to see the witnesses to the truth in me, rather than those, which show me an illusion of myself.

**ACIM** says there are two thought systems. Each is predicated on different concepts of what you are. Are you a limited ego-body? Or are you unlimited spirit?

**Statement: I am my body and my body is me.**

**Statement: I am not a body. I am a child of God.**

**Experiment: The power of I am. Changing viewpoints**

**Compare effects of I am ... vs. I have...**

	I am a fish.	I have a fish.
Terms to alternate.	I am a body.	I have a body.
	I am unlimited spirit	I have unlimited spirit
	I am love.	I have love.
	I am my past.	I have a past.
	I am my beliefs.	I have beliefs.

When you use the “I am” terminology, do you feel more in control, more sourceness?

Which terminology makes you feel like it is part of you?

Which term is more like it is outside yourself and something you may have today yet could lose tomorrow?

Does “I am” seem more like “being”, a part of your very essence?

Note: **Being** is what we share. **Existence** is what we think we are after the separation.

**W-55.2. (22) What I see is a form of vengeance.**

2 The world I see is hardly the representation of loving thoughts. 3 It is a picture of attack on everything by everything. 4 It is anything but a reflection of the Love of God and the Love of His Son. 5 It is my own attack thoughts that give rise to this picture. 6 My loving thoughts will save me from this perception of the world, and give me the peace God intended me to have.

W-22.1. Today's idea accurately describes the way anyone who holds attack thoughts in his mind must see the world. 2 Having projected his anger onto the world, he sees vengeance about to strike at him. 3 His own attack is thus perceived as self defense. 4 This becomes an increasingly vicious circle until he is willing to change how he sees. 5 Otherwise, thoughts of attack and counter-attack will preoccupy him and people his entire world.

**Statement: The best defense is a good offense.**

**W-55.3. (23) I can escape from this world by giving up attack thoughts.**

2 Herein lies salvation, and nowhere else. 3 Without attack thoughts I could not see a world of attack. 4 As forgiveness allows love to return to my awareness, I will see a world of peace and safety and joy. 5 And it is this I choose to see, in place of what I look on now.

W-23.1. The idea for today contains the only way out of fear that will ever succeed. 2 Nothing else will work; everything else is meaningless. 3 But this way cannot fail. 4 Every thought you have makes up some segment of the world you see. 5 It is with your thoughts, then, that we must work, if your perception of the world is to be changed.

W-23.2. If the cause of the world you see is attack thoughts, you must learn that it is these thoughts which you do not want. 2 There is no point in lamenting the world. 3 There is no point in trying to change the world. 4 It is incapable of change because it is merely an effect. 5 But there is indeed a point in changing your thoughts about the world. 6 Here you are changing the cause. 7 The effect will change automatically.

W-23.3. The world you see is a vengeful world, and everything in it is a symbol of vengeance. 2 Each of your perceptions of "external reality" is a pictorial representation of your own attack thoughts. 3 One can well ask if this can be called seeing. 4 Is not fantasy a better word for such a process, and hallucination a more appropriate term for the result?

W-23.4. You see the world that you have made, but you do not see yourself as the image maker. 2 You cannot be saved from the world, but you can escape from its cause. 3 This is what salvation means, for where is the world you see when its cause is gone? 4 Vision already holds a replacement for everything you think you see now. 5 Loveliness can light your images, and so transform them that you will love them, even though they were made of hate. 6 For you will not be making them alone.

**Statement: Love conquers all. In my defenselessness lies my strength.**

**Question & Discussion: How would your world change if you view everything as a brother's cry for love instead of an attack?**

ACIM states that unconditional love is the true source of our strength because it is what we truly are. The Vision of Christ understands that everything that we perceive as an attack is really a cry for love. Statements or thoughts like "I forgive you," or "I was wrong" are useful tools in choosing to be happy over the need to be right. Consider all relationship as "0%-100%" propositions, not "50%-50%" propositions.

**W-55.4. (24) I do not perceive my own best interests.**

2 How could I recognize my own best interests when I do not know who I am? 3 What I think are my best interests would merely bind me closer to the world of illusions. 4 I am willing to follow the Guide God has given me to find out what my own best interests are, recognizing that I cannot perceive them by myself.

W-24.1. In no situation that arises do you realize the outcome that would make you happy. 2 Therefore, you have no guide to appropriate action, and no way of judging the result. 3 What you do is determined by your perception of the situation, and that perception is wrong. 4 It is inevitable, then, that you will not serve your own best interests. 5 Yet they are your only goal in any situation which is correctly perceived. 6 Otherwise, you will not recognize what they are.

W-24.2. If you realized that you do not perceive your own best interests, you could be taught what they are. 2 But in the presence of your conviction that you do know what they are, you cannot learn. 3 The idea for today is a step toward opening your mind so that learning can begin.

**Question: If you were blindfolded and had to cross a narrow bridge, what would you do first?**

ACIM suggests that we must seek to remove the blindfold. The ego cannot help us remove the cause of the blindfold since its belief system is the source of the blindfold. The ego "makes up" false witnesses to best serve its interest. It then parades them out into our dream world of provisional reality. These "witnesses" give false evidence to prove that we are indeed a body and that we are also mindless. Only the Holy Spirit knows what you really are, which is a Oneness. The Holy Spirit also is aware of our illusionary dream state and, therefore, is unique in Its ability to correct our misperceptions about ourselves. We, like the ego, do not know what we are. This is why we must ask the Holy Spirit to reinterpret our "experiences" so that we can recall what we are. Believing we are part of the dream, we cannot see beyond the dream. Only the Holy Spirit is aware of both. He

alone will guide us to the truth about ourselves. Forgiveness is the tool that the Holy Spirit uses to remove our self-imposed blindfold.

**W-55.5. (25) I do not know what anything is for.**

2 To me, the purpose of everything is to prove that my illusions about myself are real. 3 It is for this purpose that I attempt to use everyone and everything. 4 It is for this that I believe the world is for. 5 Therefore I do not recognize its real purpose. 6 The purpose I have given the world has led to a frightening picture of it. 7 Let me open my mind to the world's real purpose by withdrawing the one I have given it, and learning the truth about it.

W-25.1. Purpose is meaning. 2 Today's idea explains why nothing you see means anything. 3 You do not know what it is for. 4 Therefore, it is meaningless to you. 5 Everything is for your own best interests. 6 That is what it is for; that is its purpose; that is what it means. 7 It is in recognizing this that your goals become unified. 8 It is in recognizing this that what you see is given meaning.

W-25.2. You perceive the world and everything in it as meaningful in terms of ego goals. 2 These goals have nothing to do with your own best interests, because the ego is not you. 3 This false identification makes you incapable of understanding what anything is for. 4 As a result, you are bound to misuse it. 5 When you believe this, you will try to withdraw the goals you have assigned to the world, instead of attempting to reinforce them.

W-25.3. Another way of describing the goals you now perceive is to say that they are all concerned with "personal" interests. 2 Since you have no personal interests, your goals are really concerned with nothing. 3 In cherishing them, therefore, you have no goals at all. 4 And thus you do not know what anything is for.

W-25.4. Before you can make any sense out of the exercises for today, one more thought is necessary. 2 At the most superficial levels, you do recognize purpose. 3 Yet purpose cannot be understood at these levels. 4 For example, you do understand that a telephone is for the purpose of talking to someone who is not physically in your immediate vicinity. 5 What you do not understand is what you want to reach him for. 6 And it is this that makes your contact with him meaningful or not.

W-25.5. It is crucial to your learning to be willing to give up the goals you have established for everything. 2 The recognition that they are meaningless, rather than "good" or "bad," is the only way to accomplish this. 3 The idea for today is a step in this direction.

**Statement: The world is my playschool where I learn what I truly am.**

**Statement: Life is a struggle. The world is a fearful place that is out to get me.**

**Discussion: How would your life change if you viewed the world as a place to learn?**

Many of our operating beliefs were given to us when we were young and these beliefs may no longer serve us. Many of these beliefs are indoctrinated beliefs that were inherited from our parents, teachers, peers and society in general. Indoctrinated beliefs are rarely questioned and are just assumed to be true. As such, they may be beliefs that we are not even aware that we own. The ego's thought system rests on indoctrinated beliefs that have been passed on by each generation. We need to question the source of our beliefs and whether they have been deliberately chosen by us. If not deliberately chosen, we need to reexamine them under the guidance of the Holy Spirit. The Holy Spirit's guidance is critical since only the Holy Spirit knows both the truth about what we are and is aware of the illusory world in which we perceive ourselves to be.

**Experiment: Your operating belief system.**

**Objective: To determine if the beliefs that you hold are helpful or harmful.**

**Are most of your beliefs deliberately chosen or are they indoctrinated ones?**

**Are your beliefs helpful or impeding your progress toward truth and happiness?**

**If not helpful, ask the Holy Spirit to assist you in choosing again.**