

## Lesson 208 • July 27

### Central theme:

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

### Review of:

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

### Practice instructions

See instructions in separate document.

### Commentary

Over and over again, the Course urges us to “be still.” It is remarkable how much benefit can be derived from simply pausing, even just for ten seconds, closing the eyes, and remembering the peace of God that is within me. Just the word “peace,” repeated silently, can have a soothing, healing effect on the mind. This is not something that will come to us without conscious cooperation. Practice is necessary. “I *will* be still” (1:2, emphasis mine); it is an act of the will, a choice, a decision. The frantic onflow of thoughts and concerns has to be interrupted, and the mind turned towards that “stillness” (1:3) that “is within my heart” (1:4).

Most of our waking hours (and probably most of our sleeping hours as well, although we aren’t aware of it) are spent in various concerns that, when stripped down to their basics, are concerns about our bodies, in one way or another. The daily caretaking of bathing, grooming, dressing, feeding, and resting our bodies goes on and on. The time we spend “earning a living” is necessitated by the need for money to purchase food, clothing, and shelter, and to entertain ourselves. But we are not bodies. We need frequent reminders of that fact. We need to pause and say, “Peace, be still” to ourselves. It seems easier not to make the effort, to just let the current of bodily concerns carry us onward from one moment to the next. Yet when we make the effort, when we step out of the flow for a minute to simply be still and find the peace of God, everything begins to go more smoothly. We find ourselves happier than we were before. As an old Christian hymn put it, “Things that once were wild alarms cannot now disturb my rest.”

We have a wellspring of peace within our hearts. It waits for us to simply dip into it and drink from its refreshing pool. It is there now, shining within us. Right now, and often today, “I will be still.” I will draw on that inner wealth, “which witnesses to God Himself” (1:4).