

## Lesson 211 • July 30

### Central theme:

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

### Review of:

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

### Practice instructions

See instructions in separate document.

### Commentary

To seek the glory of God in my Self—that sounds a little pretentious. Yet the lesson says we seek this glory “in true humility” (1:2). Naturally, the Course is speaking of *the* Self, and not *my* self. “This does not refer, however, to the self of which the world speaks” (M-4.VII.2:2). When someone says, “The glory of God is in me,” or “I am the Son of God Himself,” it makes a very big difference what “me” is being spoken of. If it is the self that we believe exists separate from the billions of other selves in this world, we are not speaking the truth. *We are* being pretentious. If it refers to the Self that is shared by all those billions, the Self of which my little consciousness is just one fragment, it is the truth that sets us free.

The glory of God does not reside in the little self, but it does reside in the Self. And beholding that glory “in the Son whom He created as my Self” (1:2) does not lead to delusions of grandeur, but to true grandeur, a grandeur that is instantly perceived as shared with all living things. There can be no setting of myself above any others, for the glory in them is my own.

These final review lessons, before Part II of the Workbook, refer a lot to things like silence, and beholding the glory of God. In these times of practice, let us seek to open ourselves to that kind of experience, to a seeing that is not of the eyes, to an awareness of the reality of our Self, God’s Son. Let my little thoughts be silent, and let me hear the Voice for God speaking within me, speaking to my self of my Self, wooing me back into harmony with that vastness of Being to which I belong, gathering together the seeming fragments of the Sonship into one harmonious whole. I am, indeed, still as God created me. Not just a body, not bound by the body, not characterized by the body, but “free of all limits, safe and healed and whole” (W-pI.97.7:2). I am that which God created, the holy Son of God Himself.