

Lesson 225 • August 13

“God is my Father, and His Son loves Him.”

Practice instructions

See complete instructions in separate document. A short summary:

- **Read** the commentary paragraph slowly and personally.
- **Pray** the prayer, perhaps several times.
- **Morning and evening:** Repeat the idea and then spend time in Open Mind Meditation.
- **Hourly remembrance:** Repeat the idea and then spend a quiet moment in meditation.
- **Frequent reminders:** Repeat the idea often within each hour.
- **Response to temptation:** Repeat the idea whenever upset, to restore peace.
- **Read the “What Is” section** slowly and thoughtfully once during the day.

Practice suggestions: Here are some suggestions for praying this lesson’s lovely prayer:

- *blazing in my mind:* Just imagine God’s Love for you blazing in your mind.
- *and keeping it [my mind] within its [God’s Love’s] kindly light:* Imagine your mind kept, held, embraced within the kindly light of God’s Love.
- *inviolable:* Held in this kindly light, your mind would be totally *inviolable*—free from violation, injury, and desecration, its sanctity untouched.
- *beloved:* Is there a better feeling in the world than to feel truly, totally beloved?
- *with fear behind:* Imagine feeling so loved that you felt like literally all fear was behind you.
- *and only peace ahead:* Imagine feeling so loved that all you could see ahead of you was *peace*.
- *How still the way Your loving Son is led along to You!* This final sentence speaks of how we will journey home when we love God (when we are His “loving Son”) and so receive His Love for us. We will be led home in stillness, with all fear behind us and only peace ahead. Try to imagine this—journeying through life with your heart full of love for God and your mind shining with His Love for you, walking toward Him in pure stillness and peace. This is the end result of loving God—a life at peace because it is infused with the “full awareness” of His Love for you.

Commentary

Love is reciprocal. We receive God’s Love for us by returning it to Him; there is no other way to receive it, for “giving and receiving are the same” (1:1). This *exact* phrase occurs six times in the Course, and there are many others very much like it. We may think we understand what it means, but the Course assures us that no concept it teaches is more difficult for us to truly learn.

The way to know God’s Love blazing in our minds is to return It to Him. If in our times of quiet yesterday we focused on feeling His Love of us, let us today focus on our awareness of our love for Him. Donna Cary has a beautiful song I was listening to on tape just a day or two ago, which says, “I’ll be forever in love with You.” I wish I could send you all this song; it expresses so beautifully what I feel this lesson is saying. “I’ll dance in the light of Your Love, forever in love with You.”

What would it be like to have the Love of God “mine in full awareness, blazing in my mind and keeping it within its kindly light” (1:2)? Is this not what, in our heart of hearts, we all want? Let us cultivate this sense of love in our hearts today. Let simply this be our focus. Nothing complex, nothing even conceptual, just letting our hearts sing with love for God, basking in His Love for us. As the Song of Solomon in the Old Testament put it, “I am my Beloved’s, and He is mine” (Song 6:3). To know God as the Beloved is one of the highest of spiritual expressions.

Have you ever sat in stillness with one you deeply love, simply gazing into his or her eyes, without words? That stillness of love is what this lesson is leading us to, a silent communion of

love given and received, acknowledged and returned, flowing in an endless current that energizes and transforms our minds and hearts.