

## Lesson 229 • August 17

“Love, Which created me, is what I am.”

### 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 comments:* When you repeat today’s idea, you may want to repeat it in the spirit suggested by the first paragraph. Realize this idea represents the end of all your seeking. All along you’ve been seeking to answer a single, paramount question, “Who am I?” And here, in this idea, you’ve found that answer. Try to repeat it in that spirit.

### Commentary

Many of these lessons in Part II of the Workbook may seem to be expressing a state of mind that is beyond where I am as I read them. In reality, they express my *true* state of mind, the state of my right mind. It is this state of mind we can reach in the holy instant. Right-mindedness is not some future state I am trying to reach. There is an aspect of my mind that already knows these things and already believes them. It is this part of my mind that is leading me home. “Now need I seek no more” (1:2) is the truth right now. It is the part of my mind that doubts this, that denies it, which is unreal.

Love *is* what I am; It is my Identity. Let me look honestly at what I believe I am instead, because it is in discovering what Love is not that I will come to know Love.

Love is not learned. Its meaning lies within itself. And learning ends when you have recognized all it is *not*. That is the interference; that is what needs to be undone.  
(T-18.IX.12:1–4)

Love waited for me, “so still” (1:4). Love is still because that is what forgiveness does; it is “still, and quietly does nothing” (W-pII.1.4:1). My own Love waits to forgive me all I think I have done, all that I have believed I was other than Love. I actually “sought to lose” my Identity (1:5), but God has kept that Identity safe for me, within me, as me. “In the midst of all the thoughts of sin my foolish mind made up” (2:1), my Father kept my Identity untouched and sinless. Let me turn to that Identity now. Let me give thanks, and express my gratitude to God that It has never been lost, even when I was sure It was. I cannot be anything other than what God created me to be. “Love, Which created me, is what I am.”

In my heart, in my mind, in the still and tranquil core of my being, lies everything I have ever been seeking for. Let me now remember.