

Lesson 266 • September 23  
“My holy Self abides in you, God’s Son.”

**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 suggestion:* I have found it helpful to make today’s idea more specific. Think of someone in your life and say, “*My holy Self abides in you, [name].*”

**Commentary**

These are not words I speak to Jesus, or to the Christ as some abstract being. These are words I speak to the person who is sitting next to me, to my boss, to my family members, to whomever is in front of me or in my mind. “My holy Self abides in *you*, God’s Son.”

If my mind is enlightened, everyone is my savior. Everyone points the way to God (2:2–3). Jesus is saying here, “Wake up! You can’t miss the way home. The world is filled with people, and *every one* is pointing the way to God. Every one reflects His Son. Your Self is in every one of them. Just let your eyes be opened and I will give you the sight to see it.”

God’s Will is your salvation. Would He not have given you the means to find it? If He wills you to have it, He must have made it possible and easy to obtain it. Your brothers are everywhere. You do not have to seek far for salvation. Every minute and every second gives you a chance to save yourself. (T-9.VII.1:1–6)

Nothing shows quite so vividly how skewed our perception is than our reaction to this lesson. Perhaps right now you are thinking, “Yeah, sure. They certainly don’t seem like saviors and bearers of God’s holy Voice to me!” If we are honest, most of us will admit that we perceive our brothers as the stumbling blocks and barriers on the way to God, if not outright antagonists. Let us, then, consider the possibility that the reason we see them that way has nothing to do with them, or with the truth. Let us consider that perhaps we have laid our sins on them, and see them looking back at us (W-pII.265.1:1). Let us begin to realize that our perception is truly upside down, and needs to be turned right side up.

May I open my eyes today. May I remind myself with each person I encounter, or think about, “She (or he) is my savior, my counselor in sight, the bearer of God’s Voice to me.” Let me ask, “God, give me the sight to acknowledge my Self in this person.” Let me acknowledge that seeing anything but this, which God says is their reality, is my own sickness of mind, my own twisted perception, and let me bring those perceptions to the Holy Spirit for healing.