

## LESSON 303 • OCTOBER 30

**“The holy Christ is born in me today.”**

### Practice instructions

See complete instructions. 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.

### Commentary

This is what it is all about: the birth of Christ in me. As I become still this morning, Heaven’s Son is being born in me. The evil self I made is passing away, and Christ is being born. What I have believed I am is not the truth; Christ is “what I really am in truth” (2:4). “He is my Self as You created me” (2:6). Let me feel the wonder of it. Let me hear the rustle of angelic wings, watching with joy as I become aware of what is happening in me.

Why does it seem so hard for us to connect with the truth of all this? As you try to sense the reality of this Christ Self as yourself, notice the thoughts that arise in opposition to it. Thoughts of guilt and unworthiness. Mocking thoughts. Thoughts of feeling foolish. Thoughts of futility. These thoughts comprise the ego; they are thoughts that form the “evil self” (2:2) you made for yourself. They mean nothing. Let them go, dancing in the wind, and allow the awareness of your true grandeur as God’s creation take their place. This noble, wondrous Self you sometimes sense, and perhaps sense now; this Self of endless love; this universal beneficence, gentleness, and kindness—this is you.

“Safe in Your Arms let me receive Your Son” (2:8). As our minds turn to the light in us and look for Christ, he is reborn in us (see W-pL.rV.In.7:3). What we are doing in each and every moment that we allow the Holy Spirit to overshadow our minds is bringing Christ into this world, giving birth to the holy Son of God in our midst. We are like Mary, saying, “Be it done to me according to your will.”