

LESSON 340 • DECEMBER 6

“I can be free of suffering 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

The Workbook lessons from 221 on are meant to be used as brief introductions to holy instants of direct experience of the truth. As the introduction to Part II of the Workbook says:

Now we attempt to let the exercise be merely a beginning. For we wait in quiet expectation for our God and Father. (W-pII.In.2:1–2)

We say some simple words of welcome, and expect our Father to reveal Himself, as He has promised. (W-pII.In.3:3)

We say the words of invitation that His Voice suggests, and then we wait for Him to come to us. (W-pII.In.4:6)

The “words of invitation” seem to refer to the prayers in each lesson. The idea is that we read the lesson over and perhaps think on it a minute or two. Then, we repeat the prayer that invites God to join us. More and more, as I have worked with these lessons, I have found increasing benefit from really focusing on these prayers, and making them very personal. Then we wait, quietly, until we are aware of God’s presence with us. That is the whole purpose of the exercises.

I can be free of suffering today.

So let me remind myself of this. Freedom from suffering is my choice. I have the option, today, to be free. As I listen to God’s Voice directing me to find Christ’s vision through forgiveness, I will be free forever from all suffering (1:4). Let me think on that a moment, pray the prayer given here, and then sit quietly and wait, listening, opening my mind to that vision.

I do not live in that vision yet, or only sporadically. To me it seems I have some way to go. So I wait. I make my mind empty, available to Him, and ask Him to fill me with this vision and to enlarge it in my mind.

I was born into this world but to achieve this day, and what it holds in joy and freedom for Your holy Son and for the world he made. (1:6)

Achieving Christ’s vision fully is all that I am here for; I was born for this. Perhaps today! I open myself to it, I loose my mind from all lesser thoughts and offer it to You. In this holy instant I can find that release. Perhaps it won’t last more than a few minutes, a few seconds. Perhaps it will lodge in my mind and stay with me all through the day. Salvation is already accomplished, and I can tap into that awareness right now. Even if I forget in ten minutes, even if I “lose” the awareness, the memory will remain and will sustain me, transforming my day from what it would

have been had I not spent these moments with You. So I give myself to this time, this remembering.

We all will remember. God will gather us all to Himself, and together we shall all awake in Heaven in the Heart of Love (2:5–6). Take heart, my soul! The outcome is as inevitable as God. The way may seem long at times, but the ending is sure, and no anxiety need touch my heart. I am content in this moment simply to be with You. There is nothing more that I need. “There is no room for anything but joy and thanks today” (2:3), and only these will I welcome into my holy mind.