

LESSON 53 • FEBRUARY 22

Review of Lessons 11 to 15

“My meaningless thoughts are showing me a meaningless world.”

“I am upset because I see a meaningless world.”

“A meaningless world engenders fear.”

“God did not create a meaningless world.”

“My thoughts are images that I have made.”

Practice instructions

Purpose: To review the lessons and therefore let them sink in a notch deeper. Also, to see how interrelated they are and how cohesive the thought system is that they are leading you to.

Exercise: As often as possible (suggestion: every hour on the hour), for at least two minutes.

- Alone in a quiet place, read one of the five lessons and the related comments. Notice that the comments are written as if they are your own thoughts about the idea. Try to imagine that they are. It will help if you frequently insert your name. This will set you up for the next phase, in which you generate similar thoughts of your own.
- Close your eyes and think about the idea and the comments. Think particularly about the central point of the commentary paragraph. Reflect on it. Let related thoughts come (utilizing the training you’ve received in that practice). If your mind wanders, repeat the idea and then get back to your reflection. This is the same basic exercise as in Lesson 50, in which you actively think about ideas in order to let them sink more deeply into your mind.

Remarks:

- At the beginning and end of the day read all five lessons.
- Thereafter, cover one lesson per practice period, in no particular order.
- Cover each lesson at least once.
- Beyond that, concentrate on a particular lesson if it appeals to you most.

Commentary

Today’s review carries enormous impact for me. In each of the short review paragraphs are sentences that convey to me the awesome power of my own mind: its power to choose its thoughts, and thus choose the world that it sees.

I have real thoughts as well as insane ones. I can therefore see a real world, if I look to my real thoughts as my guide for seeing. (1:4–5)

I am grateful that this world is not real, and that I need not see it at all unless I choose to value it. And I do not choose to value what is totally insane and has no meaning. (2:6–7)

Now I choose to withdraw this belief, and place my trust in reality. In choosing this, I will escape all the effects of the world of fear, because I am acknowledging that it does not exist. (3:7–8)

Let me remember the power of my decision, and recognize where I really abide. (4:6)

The images I have made cannot prevail against Him because it is not my will that they do so. My will is His, and I will place no other gods before Him. (5:6-7)

If I remember the power of my decision, I can choose not to value what is insane; I can choose to withdraw my belief in it. I do not have to accept that the images I have made have power to overcome God's Will; I do not have to make gods out of them. I can look to my real thoughts and let them guide my seeing. The words "choose" and "decision" and "will" echo through these paragraphs. What power has been given to my mind!

I once read these ten review lessons onto tape; they fit on less than a 30-minute tape, read quite slowly. Recording them had tremendous impact on me, and listening to the tape several dozen times had even more impact. These fifty pithy paragraphs are a remarkable overview of the Course's thought system. And as I read them aloud, I found myself putting deep feeling into sentences such as "I cannot live in peace in such a world. I am grateful that this world is not real. And I do not choose to value what is totally insane and has no meaning" (2:5-7). Every time I came to a line that said, "I do not choose" or "I choose," it was as though something deep within me was shifting. I felt a growing determination, and a sense of being enabled by God to choose what my mind would think and what my perception would see. Try reading today's lesson aloud and see how it feels.