

## LESSON 54 • FEBRUARY 23

### Review of Lessons 16 to 20

**“I have no neutral thoughts.”**

**“I see no neutral things.”**

**“I am not alone in experiencing the effects of my seeing.”**

**“I am not alone in experiencing the effects of my thoughts.”**

**“I am determined to see.”**

### 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

This review links these ideas together as a powerful motivator for changing my thoughts.

My thoughts make the world, either the false world or the real world. The world I see is a “representation of my own state of mind” (2:4). I can contribute to the making of a world of separation, or I can, by awakening my real thoughts, awaken those thoughts in others. What I think and say and do “teaches all the universe” (4:3). By changing my own mind, I can change every mind along with mine. When I realize this, I am filled with a dynamic determination to look upon the real world, to open my mind to the thoughts I share with God, and in so doing, to transform the universe.

Archimedes is reputed to have said, “Give me a lever long enough, and I will move the world.” I have that lever. It is my mind; “mine is the power of God” (4:6). One man whose mind is wholly transformed will transform all the world. Jesus was such a man, and the impact of his thought is still unfolding, the ripples still spreading in the pond of mind. I can join with him and add the power of my mind to his.

I do want to see “love...replace fear, laughter...replace tears” (5:4). I want to let this be done through me. In each situation in which I find myself today, with each person I meet, may this be my aim. “I am here only to be truly helpful. I am here to represent Him who sent me” (T-

2.V(A).18:2–3). By allowing my mind to be changed, I will bring healing to everyone I meet today.