

LESSON 55 • FEBRUARY 24

Review of Lessons 21 to 25

“I am determined to see things differently.”

“What I see is a form of vengeance.”

“I can escape from this world by giving up attack thoughts.”

“I do not perceive my own best interests.”

“I do not know what anything is for.”

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

The pattern laid down by the first fifty lessons becomes clearer with each day of review. The writing in these ten review lessons is among the clearest and most straightforward in the entire Course.

Of course I am determined to see things differently; “disease, disaster and death” (1:2) are not what I want to see. That I see them proves I do not understand God, and I do not know who I am. The world I see pictures attack thoughts, “attack on everything by everything” (2:3). In this world everything lives by consuming the life of something else; whether it is the life of an animal or a plant makes little difference. Even the lowest life form lives from the energy given off by the destruction of the Sun. What gives rise to this picture? My own attack thoughts.

“My loving thoughts will save me from this perception of the world” (2:6). Changing my mind from attack to love will change the world I see. “It is this I choose to see, in place of what I look on now” (3:5).

And no wonder I am confused about my best interests! I don’t know who I am; how could I know what I need? I am willing to accept the guidance of One Who knows me; I understand that I can’t perceive my best interests by myself. I use everything to sustain my illusions about myself (4:4). What I need is a way to let the world teach me the truth about myself. Seeing it as I see it, the world is frightening; I want to know the truth.

The transformation hinges on my willingness to recognize that I do not like what I see, and since what I see comes from what I think, I want to change what I think. I do not know my best interests, and the purpose I have assigned to everything has been twisted to support my ego identity (5:2), so now I am willing to let these ideas go. Confused as I am, how could I teach myself what I do not know? I need a reliable, trustworthy Teacher, and in the Holy Spirit I have that Teacher.

My only job is to make myself teachable by letting go of my false thinking, letting go of my attack thoughts. I think they sustain me but they are destroying me. I resolve today to choose differently, and to open my mind to a way of thinking I cannot, as yet, begin to understand. I open my heart to love.