

## LESSON 88 • MARCH 29

(75) "The light has come."

(76) "I am under no laws but God's."

### Practice instructions

**Longer:** Two times (once for each of the ideas), for about fifteen minutes.

- For three or four minutes, slowly read over the idea and comments (repeatedly if you wish) and think about them.
- Close your eyes and spend the remainder of the practice period listening for the message the Holy Spirit has for you. We can see this time of listening as having the following components:
  1. Listen "quietly but attentively" (3:1)—listen in stillness and with all your attention.
  2. Hold an attitude of *confidence* ("this message belongs to me"), *desire* ("I want this message"), and *determination* ("I'm determined to succeed").
  3. Listening for ten minutes can easily be one big invitation to mind wandering, and so the majority of instruction for this exercise deals with this issue. For out-of-control mind wandering, go back and repeat the first phase. For more minor wandering, realize the distracting thoughts have no power and that your will has all the power, and then replace the thoughts with your will to succeed. Do so with firmness. "Do not allow your intent to waver" (4:1). "Refuse to be sidetracked" (5:2).

This is not mentioned in the instructions, but you may find it helpful to actually ask for the message, at the beginning and then periodically throughout. You may say, for instance, "What is Your message for me today?" You may even want to use this request as the specific vehicle for dispelling wandering thoughts.

**Frequent reminders:** Frequent.

Repeat the idea as a way of reaffirming your determination to succeed.

- First half of day: first lesson
- Second half of day: second lesson

**Response to temptation:** Whenever you are tempted to be upset.

Repeat some variation on the idea, modified to apply to this particular upset.

- You may use one of the three "specific forms" (W-pI.rII.In.6:1) suggested after each lesson. Notice how they are directed at a specific upset. Virtually every one is aimed at an upsetting "this" or an upsetting "name."
- Or you may generate one of your own specific forms, by using a variation on the practice of letting related thoughts come. Simply lean back and let your mind come up with a sentence that applies the essence of the idea to your current upset. For examples, see the specific forms suggested after each lesson.

### Commentary

The ideas being reviewed today seem to be concerned with very different concepts, yet have a certain common ground that is brought out in this review. That common ground could be expressed in this thought: Only what is of God is real; what appears to be in opposition is only an illusion without power, except that given it through my belief.

The light of salvation has *already* come. "I always choose between truth and illusion" (1:5), and "attack and grievances are not there to choose" (1:4). I really have no alternative to the light because there *is* no alternative. My entire experience of darkness is an adventure in delusion and nothing more; there is no darkness. "I can but choose the light, for it has no alternative" (1:7).

This is why the Text tells me that the outcome of my drama here on earth is inevitable. “God is inevitable, and you cannot avoid Him any more than He can avoid you” (T-4.I.9:11). In seeking that my perception be changed, I am only seeking to see what is already there, and what is the only thing there.

God’s laws alone rule me. The other laws that I think have power over me are laws that I made up. “I suffer only because of my belief in them. They have no real effect on me at all” (3:5–6). The laws of the ego cannot constrain me; I can be free of them *now* because I am, in reality, always free of them; they have no power. My ego at times seems so very powerful, the knee-jerk reaction of hurt and anger seems beyond my control and in control of me, but it is not so. I am free of these “laws” of chaos, of sin and guilt and punishment and separation. The healing of every relationship is inevitable because God’s laws make us one, not separate. “A happy outcome to all things is sure” (W-pII.292.Heading), because there are no laws but God’s, no will but God’s. Only my belief in it gives power to the appearance of an opposing will, with opposing laws.

Let me then, today, look on everything with this insight. Where I seem to see darkness, let me proclaim the reality of light. Where I see laws opposed to God at work, let me declare them powerless. Thank You, Father, for the certainty of Your plan, the present reality of Your light.