

## LESSON 89 • MARCH 30

(77) “I am entitled to miracles.”

(78) “Let miracles replace all grievances.”

### 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

“Because I am under no laws but God’s” (the laws of love and of extension, sharing, and giving), “I am entitled to miracles” (1:2). Giving of miracles is what God does, in accordance with His laws. The laws of grievances tell me I am not entitled to miracles. Every grievance I hold on to against a brother or sister is really my own mind telling me I do not deserve miracles; the very act of mental attack involved in holding a grievance makes me feel unworthy of them. Every grievance is hiding a miracle, and by letting the grievance go I release the miracle to happen.

There is a reason why God gives me miracles: He gives them so that I can fulfill the function He has given me (1:5), to continue His extension, to allow Him to love through me. The Course is emphatic on the fact that only in finding my true function as God's extension and fulfilling it can I be happy. My goal isn't being blissed out; it is to receive so that I can give, to accept love so I can share love with others. Like a light bulb that receives electric current only so that it can shine forth with light, I receive the miracles of God to extend them to others.

"I unite my will with the Holy Spirit's" (3:2) today; I declare, "Let miracles replace all grievances" (3:1). I want all of my illusions to be replaced with truth. I want my grievances to be banished forever from my mind and replaced with miracles. As I sit quietly this morning I call people I know to mind and tell them, "Let our grievances be replaced by miracles" (4:3). I think of war-torn spots on the globe and say, "Let our grievances be replaced by miracles." Today, I want to offer miracles to each one I meet. I want to be a channel of miracles; let me not block them with my grievances, Father.

When something arises in my perception that seems like a cause for grievance or grief, let me remember: "Behind this is a miracle to which I am entitled" (2:2). Let me tell myself: "Seen truly, this offers me a miracle" (2:4). Everything is miracle fodder; nothing is without use in this classroom of miracles.