

Lesson 201 • July 20

Central theme:

“I am not a body. I am free. For I am still as God created me.”

Review of:

(181) “I trust my brothers, who are one with me.”

Practice instructions

See instructions in separate document.

Commentary

Today, let us remember, as often as we can, that there is no one who is not our brother. Let us remember that we are all part of the one Self, and that our oneness with All-That-Is is a blessing we can never lose.

Together, we are a whole. Apart, we are nothing.

There is only one of us.

Everyone is linked immutably to God and to each other. Everything that is, is a direct offshoot of the Creator, equally worthy, equally holy, equally loveable.

My brothers and sisters are my joy and my delight. Let me see each one today as the blessing that they are to me.