

## Lesson 209 • July 28

### Central theme:

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

### Review of:

**(189) “I feel the Love of God within me now.”**

### Practice instructions

See instructions in separate document.

### Commentary

I was created by the Love of God (1:2). Creating and loving are the same (see T-7.I.3:3). Love, by its nature, extends outward and creates more of Itself, creates like Itself. “God created you by extending Himself as you” (T-7.I.5:2). “Think you that you can judge the Self of God? God has created It beyond judgment, out of His need to extend His Love” (T-15.V.11:1–2). Our Self was created out of the need of Love to extend Itself. We are the natural result of Love’s extension.

Therefore, we are that Love, extended. What I am is Love; Love is what I am. It is everything I am. There is no part of me that is not Love. I am wholly Love. That in me which seems to be something else—which may seem this morning to feel fearful, or depressed, or dull, or lifeless, or angry, or spiteful—is only illusion, a figment of my imagination. It is not real. It is not me. I am only Love, and therefore I teach only Love.

I am Love’s Son, by Love’s own proclamation (1:4). I am made in the image and likeness of Love. I cannot be anything other than loving, nor have I ever been anything other than loving. When I have believed I was something else, I was only dreaming. I am not a body, obsessed with self-preservation. I am free to love, and free to love freely. “God will never cease to love His Son, and His Son will never cease to love Him” (T-10.V.10:6).

“The Love of God within me sets me free” (1:5). It is connecting with that Love within myself that liberates me from my self-imposed bondage. It is accepting this Love *as* myself that frees me from guilt. It is allowing that Love to flow through me that frees me from sorrow and fills me with joy. Love is my liberator.

Let me accept today that the Love of God is in me. Let me *feel* Its presence. Let me be glad that Love is what I am. All the little things that seem to trouble me, that seem to tell me I am less than Love, or that anyone is less than Love, fade into nothing as I open my heart to Love.