

## LESSON 59 • FEBRUARY 28

### Review of Lessons 41–45

“God goes with me wherever I go.”  
“God is my strength. Vision is His gift.”  
“God is my Source. I cannot see apart from Him.”  
“God is the light in which I see.”  
“God is the Mind with which I think.”

### 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 first emphasis of these five ideas is obviously on God; every thought begins with that word. God is always with me. He is my strength, my Source, my light, and the Mind with which I think. As the Bible says, “He is not far from each one of us; for in Him we live and move and exist” (Acts 17:27–28). When I recognize that the environment in which I exist, the very energy that forms my life, is God, peace comes to my mind. How could I ever be separate from the Infinite? The Son of God “cannot separate himself from what is in him” (T-13.XI.10:2), and what he is in.

The second emphasis I notice is on my seeing. “Christ’s vision is His gift....Let me call upon this gift today” (2:5–6). “I can see only what God wants me to see. I cannot see anything else” (3:3–4). “I cannot see in darkness. God is the only light” (4:2–3). Any seeming vision apart from God cannot be real. Vision is His gift, God’s Will determines what can be seen, and God is the light by which we see it. Let me be glad to see what He shows me; let me see as He wills me to see.

Throughout, the lesson emphasizes my unity with God. If I am one with God and all creation, how can I see other than He does? To think I see differently, therefore, is to deny what I am and to wish I were something else apart from God, able to see what He does not. To share His vision and His thoughts is to affirm my true Self, as He created me.