

1. There is only one Being.

There are 'not two things'. No separately-existing entities. God, Christ, Jesus, Holy Spirit, myself, my friends, 'others' are all one. That 'one' is indivisible, always the same, unlimited, undifferentiated. It has no separate parts, there's nothing inside it, nothing outside it, nothing separate from it.

We don't need to do anything, change anything, practice anything, or purify the mind to understand this - all that's needed is clear seeing. It's very simple and obvious. So obvious, that's it's usually overlooked.

We just ask ourselves simple questions:

What is it that is aware of my experience? Is that which is aware of my experience different from that which is aware of your experience? If so, in what way?

What is essential to me? Whatever is essential to me must be something that has never changed throughout the whole of my life.

Course Lessons:

- 164 Now we are one with him who is our source
- 283 My true identity abides in you
- 40 I am blessed as the Son of God
- 299 Eternal holiness abides in me

2. Awareness, my essential being, is imperturbable

Whatever arises in experience is an expression or manifestation of awareness. From the point of view of that single being, awareness, nothing is either good or bad. Nothing goes against God, because everything is God. There are no opposites.

What I truly am can never be upset or harmed. There is no 'me' that chooses or creates 'good' or 'bad' outcomes. Everything is equally a manifestation of the one being, awareness.

There's no need and no possibility of changing our thoughts and feelings - just allow them to flow through without recoiling from the ones we dislike or trying to grasp and keep hold of the ones we dislike.

Course Lessons:

- 273 The stillness of the peace of God is mine
- 29 God is in everything I see
- 41 God goes with me wherever I go.
- 36 My holiness covers everything I see
- 268 Let all things be exactly as they are
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• ACIM	Ideas/commentary
I am God's Son complete and healed and whole	I am pure consciousness, unlimited, eternal, lacking nothing
Shining in the reflection of his love	All experience shines with the light of pure consciousness
In me is His creation sanctified	I am that which is aware of all experience
And guaranteed eternal life	The consciousness that I am is eternal – it never comes and goes. I never witness the disappearance of myself.
In me is love perfected, fear impossible.	Love is the feeling of lack of separation – it is what I am. I, consciousness, lack nothing, and cannot disappear. So what is there to be afraid of?
And joy established without opposite	True happiness is not a state of mind, it is the inherent, constant, unchanging nature of ourself. We lack nothing, so we desire nothing. The absence of desire is happiness.
I am the holy home of God Himself	I am pure consciousness. Consciousness vibrates and takes the shape of this body-mind.
I am the Heaven where his love abides	Love is another name for consciousness
I am His holy sinlessness itself	Everything that arises in consciousness, is accepted by consciousness. There can be no sin.
For in my purity, abides his own.	Consciousness is one pure, seamless, undivided whole, and I am that.