

A Course In Miracle Workbook For Dummies

LESSON 70

My salvation comes from me.

W-70.1. All temptation is nothing more than some form of the basic temptation not to believe the idea for today **that my salvation comes from me**. 2 Salvation seems to come from anywhere except from you. 3 So, too, does the source of guilt **seem to come from anywhere except from you**. 4 You see neither guilt nor salvation as in your own **split** mind and nowhere else. 5 When you realize that all guilt is solely an invention of your **own egoic** mind, you also realize that guilt and salvation must be in the same place. 6 In understanding **that the source of both guilt and salvation must be in your own mind**, you are saved.

W-70.2. The seeming cost of accepting today's idea **that your salvation comes from you** is this: It means that nothing outside yourself can save you; nothing outside yourself can give you peace. 2 But **today's idea that your salvation comes from you** also means that nothing outside yourself can hurt you, or disturb your peace or upset you in any way. 3 Today's idea **that your salvation comes from you** places you in charge of the universe, where you belong because of what you are **which is God's beloved Child**. 4 **Being God's beloved Child** is not a role that can be partially accepted. 5 And you must surely begin to see that accepting **today's idea that your salvation comes from you** is **your salvation because you are God's beloved Child**.

W-70.3. It may not, however, be clear to you why the recognition that guilt is in your own mind entails the realization that salvation is there **in your own mind** as well. 2 God would not have put the remedy for the sickness **of guilt** where **the remedy** cannot help. 3 **Placing the remedy where it cannot be found** is the way your **egoic** mind has worked, but hardly **the way God's loving Mind works**. 4 **God** wants you to be healed, so **God** has kept the Source of healing where the need for healing lies. **Your own mind needs to be healed because that is the source for all guilt**.

W-70.4. You have tried to do just the opposite, making every attempt, however distorted and fantastic it might be, to separate healing from the sickness for which **healing** was intended, and thus keep the sickness. 2 Your purpose was to ensure that healing did not occur. 3 God's purpose was to ensure that **healing did occur**.

W-70.5. Today we practice realizing that God's Will and our **will** are really the same in this **desire to have yourself be healed**. 2 God wants us to be healed, and we do not really want to be sick, because **sickness** makes us unhappy. 3 Therefore, in accepting the idea for today **that my salvation comes from me**, we are really in agreement with God. 4 **God** does not want us to be sick. 5 Neither do we **want to be sick**. 6 **God** wants us to be healed. 7 So do we **want to be healed**.

W-70.6. We are ready for two longer practice periods today, each of which should last some ten to fifteen minutes. 2 We will, however, still let you decide when to undertake **these two practice periods**. 3 We will follow this practice for a number of lessons, and it would again be

well to decide in advance when would be a good time to lay aside for each of **these two practice periods**, and then adhering to your own decisions as closely as possible.

W-70.7. Begin these practice periods by repeating the idea for today **that my salvation comes from me**, adding a statement signifying your recognition that salvation comes from nothing outside of you. 2 You might put it this way:

3 My salvation comes from me. 4 **My salvation** cannot come from anywhere else.

5 Then devote a few minutes, with your eyes closed, to reviewing some of the external places where you have looked for salvation in **your egoic** past;—in other people, in possessions, in various situations and events, and in self-concepts that **your ego** sought to make real. 6 Recognize that **your salvation** is not there **outside of you**, and tell yourself:

7 My salvation cannot come from any of these things. 8 My salvation comes from me and only from me.

W-70.8. Now we will try again to reach the light in you, which is where your salvation is. 2 You cannot find **the light** in the clouds that surround the light, and it is in **the clouds** you have been looking for **your salvation**. 3 **The light that is your salvation** is not there. 4 **Your salvation** is past the clouds and in the light beyond. 5 Remember that you will have to go through the clouds before you can reach the light. 6 But remember also that you have never found anything in the cloud patterns **your egoic split mind** imagined that endured, or that you **really** wanted.

W-70.9. Since all **of the ego's** illusions of salvation have failed you, surely you do not want to remain in the clouds, looking vainly for idols there, when you could so easily walk on into the light of real salvation. 2 Try to pass the clouds by whatever means appeals to you. 3 If it helps you, think of me, **Jesus, or the Christ consciousness within you**, holding your hand and leading you. 4 And I assure you this will be no idle fantasy.

W-70.10. For the short and frequent practice periods today, remind yourself that your salvation comes from you, and nothing but your own **egoic** thoughts can hamper your progress. 2 You are free from all external interference. 3 You are in charge of your salvation. 4 You are in charge of the salvation of the world. 5 Say, then:

6 My salvation comes from me. 7 Nothing outside of me can hold me back. 8 Within me is the world's salvation and my own **salvation**.

Notes to Lesson # 70

My salvation comes from me.

Lesson 70, my salvation comes from me, is a pivotal lesson in this course. I would like to draw your attention to the second paragraph, which I will quote below based upon the dummies format previously discussed. The second paragraph states the following:

W-70.2. The seeming cost of accepting today's idea **that your salvation comes from you** is this: It means that nothing outside yourself can save you; nothing outside yourself can give you peace. 2 But **today's idea that your salvation comes from you** also means that nothing outside yourself can hurt you, or disturb your peace or upset you in any way. 3 Today's idea **that your salvation comes from you** places you in charge of the universe, where you belong because of what you are **which is God's beloved Child**. 4 **Being God's beloved Child** is not a role that can be partially accepted. 5 And you must surely begin to see that accepting **today's idea that your salvation comes from you** is **your salvation because you are God's beloved Child**.

It is only from your own split mind's misperceptions that you need to be saved. Your split mind is the source for all the sin, guilt and fear that seems to torment you. Since the source of the problem is your own split mind, the healing must take place within your own mind's belief system.

Due to your ego's belief in separation, your split mind perceives that both the source of your guilt and your salvation must be somewhere outside of your own mind. This is because the ego believes that Love did not create you like Itself. Thus, you are not perfect, not whole and very incomplete. You are justified in holding grievances against God and His world.

Your ego perceives a world of victims and victimizers. It teaches that there are outside forces that are beyond your control. Because of this, your ego is reactive rather than proactive. The ego's focus is fear-based and concentrates on resisting what it perceives to be the negative forces of God's world. Your ego refuses to take responsibility for the world it made up to support its own beliefs. Your ego projects its own guilt upon God and blames God for the mess it made.

Lack rules your egoic thoughts. Your egoic mind does not want to be sick and therefore, its focus is on resisting illness. Yet, the laws of the universe state that what you resist persists. By focusing on the negative, our egoic mind actually attracts the very item that it is trying to avoid. Now, your ego must battle against the negative forces that its negative thinking actually attracts into its world.

Because our egoic thought system is fear-based, our egoic mind's focus is on resisting the things it does not want. Rather than placing its attention on being healthy, the ego does not want to be sick. The universe does not understand the negation of an idea. When you understand how the laws of the universe work, you will realize that your ego's fear-based thinking can only result in you experiencing poor health.

Due to the scope of this class, we cannot go into detail about the law of attraction that was the focus of the movie and book called "the Secret." However, why the law of attraction does not work is covered in great detail in my course on beliefs, the creation cycle and the law of deliberate creation.

I would also like to call your attention to the fact that Lesson 70 specifically states that my salvation comes from me. Note that it does not say my brother's salvation or all salvation comes from me. There are a number of reasons for this.

On a theoretical level, the idea of separation is not real and therefore, no one needs to be saved because no one was ever lost. Your divine inheritance's existence can be denied but it cannot be lost. Therefore, there is nobody to save. Since there is no separation, there really is nobody. There is only the One Self.

But on a more practical level, the reason that you cannot save your brother is because that would mean that your brother is not the controller of his own mind. It would give rise to the belief that a Son of God is limited. There would have to be forces that are beyond his control and that would make the separation real. This can never be the case. We share the holographic Mind of God.

Since a fantasy has no ability to change reality, your ego's misperceptions only need to be corrected in the delusional mind that was the source for the misperception to begin with. Since your mind is the source, your split mind is where the healing must take place.

All temptation comes from the belief that your salvation can be found somewhere outside your mind. This is impossible since your own split mind is the source for both your salvation and your guilt. Your big "S" Self or the Holy Spirit has been placed within your mind by God's Will. The Holy Spirit will insure that this healing takes place.

The ego tells us to look everywhere but where the problem and answer resides. Both the problem and answer can only be found within the mind that thought it. The Holy Spirit knows the answer and resides within our own mind. This answer cannot be lost, but merely not recognized.

When you go within and silence the voice for fear, you will realize that guilt is solely an invention of your fear-based thought system. You will also realize that you alone hold the key to your salvation. Since your sleeping mind invented the illusion of sin, guilt and fear, you merely need to wake up and follow your inner Voice for God and your illusions will dissolve before the truth of who you really are. You merely reclaim your divine inheritance and accept the At-One Ment for yourself

Question: Today's idea states that nothing outside yourself can hurt you or disturb your peace or upset you in any way. This idea places you in charge of your universe where you belong. You alone decide which thought system you will follow. Based on that choice, your inner world will generate the outer world you perceive.

Does your outer world reflect an inner world of peace, allowance, love and forgiveness?

If not, you are following the voice for fear. You need to listen to the Voice for Truth that resides within your own split mind.