

## A Course in Miracles – Lesson 278

*If I am bound, my Father is not free.*

<sup>1</sup> If I accept that I am prisoner within a body, in a world in which all things that seem to live appear to die, then is my Father prisoner with me. And this do I believe, when I maintain the laws the world obeys must I obey; the frailties and the sins which I perceive are real, and cannot be escaped. If I am bound in any way, I do not know my Father or my Self. And I am lost to all reality. For truth is free, and what is bound is not a part of truth.

*<sup>2</sup> Father, I ask for nothing but the truth. I have had many foolish thoughts about myself and my creation, and have brought a dream of fear into my mind. Today I would not dream. I choose the way to You instead of madness and instead of fear. For truth is safe and only love is sure.*