

A Course in Miracles – Lesson 284

I can elect to change all thoughts that hurt.

¹ Loss is not loss when properly perceived. Pain is impossible. There is no grief with any cause at all. And suffering of any kind is nothing but a dream. Such is the truth; at first to be but said, and then repeated many times; and next, to be accepted as but partly true, with many reservations. Then to be considered seriously more and more, and finally accepted as the truth. I can elect to change all thoughts that hurt. And I would go beyond the words today, go past all reservations, and arrive at full acceptance of the truth in them.

² Father, what You have given cannot hurt, and grief and pain must be impossible. Let me not fail to trust in You today, accepting but the joyous as Your gifts; accepting but the joyous as the truth.