

A Course in Miracles - Lesson 80

Let me recognise my problems have been solved.

1. If you are willing to recognise your problems, you will recognise that you have no problems. Your one central problem has been answered, and you have no other. Therefore you must be at peace. Salvation does depend on recognising this one problem and understanding that it has been solved. One problem – one solution. Salvation is accomplished. Freedom from conflict has been given you. Accept that fact, and you are ready to take your rightful place in God's plan for salvation.
2. Your only problem has been solved! Repeat this over and over to yourself today with gratitude and conviction. You have recognised your only problem, opening the way for the Holy Spirit to give you God's answer. You have laid deception aside and seen the light of truth. You have accepted salvation for yourself by bringing the problem to the answer. And you can recognise the answer because the problem has been identified.
3. You are entitled to peace today. A problem that has been resolved cannot trouble you. Only be certain you do not forget that all problems are the same. Their many forms will not deceive you while you remember this. One problem – one solution. Accept the peace this simple statement brings.
4. In our longer practice periods today, we will claim the peace that must be ours when the problem and the answer have been brought together. The problem must be gone because God's answer cannot fail. Having recognised one, you have recognised the other. The solution is inherent in the problem. You are answered and have accepted the answer. You are saved.
5. Now let the peace that your acceptance brings be given you. Close your eyes and receive your reward. Recognise that your problems have been solved. Recognise that you are out of conflict, free, and at peace. Above all, remember that you have one problem and that the problem has one solution. It is in this that the simplicity of salvation lies. It is because of this it is guaranteed to work.
6. Assure yourselves often today that your problems have been solved. Repeat the idea with deep conviction as frequently as possible. And be particularly sure to remember to apply the idea for today to any specific problem that may arise. Say quickly:
 7. *Let me recognise this problem has been solved.*
8. Let us be determined not to collect grievances today. Let us be determined to be free of problems that do not exist. The means is simple honesty. Do not deceive yourself about what the problem is, and you must recognise it has been solved.