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PART II

LESSON 284.

I can elect to change all thoughts that hurt.

W-284.1. Loss is not loss when properly perceived. 2 Pain is impossible. 3 There is no grief with any cause at all. 4 And suffering of any kind is nothing but a dream. 5 This 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. 6 Then to be considered seriously more and more, and finally accepted as the truth. 7 I can elect to change all thoughts that hurt. 8 And I would go beyond these words today, and past all reservations, and arrive at full acceptance of the truth in them.

W-284.2. *Father, what You have given cannot hurt, so grief and pain must be impossible.
2 Let me not fail to trust in You today, accepting but the joyous as Your gifts; accepting
but the joyous as the truth.*

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