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## PART I

LESSON 67. Love created me like itself.

W-67.1. Today's idea is a complete and accurate statement of what you are. 2 This is why you are the light of the world. 3 This is why God appointed you as the world's savior. 4 This is why the Son of God looks to you for his salvation. 5 He is saved by what you are. 6 We will make every effort today to reach this truth about you, and to realize fully, if only for a moment, that it is the truth.

W-67.2. In the longer practice period, we will think about your reality and its wholly unchanged and unchangeable nature. 2 We will begin by repeating this truth about you, and then spend a few minutes adding some relevant thoughts, such as:

3 Holiness created me holy.

4 Kindness created me kind.

5 Helpfulness created me helpful.

6 Perfection created me perfect.

7 Any attribute which is in accord with God as He defines Himself is appropriate for use.

8 We are trying today to undo your definition of God and replace it with His Own. 9 We are also trying to emphasize that you are part of His definition of Himself.

W-67.3. After you have gone over several such related thoughts, try to let all thoughts drop away for a brief preparatory interval, and then try to reach past all your images and preconceptions about yourself to the truth in you. 2 If love created you like itself, this Self must be in you. 3 And somewhere in your mind It is there for you to find.

W-67.4. You may find it necessary to repeat the idea for today from time to time to replace distracting thoughts. 2 You may also find that this is not sufficient, and that you need to continue adding other thoughts related to the truth about yourself. 3 Yet perhaps you will succeed in going past that, and through the interval of thoughtlessness to the awareness of a blazing light in which you recognize yourself as love created you. 4 Be confident that you will do much today to bring that awareness nearer, whether you feel you have succeeded or not.

W-67.5. It will be particularly helpful today to practice the idea for the day as often as you can. 2 You need to hear the truth about yourself as frequently as possible, because your mind is so preoccupied with false self-images. 3 Four or five times an hour, and perhaps even more, it would be most beneficial to remind yourself that love created you like itself. 4 Hear the truth about yourself in this.

W-67.6. Try to realize in the shorter practice periods that this is not your tiny, solitary voice that tells you this. 2 This is the Voice for God, reminding you of your Father and of your Self. 3 This is the Voice of truth, replacing everything that the ego tells you about yourself with the simple truth about the Son of God. 4 You were created by love like itself.

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