

ACIM Lessons, AA 12 Steps and Numerology

ACIM 1: Individuation, Independence, Attainment

- 1 Nothing I see in this room [on this street, from this window, in this place] means anything.
- 10 My thoughts do not mean anything.
- 19 I am not alone in experiencing the effects of my thoughts.
- 28 Above all else I want to see things differently.
- 37 My holiness blesses the world.
- 46 God is the Love in which I forgive.
- 55 Today's review includes the following:
- 64 Let me not forget my function.
- 73 I will there be light.
- 82 We will review these ideas today:
- 91 Miracles are seen in light.
- 100 My part is essential to God's plan for salvation.
- 109 I rest in God.
- 118 For morning and evening review:
- 127 There is no love but God's.
- 136 Sickness is a defense against the truth.
- 145 My mind holds only what I think with God.
- 154 I am among the ministers of God.
- 163 There is no death. The Son of God is free.
- 172 God is but Love, and therefore so am I.
- 181 I trust my brothers, who are one with me.
- 190 I choose the joy of God instead of pain.
- 199 I am not a body. I am free.
- 208 I am not a body. I am free. For I am still as God created me.
- 217 I am not a body. I am free. For I am still as God created me.
- 226 My home awaits me. I will hasten there.
- 235 God in His mercy wills that I be saved.
- 244 I am in danger nowhere in the world.
- 253 My Self is ruler of the universe.
- 262 Let me perceive no differences today.
- 271 Christ's is the vision I will use today.
- 280 What limits can I lay upon God's Son?
- 289 The past is over. It can touch me not.
- 298 I love You, Father, and I love Your Son.
- 307 Conflicting wishes cannot be my will.
- 316 All gifts I give my brothers are my own.
- 325 All things I think I see reflect ideas.
- 334 Today I claim the gifts forgiveness gives.
- 343 I am not asked to make a sacrifice To find the mercy and the peace of God.
- 352 Judgment and love are opposites. From one Come all the sorrows of the world. But from The other comes the peace of God Himself.
- 361 This holy instant would I give to You. Be You in charge. For I would follow You, Certain that Your direction gives me peace.

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AA Twelve Steps 1: Individuation, Independence, Attainment

- 1 We admitted we were powerless over alcohol — that our lives had become unmanageable.
- 10 Continued to take personal inventory and when we were wrong promptly admitted it.

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ACIM 2: Relation, Cooperation

- 2 I have given everything I see in this room [on this street, from this window, in this place] all the meaning that it has for me.
- 20 I am determined to see.
- 101 God's Will for me is perfect happiness.
- 110 I am as God created me.
- 200 There is no peace except the peace of God.
- 299 Eternal holiness abides in me.

AA Twelve Steps 2: Relation, Cooperation

- 2 Came to believe that a Power greater than ourselves could restore us to sanity.

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ACIM 3: Expression, Joy of Living

- 3 I do not understand anything I see in this room [on this street, from this window, in this place].
- 12 I am upset because I see a meaningless world.
- 21 I am determined to see things differently.
- 30 God is in everything I see because God is in my mind.
- 39 My holiness is my salvation.
- 48 There is nothing to fear.
- 57 Today let us review these ideas:
- 66 My happiness and my function are one.
- 75 The light has come.
- 84 These are the ideas for today's review:
- 93 Light and joy and peace abide in me.
- 102 I share God's Will for happiness for me.
- 111 For morning and evening review:
- 120 For morning and evening review:
- 129 Beyond this world there is a world I want.
- 138 Heaven is the decision I must make.
- 147 My mind holds only what I think with God.
- 156 I walk with God in perfect holiness.
- 165 Let not my mind deny the Thought of God.
- 174 God is but Love, and therefore so am I.
- 183 I call upon God's Name and on my own.
- 192 I have a function God would have me fill.
- 201 I am not a body. I am free. For I am still as God created me.
- 210 I am not a body. I am free. For I am still as God created me.
- 219 I am not a body. I am free. For I am still as God created me.
- 228 God has condemned me not. No more do I.
- 237 Now would I be as God created me.
- 246 To love my Father is to love His Son.
- 255 This day I choose to spend in perfect peace.
- 264 I am surrounded by the Love of God.
- 273 The stillness of the peace of God is mine.
- 282 I will not be afraid of love today.
- 291 This is a day of stillness and of peace.
- 300 Only an instant does this world endure.
- 309 I will not fear to look within today.
- 318 In me salvation's means and end are one.
- 327 I need but call and You will answer me.
- 336 Forgiveness lets me know that minds are joined.
- 345 I offer only miracles today, For I would have them be returned to me.
- 354 We stand together, Christ and I, in peace And certainty of purpose. And in Him Is His Creator, as He is in me.
- 363 This holy instant would I give to You. Be You in charge. For I would follow You, Certain that Your direction gives me peace.

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AA Twelve Steps 3: Expression, Joy of Living

- 3 Made a decision to turn our will and our lives over to the care of God as we understood Him.
- 12 Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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ACIM 4: Limitation, Order, Service

- 4 These thoughts do not mean anything. They are like the things I see in this room
[on this street, from this window, in this place].
- 13 A meaningless world engenders fear.
- 31 I am not the victim of the world I see.
- 40 I am blessed as a Son of God.
- 49 God's Voice speaks to me all through the day.
- 58 These ideas are for review today:
- 67 Love created me like itself.
- 76 I am under no laws but God's.
- 85 Today's review will cover these ideas:
- 94 I am as God created me.
- 103 God, being Love, is also happiness.
- 112 For morning and evening review:
- 121 Forgiveness is the key to happiness.
- 130 It is impossible to see two worlds.
- 139 I will accept Atonement for myself.
- 148 My mind holds only what I think with God.
- 157 Into His Presence would I enter now.
- 166 I am entrusted with the gifts of God.
- 175 God is but Love, and therefore so am I.
- 184 The Name of God is my inheritance.
- 193 All things are lessons God would have me learn.
- 202 I am not a body. I am free. For I am still as God created me.
- 211 I am not a body. I am free. For I am still as God created me.
- 220 I am not a body. I am free. For I am still as God created me.
- 229 Love, which created me, is what I am.
- 238 On my decision all salvation rests.
- 247 Without forgiveness I will still be blind.
- 256 God is the only goal I have today.
- 265 Creation's gentleness is all I see.
- 274 Today belongs to love. Let me not fear.
- 283 My true Identity abides in You.
- 292 A happy outcome to all things is sure.
- 301 And God Himself shall wipe away all tears.
- 310 In fearlessness and love I spend today.
- 319 I came for the salvation of the world.
- 328 I choose the second place to gain the first.
- 337 My sinlessness protects me from all harm.
- 346 Today the peace of God envelops me, And I forget all things except His Love.
- 355 There is no end to all the peace and joy, And all the miracles that I will give,
When I accept God's Word. Why not today?
- 364 This holy instant would I give to You. Be You in charge. For I would follow You,
Certain that Your direction gives me peace.

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- AA Twelve Steps 4: Limitation, Order, Service
4 Made a searching and fearless moral inventory of ourselves.

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ACIM 5: Constructive Freedom

- 5 I am never upset for the reason I think.
14 God did not create a meaningless world.
23 I can escape from the world I see by giving up attack thoughts.
32 I have invented the world I see.
41 God goes with me wherever I go.
50 I am sustained by the Love of God.
59 The following ideas are for review today:
68 Love holds no grievances.
77 I am entitled to miracles.
86 These ideas are for review today:
95 I am one Self, united with my Creator.
104 I seek but what belongs to me in truth.
113 For morning and evening review:
122 Forgiveness offers everything I want.
131 No one can fail who seeks to reach the truth.
140 Only salvation can be said to cure.
149 My mind holds only what I think with God.
158 Today I learn to give as I receive.
167 There is one life, and that I share with God.
176 God is but Love, and therefore so am I.
185 I want the peace of God.
194 I place the future in the Hands of God.
203 I am not a body. I am free. For I am still as God created me.
212 I am not a body. I am free. For I am still as God created me.
221 Peace to my mind. Let all my thoughts be still.
230 Now will I seek and find the peace of God.
239 The glory of my Father is my own.
248 Whatever suffers is not part of me.
257 Let me remember what my purpose is.
266 My holy Self abides in you, God's Son.
275 God's healing Voice protects all things today.
284 I can elect to change all thoughts that hurt.
293 All fear is past and only love is here.
302 Where darkness was I look upon the light.
311 I judge all things as I would have them be.
320 My Father gives all power unto me.
329 I have already chosen what You will.
338 I am affected only by my thoughts.
347 Anger must come from judgment. Judgment is The weapon I would use against myself, To keep the miracle away from me.
356 Sickness is but another name for sin. Healing is but another name for God. The miracle is thus a call to Him.
365 This holy instant would I give to You. Be You in charge. For I would follow You, Certain that Your direction gives me peace.

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AA Twelve Steps 5: Constructive Freedom

- 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

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ACIM 6: Balance, Responsibility, Love

- 6 I am upset because I see something that is not there.
15 My thoughts are images that I have made.
24 I do not perceive my own best interests.
33 There is another way of looking at the world.
42 God is my strength. Vision is His gift.
51 The review for today covers the following ideas:
60 These ideas are for today's review:
69 My grievances hide the light of the world in me.
78 Let miracles replace all grievances.
87 Our review today will cover these ideas:
96 Salvation comes from my one Self.
105 God's peace and joy are mine.
114 For morning and evening review:
123 I thank my Father for His gifts to me.
132 I loose the world from all I thought it was.
141 My mind holds only what I think with God
150 My mind holds only what I think with God.
159 I give the miracles I have received.
168 Your grace is given me. I claim it now.
177 God is but Love, and therefore so am I.
186 Salvation of the world depends on me.
195 Love is the way I walk in gratitude.
204 I am not a body. I am free. For I am still as God created me.
213 I am not a body. I am free. For I am still as God created me.
222 God is with me. I live and move in Him.
231 Father, I will but to remember You.
240 Fear is not justified in any form.
249 Forgiveness ends all suffering and loss.
258 Let me remember that my goal is God.
267 My heart is beating in the peace of God.
276 The Word of God is given me to speak.
285 My holiness shines bright and clear today.
294 My body is a wholly neutral thing.
303 The holy Christ is born in me today.
312 I see all things as I would have them be.
321 Father, my freedom is in You alone.
330 I will not hurt myself again today.
339 I will receive whatever I request.
348 I have no cause for anger or for fear, For You surround me. And in every need
That I perceive, Your grace suffices me.
357 Truth answers every call we make to God, Responding first with miracles, and
then Returning unto us to be itself.

AA Twelve Steps 6: Balance, Responsibility, Love

- 6 Were entirely ready to have God remove all these defects of character.

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ACIM 7: Analysis, Understanding

- 7 I see only the past.
16 I have no neutral thoughts.
25 I do not know what anything is for.
34 I could see peace instead of this.
43 God is my Source. I cannot see apart from Him.
52 Today's review covers these ideas:
61 I am the light of the world.
70 My salvation comes from me.
79 Let me recognize the problem so it can be solved.
88 Today we will review these ideas:
97 I am spirit.
106 Let me be still and listen to the truth.
115 For morning and evening review:
124 Let me remember I am one with God.
133 I will not value what is valueless.
142 My mind holds only what I think with God.
151 All things are echoes of the Voice for God.
160 I am at home. Fear is the stranger here.
169 By grace I live. By grace I am released.
178 God is but Love, and therefore so am I.
187 I bless the world because I bless myself.
196 It can be but myself I crucify.
205 I am not a body. I am free. For I am still as God created me.
214 I am not a body. I am free. For I am still as God created me.
223 God is my life. I have no life but His.
232 Be in my mind, my Father, through the day.
241 This holy instant is salvation come.
250 Let me not see myself as limited.
259 Let me remember that there is no sin.
268 Let all things be exactly as they are.
277 Let me not bind Your Son with laws I made.
286 The hush of Heaven holds my heart today.
295 The Holy Spirit looks through me today.
304 Let not my world obscure the sight of Christ.
313 Now let a new perception come to me.
322 I can give up but what was never real.
331 There is no conflict, for my will is Yours.
340 I can be free of suffering today.
349 Today I let Christ's vision look upon All things for me and judge them not, but give
Each one a miracle of love instead.
358 No call to God can be unheard nor left Unanswered. And of this I can be sure;
His answer is the one I really want.

AA Twelve Steps 7: Analysis, Understanding

- 7 Humbly asked Him to remove our shortcomings.

ACIM 8: Material Satisfaction

- 8 My mind is preoccupied with past thoughts.
17 I see no neutral things.
26 My attack thoughts are attacking my invulnerability.
35 My mind is part of God's. I am very holy.
44 God is the light in which I see.
53 Today we will review the following:
62 Forgiveness is my function as the light of the world.
71 Only God's plan for salvation will work.
80 Let me recognize my problems have been solved.
89 These are our review ideas for today:
98 I will accept my part in God's plan for salvation.
107 Truth will correct all errors in my mind.
116 For morning and evening review:
125 In quiet I receive God's Word today.
134 Let me perceive forgiveness as it is.
143 My mind holds only what I think with God.
152 The power of decision is my own.
161 Give me your blessing, holy Son of God.
170 There is no cruelty in God and none in me.
179 God is but Love, and therefore so am I.
188 The peace of God is shining in me now.
197 It can be but my gratitude I earn.
206 I am not a body. I am free. For I am still as God created me.
215 I am not a body. I am free. For I am still as God created me.
224 God is my Father, and He loves His Son.
233 I give my life to God to guide today.
242 This day is God's. It is my gift to Him.
251 I am in need of nothing but the truth.
260 Let me remember God created me.
269 My sight goes forth to look upon Christ's face.
278 If I am bound, my Father is not free.
287 You are my goal, my Father. Only You.
296 The Holy Spirit speaks through me today.
305 There is a peace that Christ bestows on us.
314 I seek a future different from the past.
323 I gladly make the "sacrifice" of fear.
332 Fear binds the world. Forgiveness sets it free.
341 I can attack but my own sinlessness, And it is only that which keeps me safe.
350 Miracles mirror God's eternal Love. To offer them is to remember Him, And through His memory to save the world.
359 God's answer is some form of peace. All pain is healed; all misery replaced with joy. All prison doors are opened. And all sin is understood as merely a mistake.

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AA Twelve Steps 8: Material Satisfaction

- 8 Made a list of all persons we had harmed, and became willing to make amends to them all.

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ACIM 9: Selflessness, Humanitarianism

- 9 I see nothing as it is now.
18 I am not alone in experiencing the effects of my seeing.
27 Above all else I want to see.
36 My holiness envelops everything I see.
45 God is the Mind with which I think.
54 These are the review ideas for today:
63 The light of the world brings peace to every mind through my forgiveness.
72 Holding grievances is an attack on God's plan for salvation.
81 Our ideas for review today are:
90 For this review we will use these ideas:
99 Salvation is my only function here.
108 To give and to receive are one in truth.
117 For morning and evening review:
126 All that I give is given to myself.
135 If I defend myself I am attacked.
144 My mind holds only what I think with God.
153 In my defenselessness my safety lies.
162 I am as God created me.
171 God is but Love, and therefore so am I.
180 God is but Love, and therefore so am I.
189 I feel the Love of God within me now.
198 Only my condemnation injures me.
207 I am not a body. I am free. For I am still as God created me.
216 I am not a body. I am free. For I am still as God created me.
225 God is my Father, and His Son loves Him.
234 Father, today I am Your Son again.
243 Today I will judge nothing that occurs.
252 The Son of God is my Identity.
261 God is my refuge and security.
270 I will not use the body's eyes today.
279 Creation's freedom promises my own.
288 Let me forget my brother's past today.
297 Forgiveness is the only gift I give.
306 The gift of Christ is all I seek today.
315 All gifts my brothers give belong to me.
324 I merely follow, for I would not lead.
333 Forgiveness ends the dream of conflict here.
342 I let forgiveness rest upon all things, For thus forgiveness will be given me.
351 My sinless brother is my guide to peace. My sinful brother is my guide to pain.
And which I choose to see I will behold.
360 Peace be to me, the holy Son of God. Peace to my brother, who is one with me.
Let all the world be blessed with peace through us.

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AA Twelve Steps 9: Selflessness, Humanitarianism

9 Made direct amends to such people wherever possible, except when to do so would injure them or others.

11: Illumination

11 My meaningless thoughts are showing me a meaningless world.
29 God is in everything I see.
38 There is nothing my holiness cannot do.
47 God is the strength in which I trust.
56 Our review for today covers the following:
65 My only function is the one God gave me.
74 There is no will but God's.
83 Today let us review these ideas:
92 Miracles are seen in light, and light and strength are one.
119 For morning and evening review:
128 The world I see holds nothing that I want.
137 When I am healed I am not healed alone.
146 My mind holds only what I think with God.
155 I will step back and let Him lead the way.
164 Now are we one with Him Who is our Source.
173 God is but Love, and therefore so am I.
182 I will be still an instant and go home.
191 I am the holy Son of God Himself.
209 I am not a body. I am free. For I am still as God created me.
218 I am not a body. I am free. For I am still as God created me.
227 This is my holy instant of release.
236 I rule my mind, which I alone must rule.
245 Your peace is with me, Father. I am safe.
254 Let every voice but God's be still in me.
263 My holy vision sees all things as pure.
272 How can illusions satisfy God's Son?
281 I can be hurt by nothing but my thoughts.
290 My present happiness is all I see.
308 This instant is the only time there is.
317 I follow in the way appointed me.
326 I am forever an Effect of God.
335 I choose to see my brother's sinlessness.
344 Today I learn the law of love; that what I give my brother is my gift to me.
353 My eyes, my tongue, my hands, my feet today Have but one purpose; to be given Christ To use to bless the world with miracles.
362 This holy instant would I give to You. Be You in charge. For I would follow You, Certain that Your direction gives me peace.

AA 11: Illumination

11 Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

22: Master Builder

22 What I see is a form of vengeance.