

Lesson 5

Friday, July 11, 2025 4:48 PM

5. How Is Healing Accomplished?

1. Healing involves an understanding of what the illusion of sickness is for.²Healing is impossible without this.

I. The Perceived Purpose of Sickness

1. Healing is accomplished the instant the sufferer no longer sees any value in pain.²Who would choose suffering unless he thought it brought him something, and something of value to him?³He must think it is a small price to pay for something of greater worth ⁴For sickness is an election; a decision .⁵It is the choice of weakness, in the mistaken conviction that it is strength. ⁶When this occurs, real strength is seen as threat and health as danger.⁷ Sickness is a method, conceived in madness, for placing God's Son on his Father's throne ⁸God is seen as outside, fierce and powerful, eager to keep all power for Himself. ⁹Only by His death can He be conquered by His Son.

2. And what, in this insane conviction, does healing stand for?²It symbolizes the defeat of God's Son and the triumph of his Father over him.³It represents the ultimate defiance in a direct form which the Son of God is forced to recognize.⁴ It stands for all that he would hide from himself to protect his "life. " ⁵If he is healed, he is responsible for his thoughts. ⁶And if he is responsible for his thoughts, he will be killed to prove to him how weak and pitiful he is. ⁷But if he chooses death himself, his weakness is his strength. ⁸Now has he given himself what God would give to him, and thus entirely usurped the throne of his Creator.

II. The Shift in Perception

1. Healing must occur in exact proportion to which the valuelessness of sickness is recognized.²One need but say, "There is no gain at all to me in this" and he is healed.³But to say this, one first must recognize certain facts. ⁴First, it is obvious that decisions are of the mind, not of the body ⁵If sickness is but a faulty problem-solving approach, it is a decision. ⁶And if it is a decision, it is the mind and not the body that makes it.⁷The resistance to recognizing this is enormous, because the existence of the world as you perceive it depends on the body being the decision maker. ⁸Terms like "instincts," "reflexes" and the like represent attempts to endow the body with non-mental motivators. ⁹Actually, such terms merely state or describe the problem.¹⁰They do not answer it.

2. The acceptance of sickness as a decision of the mind, for a purpose for which it would use the body, is the basis of healing.²And this is so for healing in all forms.³A patient decides that this is so, and he recovers .⁴If he decides against recovery, he will not be healed ⁵Who is the physician?⁶Only the mind of the patient himself. ⁷The outcome is what he decides that it is. ⁸Special agents seem to be ministering to him, yet they but give form to his own choice .⁹He chooses them in order to bring tangible form to his desires.¹⁰And it is this they do, and nothing else.¹¹They are not actually needed at all.¹²The patient could merely rise up without their aid and say, "I have no use for this."¹³There is no form of sickness that would not be cured at once.

3. What is the single requisite for this shift in perception?²It is simply this; the recognition that sickness is of the mind, and has nothing to do with the body.³What does this recognition "cost"?⁴It costs the whole world you see, for the world will never again appear to rule the mind. ⁵For with this recognition is responsibility placed where it belongs; not with the world, but on him who looks on the world and sees it as it is not ⁶He looks on what he chooses to see .⁷No more and no less ⁸The world does nothing to him. ⁹He only thought it did.¹⁰Nor does he do anything to the world, because he was mistaken about what it is.¹¹Herein is the release from guilt and sickness both, for they are one.¹²Yet to accept this

release, the insignificance of the body must be an acceptable idea.

4. With this idea is pain forever gone.²But with this idea goes also all confusion about creation.³Does not this follow of necessity?⁴Place cause and effect in their true sequence in one respect, and the learning will generalize and transform the world. ⁵The transfer value of one true idea has no end or limit. ⁶The final outcome of this lesson is the remembrance of God. ⁷What do guilt and sickness, pain, disaster and all suffering mean now?⁸Having no purpose, they are gone. ⁹And with them also go all the effects they seemed to cause.¹⁰Cause and effect but replicate creation.¹¹Seen in their proper perspective, without distortion and without fear, they re-establish Heaven.

III. The Function of the Teacher of God

1. If the patient must change his mind in order to be healed, what does the teacher of God do?²Can he change the patient's mind for him?³Certainly not. ⁴For those already willing to change their minds he has no function except to rejoice with them, for they have become teachers of God with him. ⁵He has, however, a more specific function for those who do not understand what healing is. ⁶These patients do not realize they have chosen sickness. ⁷On the contrary, they believe that sickness has chosen them. ⁸Nor are they open-minded on this point. ⁹The body tells them what to do and they obey.¹⁰They have no idea how insane this concept is.¹¹If they even suspected it, they would be healed.¹²Yet they suspect nothing.¹³To them the separation is quite real.

2. To them God's teachers come, to represent another choice which they had forgotten.²The simple presence of a teacher of God is a reminder.³His thoughts ask for the right to question what the patient has accepted as true. ⁴As God's messengers, His teachers are the symbols of salvation. ⁵They ask the patient for forgiveness for God's Son in his own Name. ⁶They stand for the Alternative. ⁷With God's Word in their minds they come in benediction, not to heal the sick but to remind them of the remedy God has already given them. ⁸It is not their hands that heal. ⁹It is not their voice that speaks the Word of God.¹⁰They merely give what has been given them.¹¹Very gently they call to their brothers to turn away from death: "Behold, you Son of God, what life can offer you.¹²Would you choose sickness in place of this?"

3. Not once do the advanced teachers of God consider the forms of sickness in which their brother believes.²To do this is to forget that all of them have the same purpose, and therefore are not really different.³They seek for God's Voice in this brother who would so deceive himself as to believe God's Son can suffer. ⁴And they remind him that he did not make himself, and must remain as God created him. ⁵They recognize illusions can have no effect. ⁶The truth in their minds reaches out to the truth in the minds of their brothers, so that illusions are not reinforced. ⁷They are thus brought to truth; truth is not brought to them. **⁸So are they dispelled, not by the will of another, but by the union of the one Will with itself. ⁹And this is the function of God's teachers; to see no will as separate from their own, nor theirs as separate from God's.**

[\(ACIM, M-5.III.1:1-3:9\)](#)