Unpublished Writings of Helen Schucman
Volume 13

Workbook
Notebook - 1a,b; 2a,b

Workbook 1a

A theor. foundat., search o - text,) nec. as a background. Make - exer.s meaningfull // Just o - exer.s — → make - goal poss. // An untrained mind can accomp. nothing // O - purpose f - exer.s 'train - mind' think along - theor. lines) - course sets forth //

- exer.s 7 very simple // They do a req. more — 1 a few minutes, X does not - matter when c do them // They req. no preparation // They are numbered, running) 1 to 365 // The training period is one year // Do not undertake more than one exer. ~~lesson~~ a day //

- purpose of - workbook) 'train - mind' a different perception of everything n - world // - ~~first se~~ workbook) div. d 2 sections, - first dealing with the undoing f what c see now, c - 2nd - restoration f sight // It is recommended — ⊃ exer. ~~lesson~~ be repeated sev. times ⊃ day, preferably n a different place ⊃ time, c if possible n easy sit. n) c spend any long period f time // The purpose) 'train - mind' generalize - lessons, so — c → undest. —

~~D. e. Then > as applic. ' ≠ sit. r ~ a ' ~ r ||~~

Unless specified - contrary, - exer.s should be practiced < - eyes open, & since - aim > ' learn how ' see || - only rule — should be followed throughout > ' practice - exer.s — great specificity || Take one applic ' every sit. n > < ~~as~~ find yourself, + ' everything < see n it || Each day's exercises are planned around one central idea, the exercises consisting of applying that idea to as many specifics as poss. || Be sure — < do a decide — ~ are some things < see ' > - idea for - day > inapplicable || - aim of - exercises > always be to increase - applic. of idea ' everything || > > a req. effort || Only be sure — < make no exceptions n applying - idea ||

Some of ideas < ~~may~~ find diffic. ' bel. + others > seem quite startling || < does n matter || < I merely asked ' ~~a use b applying~~ apply ' what < see || < I e asked ' judge them, or even ' bel. - || < I merely asked ' use them ||

O only ~~to use~~ — give meaning I to
show I to true // Remember only this;
I need to believe, I need to accept them,
+ I need to ~~even~~ welcome them // Some
I may actively resist // None of this
matter, nor decrease the efficacy // But
allow yourself make no exceptions in
applying the ideas the exercises contain //
Whatever I reaction' ideas may be, use
them // Nothing more — is required.

1. "Nothing I see in this room (on this
street, from this window, in this place) means
anything."

Now look slowly around you, + practice
applying this idea very specifically to whatever
I see:

"This table does not mean anything"
"This chair does not mean anything."
"This hand does not mean anything."
"This foot does not mean anything."
"This pen does not mean anything."

Then look farther away from ~~your~~ +
immediate area, + apply the idea to a
wider range:

"That door does not mean anything."
"That body does not mean anything."
"That lamp does not mean anything."
"That sign does not " "
"That shadow does not " ."

Notice that the statements are arranged in no order, & make no allowance for differences in kinds of things' is applied. That is the purpose of exercise. The statement is merely applied to anything & SEE. As practice applying the idea for the day, use it totally indiscriminately. Do not attempt to apply it to everything for the exercise should not become ritualistic. Only be sure that nothing SEE is specifically excluded. One thing is like another as far as the applic. of the idea is concerned.

2. "I ' given everything I see n > room (n > street,) > window, n > place) all - meaning that it has for me."

- exer. < > idea 7 - same as those < - first one // Begin < - things - 7 near you, + apply - idea ' whatever < glance rests on. Then increase - range outward // Turn < head, so that < include whatever > ' either side // If possible, turn around + apply - idea ' what was behind < // Remain < indiscrim. + poss. n selecting subjects for its applic., do e concentrate on anything n particl., + do e attempt ' include everything n 7 area 9 < > introd. strain // ¶ Merely glance easily + fairly quickly around <, trying ' avoid selection by size, brightness, color, material, or relat. import. ' < // ~~Sele~~ Take - subjects simply as < see them // ¶ Try ' apply - exercise < equal ease ' a body or a button, a fly or a ~~flame~~ fire floor // an arm or an apple // - sole criterion for applying - idea to anything is merely that < eyes 7 lighted on it // Make no attempt ' include anything particular, but be sure that nothing > specif. excluded //

"I do not understand anything I see in this room (the street, the window, or the place)."

Apply the idea in the same way as the previous ones, without making distinctions of any kind // whatever I see becomes a proper subject for applying the idea // Be sure that I do not question the suitability of anything for application of the idea // I am the exercises in judgment // Anything is suitable because I saw it // Some of the things I see may be emotionally charged meaning 'I' // Try to lay such feelings aside, & merely use the things exactly as I would anything else // (point of exercises) 'help I clear I mind of all past associations, 'see all things exactly as they appear 'I now, & 'realize how little I know about them // It is essential — I keep a perfectly open mind, unhampered by judgment, in selecting the things 'I' (the idea for the day) 'be applied // For the purpose of this thing) I am, the equally suitable & equally useful //

P. W-6

"Thoughts do not mean anything // Like things I see in room (in it, in window, in place)."

Within preceding ones, exert to beg. idea for day // in practice periods, beg. noting thoughts crossing mind for about a minute // apply idea // If, already aware of unhelpfy thoughts, use them as subjects for idea // Do not, however, select only the thoughts that are "bad" // if find, train yourself look at thoughts, — repress such a mixture that in a sense none of them can be called "good" or "bad" // why they do not mean anything //

In selecting subj's for applic of today's idea, usual specif) req // Do not be afraid use "good" thoughts as well as "bad" // None of them are real thoughts, being covered up by them // "good" ones of aware shadows what lies beyond, shadows make sight diffic // "bad" ones are blocks sight, make seeing impossi // do

a ~~[illegible]~~ either//

→ a major exer., r → be repeated
→ time 'time n somewhat diff. form// - quiz
here → 'train c' n - first steps toward
- goal ρ sep. - meaningless → - meaningful//
O a first attempt n - long-range purpose ρ
learning 'see' - meaningless as outside c x
& - meaningful within// O also - beginning ρ
training c mind 'recognize what → same c
what → diff.

n using c thoughts for applic. ρ -
idea for today, identify ∃ thought by -
central figure or event it contains; for
ex:

"~~Thoughts~~ about ═══ does not mean
anything// O ~~S~~ ↓ - things I see n → room
(or wherever c are)."

c → also use the idea for a partic.
thought → c recogn. as charged// → practice
~~however~~, → useful, ∪ → e a substit. for -
more random procedures 'to followed// Do
e, however, examine c mind for more → a
minute or so// c → Too inexperienced as yet
'avoid a trend.' Rec. positively preoccup.//
Further, since ~ exercises → - first ρ →

kind - I may find - suspension of judgment & correct - Thoughts parts dupic. // Do not repeat - errors more - 3 or 4 times during - day // - return them later //

5. "I never upset - reason I."
6. I upset bec I see something —
   I a - 7
7. I see only - past

"I am not upset for the reason I think."

> ~~Thought~~ idea, 1 - preceding one, can be used with 7. person, sit. or event ⌐ think) causing ⌐ pain // Apply it specific 'whatever ⌐ bel.) - "cause" of ⌐ upset, using the descriptor of - feeling ∩ whatever term seems accurate' ⌐ // - upset may seem' be fear, worry, depression, anxiety, anger, hatred, jealousy, or any number of other forms; all of \ ~~so~~ > be perc. ⌐ diff. // > > a true // However, so ⌐ learn — form be matter, ∋ form bec. a proper subject for ⌐ exer.s for - day // Applying - same Thought '∋ of - sep.) - first step ∩ ultimat. recogn. they 7 all - same //

When using ~~the~~ today Thought for today for a specific perc. cause of ⌐ an upset ∩ 7 form, use both the name of - form ∩ \ ⌐ see - upset, + the "cause" '\ ⌐ describe it. For Ex:

"I am not angry at — for - reason I."

"I am ~~a~~ afraid of — " " "

But again, ⊃ should a be substit. for/ practice periods n ⊃ ⊂ first search ⊂ mind for "sources" ρ upset n ⊃ ⊂ behavior + forms ρ upset ⊃ ⊂ think result // ⊃ n ⊃ exer.s more → n - prevent. ones, ⊂ may find it hard ' be indiscrim., ⊢ avoid giving greater weight ' some exp.s → ' others// It might help ' preceed - exer.s ⊂ - statement: " ⊃ are no small upsets. They are all equally disturbing ' my peace ρ mind." Then examine ⊂ mind for whatever ⊃ disturbing ⊂ regardless ρ how much/ how little ⊂ think ρ doing so//

⊂ may also find yourself less willing ' apply today's idea ' some pere. sources ρ upset → ' others// If ⊃ occurs, think first of this:

"I cannot keep this form ρ upset ⊢ let - go// For - purposes ρ ⊃ exer.s, → ⊢, I ⊃ req. - all as - same."

→ search ⊂ mind for no more → a minute ⊃ so, try ⊢ identify a no. ρ diff. forms ρ upset — ⊃ disturb ⊂ regardless ρ ~~that~~ relat. import. ⊂ may give // ~~to~~ apply - idea for today ' ⊃ ρ them, using -

name P. both - source as ⊂ perc. it, + - feeling as ⊂ exper. it // 3 or 4 times during - day) enough //

6 "I am upset bec. I see something —) e ⇒."

- exer.s ⊂ ⊃ idea + 4. similar ' - preceding ones // Again O rec. ' name both - form P - upset (angry, frightened, hurt, worried, + so on) + the perc. source very specif. for ② applic. P - idea // for ex:

② "I am worried about ——— bec. I see something ——) e there."

① "I am angry at ——— bec. I see something ——) e There."

Today's idea) useful for applic. ' anything that seems to upset ⊂, + can profitably be used throughout - day for that purpose // However, - 3 or 4 practice periods should be preceded by a minute or so of mind searching, as before, + applic. P - idea ' ② upsetting thought ✱ uncovered - search // Again if ⊂ can't applying - idea ' some upsetting thoughts more — + ' ⊃, remind

yourself P - 2 cautions stated - prev. lesson:
→ 7 no small upsets. 7 all equally
disturbing "my dear P mind."

"I ∂ keep → from P upset & let
∂ go." For perf. P ← exer.; ↑, I
I → req. - all as same."

W-11
7. "I see only - part."
= idea ↑ partic. diff. bet. ← first // ↑ last
0 - rationale for all P preceding ones //
It) - reason why nothing — ← see
means anything //
0 - reason why ← gives everything ∝ ←
see all - meaning (they) has for ← //
0 - reason why ← do a understt.
anything ← see
0 - reason why ← thoughts do a
mean anything, ∂ ← 7 - things ← see
0 - reason why ← 7 never upset for
reason ←
& 0 - reason why ← 7 upset bec. ← see
something — ↑ ← //
Old ideas about time are very
hard' change, bec. everything ← behind)

~~rooted in time, & depends on~~ not having
new ideas about it // yet —> precisely
why need new ideas about it // first
time idea really not so strange as it
sounds at first // Look at a cup, for ex. //
Do really see cup, or are merely
renewing past experiences picking up
a cup, being thirsty, drinking from a
cup, feeling the rim of a cup against
lips, having breakfast, & so on? Are
aesthetic reactions cup, too, based on
past experiences? How else would
know whether or not kind cup break if
drop it? What do know about cup
except what learned in past? would
have no idea what cup is except for
past // Do, in fact, really see it?
look about // equally true
whatever look at // Acknowledge by
~~applying~~ idea for today in discrim.
whatever catches your eye For ex.:
"I see only part —> pencil."
"I " " " " " shoe."
"I " " " " " hands"
" —— body." " —— face."

W-T3

3. "My mind) preoccup. ⌐ past Thoughts"

⊃ idea), of course, - reason why ⌐ see only - past // No-one sees anything // ⌐ see only his Thoughts, projected outward // - mind is preoccup. ⌐ - past) - cause f total misconcept. about time) \ ⌐ seeing suffers // ⌐ mind cannot grasp - present, which) - only time ⊃ is // ⌐ ∴ ⌐ undest. time, + cannot, ∩ fact undest. anything //

- only wholly true Thought ∴ can hold about - past) — ⌐ not present, + ∴ ⌐ here // '- about it at all) ! think about illusions // Very few minds ✓ realized what) actually entailed ∩ picturing - past, or ∩ antic - future // - mind) actually blank when it does ⊃, bec. it) ⌐ really thinking about anything !

H/ - purpose f - exer. for today) ' begin ' train ⌐ mind ' recognize when it is really ⌐ thinking at all // while thoughtless "ideas" preoccupy ⌐ mind. ⊃

truth is blocked // Recognizing — ⌐ mind has ~~actually~~ really been merely blank, rather — believing — o filled ⌐ real ideas, is — first step in opening - way 'vision // - exer.s for today should be done ⌐ eyes closed // → bec. ⌐ actually cannot see anything, + o easier 'recogn. — no matter how vividly ⌐ may picture a thought, ⌐ ¬ ⌐ seeing anything // ⌐ ⌐ little investment as poss., teach ⌐ mind for - usual minute or so, merely noting the thoughts ⌐ find there. Name each ⌐ by the central figure or theme it contains, + pass on '- next. ~~For ex:~~ Introd. - practice period by saying:

"I seem 'be thinking about ..."

+ Then name each ρ ⌐ thoughts specifically, making no attempt 'control ~~& order~~ ⌐ occur '⌐ // For ex:

+ "I seem 'be thinking about (~~this person~~ Name of person), ~~this thing~~ about (name of obj.), ~~situation~~ about (name of event), about (name of emotion) + so on, concluding, at the end ρ - mind

searching paired with
"But my mind > preoccup. c part
Thoughts."
→ > be done 4 or 5 times during day,
unless c find it irritates c // If c
find it trying, 3 or 4 times >
suffic // c might find it helpful,
however, 'include c irritation, (or,
in fact, any emotion > - idea may
indicate) in the mind searching itself //

my thoughts ¬ unrelated · present // (change 'my') P) I am aware
— 9. "I see nothing as it is now."

W. 13

> idea obs. follows > — ≥ preceding
ones // But while ⌐ may ~~seem~~ be able '
accept it intellect, ⌐ unlikely — ⌐ >
really mean anything ' ⌐ as yet // However,
undest. > ⌐ nec. ⌐ > point // In fact,
— recogn — ⌐ ⌐ do ⌐ undest. > a pre-
requisite for undoing ⌐ false ideas // ⌐
exer.s ¬ concerned ⌐ practice, ⌐ ⌐ undest. //
⌐ do ⌐ need ' practice what ⌐ really undest. //
It would indeed be circular ' ask at undest.
+ assume — ⌐ ⌐ it already //

It > diffic. for — untrained mind '
believe — what seems ' be pictured
before it > ⌐ ¬ // > idea can be quite
disturbing, + may meet ⌐ active resist. >
¬ no. P forms // Yet — does not preclude
applying it // No more — + — > required
for ¹⁻³, 9 ¬ actual exer.s // Each little
step > clear a little P darkness away, + undest. >
finally comes ' lighter ex. covers P mind
— has been cleared P debris ' darkness if ⌐
⌐ exer.s for ¹⁻³, 9 ¬ practice
periods ¬ suffic., ~~should be done by~~ involve looking about ⌐ +

applying - idea for - day ' what C see,
remembering - need for its indiscriminate
application, & - essential rule P excluding
nothing // It is emphasized again that
while complete inclusion should not be
attempted, specific exclusion must be
avoided // Be sure C are honest -
yourself ? making - distinction // C may
be tempted ' obscure it //

W-17

10. "My thoughts do not mean anything"

> idea applies 'all thoughts of' are aware, & bec. aware in - practice periods// - reason - idea > applicable 'all of.' > — > e — > e < real thoughts// ✓ made > distinct. before, + > again// ✓ no basis for comparison as yet// when < do ✓ > ✓ no doubt that < once behavior ✓ < thoughts did do e mean anything//

>> 2nd time ✓ ✓ used > kind of idea// - form > only ~~very~~ slightly different// > time - idea is introd. < "my thoughts" instead of "< thoughts," + no hint > made correctly ✓ - things around ✓// - emphasis > now on - lack of reality of what < think < think// > aspect of correction process beg. < - idea — - thoughts of > ✓ > aware > meaningless, outside rather — + within; + + stress > ~~the~~ past rather — + present - status// Now ✓ > emphasis — > presence of < thoughts means — ✓ > e thinking// >> merely ✓ way of repeating our earlier statement — < mind > - really - a blank// 'recognition >>' 'recognition' nothingness when < think ✓

see It// As such, a prerequisite for vision//

Close ⌐ eyes for 5 exercises, + introd. by ~~say~~ repeating ~~thought~~ idea for today quite slowly ' yourself// Then add:

" ⊃ idea ⊃ help ' release me ⊃ all — I now believe."

- exercises consist, as before, ⊃ searching ⌐ mind for all ⊃ thoughts ⊃ available ' ⌐, without ~~judgment~~ selection or judgment// Try ' avoid ⊃ classification// ⊃ fact, if ⌐ find it helpful ' do so, ⌐ might even invent — ⌐ are watching an oddly assorted procession ~~of~~ going by, which has little, if any, personal meaning ' ⌐// As each one crosses ⌐ mind, say, for ex:

" ⊃ thought about — does not mean anything."

" — thought about — does not mean anything."

Today's idea ⊃ abs. here for any ~~that~~ thought ~~that~~ distresses ⌐ is ⊃ true// In addition, 5 practice periods are recommended, each lasting no more — + a minute 9 so of mind searching (. It) ⌐ recommended — ⊃ time period be extended, + ⌐ should be reduced '

half a minute or even less if experience discomfort.//
Remember, however, repeat idea slowly before applying it specifically, & also add "> idea > help release me > all — I now believe."

11 ~~10.~~ My meaningless Thoughts 7 Showing me a meaningless world//

12 ~~11.~~ I am upset bec. I see a meaningless world.

13 ~~12~~ "A meaningless world responds to fear."

14 ~~13.~~ God did not create a meaningless world.

15 ~~14.~~ My thoughts 7 images \ I \ made"

16.

W-19R

II. "My meaningless thoughts | 7 showing me a meaningless world."

> > - first idea ✓ i had which | selected | a major phase of - correction process; - personal of - thinking of world// It seems as if - world determines what ✓ - perceive// Today's idea introd. - idea (concept) — ✓ thoughts determine ~~what~~ ~~✓ see~~ ~~world ✓ see~~// ✓ > take a great deal of practice | bf. > idea// Be glad indeed | practice it n → critical form, for n > idea > ✓ have made sure// - key | forgiveness lies n it//

- practice periods for today's idea 7 | be undertaken somewhat diff. > - prev. ones. Beg. ✓ eyes closed, + repeat - idea slowly// + open ✓ eyes + unlock a word, near or far, up or down, — any direct// During - minute or so | be aware n ~~approach~~ approach idea, merely repeat it | yourself, being sure | do so without haste & ✓ no - excess of worry or effort// | do - excess for max. benefit ~~[illegible]~~

~~exps/there~~ should ~~is~~ Thing to fairly rapidly, since they should not linger → anything ∧ partic// - words, however, should be used ∧ an unhurried, even leisurely fashion// - introd. ⊃ idea should be practiced as casually as poss// (contain - fundat. pos - peace, relax. & freedom). many that (∧ trying ' allusion// ON couch. - exc., close (eyes & repeat - idea once more slowly, yourself.

¶ These practice per. today → prob. by Lupic. // If → ⊃ little or no uneasiness, & an indication ' do more, as many as 5 may be undertaken// More → ⊃ e recommended//

W-20 | IE "I am upset bec. I see a meaningless world."

- import. P → idea his n - fact
— (cont. a correct for a major percept. distortion // (think — what distress ( ) a frightening world, a sad world, a violent world, even ¬ insane world // All P ≠ attitv. ¬ given it by (// ∅ meaningless (world) n itself // ¬ excep. ¬ done (- Eyes open // look around (, → think quite slowly // Try ' pace yourself so — - slow shifting of (glance) : thing ' ¬ other involves a fairly constant time interval // Do not allow - time P - shift ' become markedly longer or shorter,) try instead ' keep a measured, even tempo throughout // ' what ≠ see does not matter // (teach yourself → as (give whatever (glance rests on equal attent. & equal time // →) a big step n learning spirit / equal value //

As (look about (, say yourself: ~~using whatever words occur to you:~~

~~—π~~ I think I see a fearful world, a ~~good world,~~ a dangerous world, a hostile world, ~~a satisfying world,~~ a sad world, a wicked world, a crazy world," & so on, using whatever descriptive terms occur ' ⌐ // If terms which seem positive rather — neg. occur ' ⌐, included - // For ex, ⌐ might think ⌐ "a good world," or "a satisfying world." If only descriptive terms occur ' ⌐, they should be ~~included~~ used at - point) ⌐ - practice period ' occur. Be sure — ⌐ do ⌐ alter - true intervals betw. - ~~applying~~ appli ⌐ - idea ' what ⌐ -) pleasant & what ⌐ think is unpleasant, ⌐ ' what) meaningless) neith. good nor bad //

Why, —, should a meaningless world upset ⌐? If ⌐ could accept it as meaningless & let - truth be written upon it for ⌐, it would make ⌐ indescribably happy // But bec. ○ meaningless ⌐ ⇒ impelled ' write upon it what ⌐ would ⇒ it be // ○ → ⌐ see ∩ it // ○ → —) meaningless ∩ truth // Beneath ⌐ words) written — Word ⌐ God // - truth upsets ⌐ now, ⌐

when words r been erased, r → sys - Word of God //

3 or 4 times r enough for practicing - idea for today // Nor should r practice periods exceed a minute // r may find even → too long // Terminate the exercises whenever r exper. a sense of strain.

W-22

13. "A meaningless world engenders fear" ~~in me~~

Today's idea r really another form of preceding one, except — a more specific as - emotions aroused // Actually, a meaningless world r impos. // Nothing without meaning exists // However, r does & follow — r → not perceive something — has no meaning // On - contrary, r ~~r perceive~~ → be perfec. ~~tempted~~ likely ' Think r do perceive it //

Recogn. of meaningless arouses intense anxiety r all - sep. ones // It repres. ' - a situat. r r. God r. ego "challenge" ⊖ other ~~about~~ as to whose meaningless

be ~~written~~ s - empty space) meaningleness
provides // - ego rushes frantically to extend
its own "ideas" → fearful — -
void may otherwise be used ' demonstr.
its own ~~[illegible]~~ importance & reality //
And on → alone ○ correct //
○ essential i.e., — ⌐ learn '
recognize - meaningless, & accept it
without fear // If ⌐ ? fearful, ○
Cert. — ⌐ → endow - world ⌐
attrib.s) (does ← possess, ⌐ crowd
it ⌐ images — do not exist // ' -
ego, illusions ? safety devices, as they
must also be ' ⌐ who separate yourself
⌐ - ego //
- excer.s for today, which should
be done about 3 or 4 times for
not more + a minute or so ~~Ø~~ at
most ○ time, are ⌐ be practiced in
- a somewhat diff. way → preceding
ones // ⌐ eyes closed, repeat today's idea
! yourself // — + open ⌐ eyes ⌐
look about ⌐ slowly, saying:
"I am looking at a meaningless
world."

Repeat → statement ' yourself as ⌐ look about, then close ⌐ eyes ⌐ conclude ⌐ :

" A meaningless world engulfs for bec. I think I am ∩ corrupt. ⌐ God."

⌐ may find it diffic. ' avoid resistance, " ∩ ÷ form or another, ' → concluding statement // whatever form such resistance may take, ~~remind~~ try " yourself ——— → ⌐ ↑ really afraid P such a thought bec. of - "vengeance" P "enemy." ⌐ ↑ ⌐ expected ' relis - statement ⌐ → point, ∀ → prst. try ' dismiss it as preposterous // Note carefully, however, any sign P ⌐ ⌐ ↑ fear which it may arouse //

→ ow first attempt ⌐ stating ~~ow~~ ⌐ came ∀ ~~expl~~ relat. P a kind ⌐ ↑ ⌐ ↑ my inexperience ∩ recognizing // Do ⌐ dwell → - concld. statement, ∀ try ⌐ ∀ think P it except during - excr. periods // ——— → suffice at present //

W-24

19. "God did not create a meaningless world."

Idea for today is, of course, reason why a meaningless world is impossible // What God did not create does not exist // And everything — does not exist exists as He created it // world we see has nothing to do w/ reality // It is of our own making, & it does not exist //

Exers for today are to be practiced w/ your eyes closed // The mind searching period should be short, a minute at most // Do not have more than 3 practice periods w/ today's idea // ~~unless you find it them~~ comfortable // If you do, it will be bec. you really understand what they are for //

Idea for today is another step in learning to let go — ~~ideas~~ thoughts — written on world, & see world & God in its place // Early steps in this exchange, which may be called salvation, can be quite diff. & painful // Some p. in bad w/

directly into fear // ⌐ → ∘ be left ⊸ // ⌐ → go far beyond it // Our direction ⊃ toward perf. safety & perf. peace //

⌐ ⌐ eyes closed, - ρ all - heroes ⊃ world - cross ⌐ mind // Name ∂ ∴ as it occurs ⌐, & ⊸ deny its reality // God did ∘ create it, & so ○ not real // Say, for ex:

"God did not create the war ∩ Vietnam, & so ○ ∘ real."

"God did ∘ create ~~the~~ airplane crash, & so ○ ∘ real."

"God did ∘ create ~~the~~ disaster (specify), & so ○ not real."

"God did ∘ create ~~the~~ illness (specify) (name ρ person), & so ○ ∘ real."

Suitable subjects for ~~applic. ρ~~ ~~today's idea~~ practice periods for today include also anything ⌐ ⊃ afraid might happen ⌐ or to anyone about whom ⌐ ⊃ concerned // ∩ ∂ case, name - "disaster" quite specifically // Do ∘ ~~merely~~ use general terms // For ex, do ∘ say "God ∘ create illness," but "God did ∘ create cancer, or heart attacks, or whatever

may come for us //

— > > — personal repetory of horrors
— \ — love // = things > part of world —
see // Some of them are shared illusions, —
others are part of — personal hell // It
does not matter // What God did not
create can only be in — one mind
apart > His // Therefore it has no
meaning // — recognition of > fact, conclude
— practice periods of mind searching by
repeating today's idea:

" God did not create a meaningless
world."

Today's idea is, of course, to be applied
anything — disturbs — during — day // Be
very specific in applying it. Say:

" God did not create a meaningless world.
He " " " this (specify — sit.)
is not so, or real."

15. "My Thoughts & images I make."

Obec. Thoughts & appear images — & do & recognize & nothing // & & so & see // → how & "seeing" is made // → "function" of given & body's eyes // O & seeing // O image making // & takes place of seeing, replacing vision & illusions //

→ introductory idea: process of image making, & call seeing, → & is much meaning for & // & is beg. understat. & when & is ~~be~~ even little edges of light around some familiar obj's — & see about & now // — → beg. of real vision // & be cert. — real ~~sig~~ seeing ~~vision~~ → come ~~/~~ quickly when → has occurred //

As & go along, & may is many "light episodes" // → take many diff. forms, some of quite unexpected // Do & be afraid of them // are a sign — & of opening & eyes at last // → & last, bec. merely symbolize true perception, & → & related knowledge // & exer's → &

great truth // But - proper way to it //
- practicing - idea for today, repeat
it first yourself, then apply it
wherever see around, using its
name, letting eyes rest on it as
say:
" — — — image I made."
" — — — " " " " "

O & rec. include a large no. of
things in O practice period // It is rec.,
however, look - O subject while
repeat - idea yourself // - idea should
be repeated quite slowly each time //
Although - - be able ~~[illegible]~~
apply - idea very many things during
- minute or so P practice — —
recommend try make - select random
poss // Less - 1 minute - do for -
~~pro~~ excep., if - feel uneasy // Do
& ~~do~~ more - 3 practice periods
unless feel completely comfort. - -
idea, do & exceed 4 //

W-28

"I see no neutr. things cause & effect."

Th. "There is no neutral thoughts.

- idea for today is a beg. step in dispelling the belief — that thoughts have no effect // Everything that sees is result of thoughts // ~~statement~~ fact // Thoughts are not big or little, powerful or weak // They are merely true or false // Those that are true create in our heaven // Those that are false create in Hell //

This is no more self-contrad. concept — of "idle" thoughts // what gives rise to perceptn of a whole world can hardly be called "idle" // Every thought that contains truth or illusions; either it extends truth or it multiplies illusions // can indeed multiply nothing, but can extend it by doing so //

In addit. never being idle, salvat. req. — recogn. — every thought that is bring either peace or war; either love or fear // A neutral result is impos. bec. a neutral thought is impos // This is such a temptat. dismiss accept fear thoughts as unimportant, trivial, or not worth

bothering about ___ a event. ⌐ recognize
- all as equally distinct but equally
unreal // ⌐ → practice → idea ∩ many
forms bef. ⌐ really understt. it //
∩ applying - idea for today,
Search ⌐ mind for a minute or so,
⌐ eyes closed, + seek actively not to
overlook → "little" thought \ tends
' elude - Search // →) quite diffic.
⇒ ⌐ get mind ' it // ⌐ → find ___ a
still hard for ⌐ a ' make artificial
distinct.s // # Every thought ___ occurs '
⌐, regardless p. quality. \ ⌐ assign ' it,
) a suitable subject for applying
today's idea // " - practice periods, first repeat. idea,
As a) crosses ⌐ mind (thought),
hold it in awareness while ⌐ tell yourself:
" → thought about ___) not a
neutral thought."
" ___ thought about ___) a a
neutral thought.
As usual, use today's idea whenever ⌐
→ aware p. a partic. thought \ arouses
uneasiness, - following form) sugg. for
→ purpose:
" → thought about ___) a a

neutral thought bec. It is no neutral thoughts."

4 & 5 practice periods > recommended, if c find relatively easy // If strain > experienced, 3 → be enough // – length of exer. period should also be reduced if > > discomfort //

17. "I see no neutral things."

→ idea) another step n-direction of identif. cause & effect as it actually operates // (see no neutral things bec. (no neutral thoughts // ⊙ always - thought — comes first, despite - temptat. ' behavior — ⊙ - other way around // →) e - way - world thinks, but (must learn — it is - way (think // If it w e so, percept. would ↗ no cause & would be itself. cause of reality // n mind of its highly variable nature, →) hardly likely //

(eyes open, say yourself:

"I see no neutral things bec. I ↗ no neutral thoughts."

→ look about (, resting (~~eyes~~ glance on ⊙ thing that catches (eye long enough to say:

"I do not see a neutral — bec. my thoughts about — are e neutral."

← For ex., (might say:

"I do see a neutral wall, bec. my thoughts about walls are neutral."

"I do see a neutral body, bec. my thoughts about bodies are neutral."

As usual, a essential 'make no distinction between what I bel.' be animate or inanimate, pleasant or unpleasant // Regardless of what I may believe, I do see anything what is really alive & really joyous // ___ is bec. I are unaware as yet of my thoughts are really true & is really happy //

~~Apart is "as needed" applic. of today's idea~~, 3 or 4 specif. practice periods are recommended & no less — 3 are required for max. benefit even if I expect resistance // However, if I do, - length of practice period may be reduced' less — - minute or so - is otherwise recommended //

18. "I am a alone n/ experiencing - effects of my seeing."

- idea for today ; another step in learning — - thoughts \ give rise what I see are never neutral or unimportant // It also emphasizes - idea — minds are joined, \ → be given increasing stress later // Today's idea does a repr ' what I see as much as to how I see it // ∴ - exer.s for today → emphasize → aspect of I perceptions //

- 3 or 4 practice periods should be done as follows:

Selecting subjects for - applic. of - idea randomly, look at 1 one long enough ' say:

" I am a alone n/ experiencing - effects of how I see —— ."

Conclude - practice period by repeating - more general ~~idea~~ statement:

" I am a alone n exper. - effects of my seeing."

—

+9. "I am a alone & as per. effects of my Thoughts."

- idea for today & obs. - reason why ⌐ seeing does a effect ⌐ alone // ⌐ → notice — at times - ideas related, thinking precede these relat. perceived, while at ⌐ time - 2 ↓ reversed // - reason ↓ — - order does a actually matter // Thinking & its results are really simultaneous, for cause & effect are not separate //

Again today ⌐ are tempt. - fact — minds are joined // → ↓ rarely a wholly welcome idea at first, since it seems carry ⌐ it an enormous sense of responsib., & may dare be regarded as → "invasion of privacy." It is a fact — → are no "private" thoughts // Despite ⌐ initial resistance → idea, ⌐ → yet modest. — it must be true if salvat. ↓ poss. at all // And salvat. must be poss. bec. ⌐ - Will of God //

- minute or so of mind

searching \ today's exer.s require 7 '
be undert. ⌐ closed eyes // - idea ⌐
' be repeated first, + → - mind
should be carefully ~~examined~~ searched for -
ideas \ it contains at ——— time //
(4) - requirement P as much indiscrim.
as poss. should be quite familiar '
⌐ now, + ⌐ no longer be repeated
⌐ day, altho ⌐ ⌐ occasionally be
included as a reminder // Do not
forget, however, ——— random
selection of subjects for all practice
periods remains essential throughout //
& lack P order n ⌐ connection ⌐
ultim. make - recognit. P lack P
& n miracles meaningful ' ⌐ //

As ⌐ consider ⌐ ⌐, name it first
n terms P - central ~~theme~~ person or
theme \ it contains, + holding it n
mind as ⌐ do so, say:
" ~~My~~ I am a alone n ex per. -
effects P ~~my~~ ⌐ thought about ——."
(4 post) - "as needed" applies P - idea
for today, ⌐ least 3 practice periods 7

required, shortening - length & practice
period if necessary // Do a attempt next
→ 4 //

26.

W - 34
20. "I am determ. 'see.'"

We have quite casual about our practice periods. Thus far // there has been virtually no attempt ' deciet - time for understanding -, minimal effort has been required, & not even active coopr. & interest ~~has~~ been asked for // > casual approach has been ~~entirely~~ intuitional, & very carefully planned // We lost sight of - crucial impt. of reason of Thinking // - Salvat. - of - would dep. on it // Yet (> a second if (regard yourself (being correct ; & if (give ^ ' resentment & opposition //

>> our 1st attempt ' introd. structure // Do a misconstrue ((> effort ' exert force or pressure // You want salvat. // (want ' be happy // (want peace // (do a i. now rec. (minds > totally undiscipl., & (do distinq. between joy & sorrow, pl. & pain, love & fear. (> now having been ' tell. apart // And great indeed is be

< regard //

< decision ' see > all — vision requires // what < want > yours // Do a mistakes - little effort — > avoid & < for a sight — our goal > & little worth (Can - what. & would be a trivial aim? And > - would be saved if < > a? God has one Son, + O - remember + life // His will > done bec. all power > gone ∨ ∩ Heaven + → earth // > < determined ' see does vision lie //

- exercises for today consist ∩ reminding yourself throughout - day — < want ' see // Today's idea implies - recognition — < do not see now // ∴ as < repeat - idea, < > stating — < > determined ' change < present state for a better one, + one < really want //

Repeat today's idea slowly < positively at least twice > hour today, attempting to do so every ½ hr. // Do not be disturbed if < forget ' do so, but make a real effort ' remember // - Extra repeat should be applied ' > sit, person or event > upsets < // < >

~~See ~~difficulty~~ + ⌐ will // what ⌐ desire ⌐ will see // Such) real law ? cause ⌐ effect as it operates on world //~~

Σ1. "I am det. 'see things diff.'"

- idea for today ⊃ dev. a contri. + extension ℓ - prced. ÷ // → Time, however, specific mind searching periods ⊤ nec. ∩ addit.' applying - idea 'partic. sit.s ⊢ arise // 5 practice periods ⊤ urged, allowing a full minute for each // ∩ ~~applying - idea~~ practice periods, beg. by repeating - idea 'yourself // Then close ⊂ ~~to~~ eyes + search ⊂ mind carefully for sit., past, present or antic., ∖ arouses anger ∩ ⊂ // - anger may take - form ℓ ⊤. reaction ranging ⊃ mild irit.' rage // - degree ℓ - emot. ⊂ exper. does ∘ matter // ⊂ → bec. ℓ increasingly aware —— ∘ slight trace ℓ annoyance ⊃ nothing but ∘ veil drawn over intense fury //

Try, ∴, ∘ ' let - "little" thoughts ℓ anger escape ⊂ ∩ - practice periods // Remember —— ⊂ do ∘ really recognize what arouses anger ∩ ⊂, + nothing

— ⊢ bel. ∩ → connection means anything
⊢ → pst. be tempted' dwell more on
some ent.' → on others, on -
fallac. grounds — . 7 more 'obvious.'
→ → not so // O merely an ex. f -
belief — some forms f attack 7
more justify. → others //
⊢ ⊢ search ⊢ mind for all
— forms ∩ \ attack thoughts. prevent
themselves, hold ⊙ ≐ ∩ mind, ⊢
tell yourself:
"I am determ. 'see ——— (name
f person) diff."
"I am determ. 'see ——— (spec.
& situat) diff."
Try 'be as specif. as poss.// ⊢ may,
for ex., focus ⊢ anger on a partic.
attrib. of a partic. person, believing
——— - anger) limited ' → aspect //
If ⊢ percept. f - person) supposing
) → form f distortion, say:
"I am determined 'see ———
(specif. - attrib.) in ——— (name f
person) differently."

W-37

22. "What I see is a form of vengeance."

Today's idea accurately describes the way anyone who holds attack thoughts in his mind must see the world. In proj. his anger onto the world, he sees vengeance ~~always ready~~ about to strike at him. His own attack is thus perceived as self-defense. → vic. in increasingly vicious circle, until he is willing to change how he sees. Otherwise, thoughts of attack or counter-attack → projecting them, & people in entire world. What peace of mind is possible in them?

This is a savage fantasy — I want to escape. It is not ~~glad tidings~~ ~~tidings~~ news to hear — is it real? It is a happy discovery to find — I can escape? It reads what I would destroy; everything — I hate I would attack & kill. All — I fear does not exist.

look at the world about I

for ⌐ least a minute @ time,

⌐ least 5 times today, ⌐ as ⌐

~~look~~ ~~of~~ eyes move slowly ⟩ ÷

object '⟩ ⟩ ÷ body' another,

say 'yourself':

"I see only ⟩ perishable.

I see nothing ⟩ ⟩ last.

~~what I see ⟩ a real~~

what I see ⟩ a form ⊖

nonexistence."

⌐ end ⊖ practice period, ask

yourself,

"Is ⟩ ⟩ world I really want

'see'?"

⟩ answer ⟩ surely obvious //

23. "I can escape) world I see by giving up attack thoughts."

- idea for today contains only way out of fear — ~~can~~ will succeed // Nothing else ⊃ work; everything else) meaning less // But ⊃ way I fail // Every thought ∩ makes up some segment of world ∩ see // O ✓ ∩ thoughts, +, — ∩ must work, if ∩ percept. of world) 'v changed //

If - cause of world ∩ see is attack thoughts, ∩ must learn — O ⊃ thoughts — ∩ do & want // ⊃) no point ∩ lamenting - world // ⊃) no point ∩ trying 'change - world // O incapable of change bec. O merely ⊃ effect // But ⊃) indeed a point ∩ changing ∩ thoughts ✱ about - world // Here ∩ ⊃ changing - cause // - effect ⊃ change outcome //

- world ∩ see) a meaningful world, + everything ⊃ it is a symbol of meaning // ⊃ of ∩ perceptions of "external reality") a

pictorial representation & ⌐ own attack thoughts"
One can well ask if ⊃ ⌋ be called
seeing // ⌋ ⊂ fantasy a better word for
such a process, + hallucination a more
appropr. term for - result?
⌐ see - images \ ⌐ made, ⊃ ⌐ do
⊂ see yourself as - image-maker // ⌐ ⊃
be saved ⌋ - world, ⊃ ⌐ ⌋ escape ⌐
its cause // ⊃ ⌋ what salvat. means,
for what ⌋ - world when its cause is
gone? Vision already holds a
replacement for everything ⌐ think ⌐
see now // lovelessness ⌋ light ⌐ images,
+ so transforms - that ⌐ ⊃ love - even
though - were made of hate // For
⌐ ⊃ ⊂ be making - alone //
- idea for today introd. -
thought — ⌐ ⌐ ⊂ trapped ⊃ - world
⌐ see, bec. its cause ⌋ be changed //
⊃ change requires, first, — - cause
be identified, + — let go, so —
it can be replaced // - first 2 steps ⊃
⊃ process require ⌐ cooperation // - final
one does not // ⌐ images ⌋ already
been replaced // By taking - first 2 steps,

— ⊃ ~~sure~~ — ⊃ is so//
Besides using it throughout - day as - need arises,
Five practice periods, P about ~~a minute each~~ are required ∧ applying today's idea// As ⌐ look about, repeat - idea slowly yourself, + ⊣ close ⌐ eyes + devote about a minute searching ⌐ mind for as many attack thoughts as occur ⌐// As ⊙ one crosses ⌐ mind, say:

"I ∧ escape ⊃ - world by giving up attack thoughts about ——"

Hold ⊙ one ∧ ⌐ mind as ⌐ say it, + ⊣ dismiss —— thought + go on - next//

⊃ - practice periods, be sure ⌐ include both ⌐ thoughts P attacking + of being attacked// ⊃ effects are exactly - same bec. - are - same// ⌐ che e yet recognize ⊃, + ⌐ are asked at ⊃ time only ⌐ treat - as - same ∧ - today's practice periods// ⌐ ⊃ still ⊥ - stage P identif. - cause P - world ⌐ see// When ⌐ finally realize —— thoughts P attack + of being attacked ⊃ e chief., ⌐ ⊃ be ready ⌐ let - cause go//

24. "I do a pers. my own best interests."

n no sit. — arises do ⌐ realize outcome — would make ⌐ happy ||
∴ ⌐ no guide 'approp. action, ⌐ no way P judging — ~~resolution~~ result || what ⌐ do > determ. by ⌐ percept. P sit., ⌐ — percept. > wrong || ⊙ isn't,, →, — ⌐ → a pers ⌐ own best interests ||.
7 ⌐ ~~only~~ goal n ⌐ sit. >> correct by perceived || Otherwise, ⌐ → a recogn. what - are ||

If ⌐ realized — ⌐ do a pers. ⌐ own best inter.s, ⌐ could be taught what - are || But n - presence P ⌐ correction — ⌐ do know what - are, ⌐ ↓ learn || - idea for today > a ~~big~~ step toward opening ⌐ mind ~~enough~~ so — learning can beg. ||

Exer.s for today require much more honesty → ⌐ → accurately ~~good~~ ' using || A few subjects, honestly + carefully consid. n ⊙ P - 5 practice periods > should be undert. today, → be more helpful → a more cursory examination P a

large no. Two minutes) suggested for each P-mind searching periods \ - exercs involve//

- practice period beg. ⌐ repeating today's idea, followed by searching - mind, ⌐ closed eyes, for unresolved sits about \ ⌐ ¬ currently concerned//

- emphasis should be on uncovering - outcome ⌐ want // ⌐ → quickly make — ⌐ ' a no. P goals ∩ mind as part P - desired outcome; ∩ also — ⌐ goals ¬ on diff. levels, ∩ often conflict //

Name ∂ sit. — occurs ' ⌐, ∩ enumerate carefully as many goals ⌐ poss. — ⌐ would like ' be met ∩ its resolution. - form P ∂ applic. should be roughly as follows:

"In - sit. involving ——, I would like ——' happen, + ——' happen," + so on //

Try ' cover as many diff. levels P outcome as may humanly occur ' ¬ even if some P. do ⌐ appear ' ⌐ ' be directly related ' - sit., or even ⌐ ' be inherent ∩ it

at all // If ~ exer.? → ~~perhaps~~ done properly,
~ → quickly recognize —— ~ ⊓
making a large no. ℙ demands ℙ - sit.
\ ↗ ~~little~~ ? nothing 'do ~ it // ~ → also
recogn. —— many ℙ ~ goals ↗ contract.,
✱ — ⊓ no conscious outcome ∧ mind, ↑
—— ↗ must exper. disappointment ℙ
Some ℙ ~ goals however - sit. turns out //
After carrying - hit ℙ as many hopeful -
for goals as poss. for (a sit.) & say
yourself:
" I do a parent my own best inter.s
~ → sit."
+ go on ' + next //

25 — "I do ~ know what anything) for."

Purpose > meaning // Today's idea explains why nothing ⌐ see means anything // ⌐ do ~ know what ⊖ for // ∴ ⊖ meaningless ⌐ // Everything) for ⌐ own best interests // —) what ⊖ ~~really~~ for ⊖; — ⌐ its purpose; —) what it means ⊖ ∩ recogn. ⊃ — ⌐ goals ⌐ bec. unified // ⊖ ∩ recogn. ⊃ — what ⌐ see) gives meaning //

⌐ perceive - world, ⌐ everything ∩ it, as meaningful ∩ terms ρ ego goals // ⌐ goals ∧ nothing ' do ⌐ ⌐ own best interests, bec. - ego) ⌐ ⌐ // ⊃ false identif. makes ⌐ incap. ρ understd. what anything) for // As a result, ⌐ ⊣ bound ' misuse it // when ⌐ believe ⊃, ⌐ ⊃ try ' withdraw - goals ⌐ assigned). world, insist ρ attempting ' re-inforce. //

Another way ρ describing - goals ⌐ now perceive as valuable) ' say — . ⊣ all concerned ⌐ "personal" interests // Since ⌐ no personal interests,

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— goals ¬ really concerned w/ nothing// n cherishing -, ∴ no goals at all// And thus do e know what anything is for//

Before I make ¬. sense out P - Exer.s for today, I must Thought is nec.// L - most superfi. levels, do recog. purpose// Yet purpose I be understood L - levels// For ex, do underst. — a telephone is for - purpose P talking 'someone \ is a physic. n mind. mein.// What do e underst. is what want' reach is for// And o ⊃ — makes contact w/ is meaningful or not//

It is crucial ' learning to be willing ' give up - goals estab. for everything// - recog. — ∴ ¬ meaningless, rath. — "good" or "bad," is - only ways' accomp.s ⊃// - idea for today is a step n ⊃ direction// Six practice periods, each P 2 minute duration, ¬ required//

Each practice period should beg. w/ a slow repet. P - idea

for today, followed by looking about
& letting ⌐ glance rest on
whatever happens ' catch ⌐ eye,
near or far, "important" or "unimp.,"
"human" or "inhuman." //
⌐ eyes resting on a subject ⌐
so select, say, for ex:
"I do ~~a~~ know what this chair
) for."
"I do ~~a~~ know what → pencil)
for."
"I do ~~a~~ know what → hand)
for."
Say → quite slowly, without shifting
⌐ eyes until ⌐ completed - statement.
Then move on '- next subject, ⌐
apply today's idea as before //

// W-44

26. "My attack thoughts ⊃ attacking my invulnerability."

It) surely obv. — if ⌐) be attacked ⌐ ⊃ a invuln.// ⌐ see attack ⌐ a real threat// ——) bec. ⌐ believe —— ⌐) really attack// And what would ' effects ⌐ ⌐ must also ' effects one ⌐// O ⊃ law —— ⊃ of this sort ⌐// But ⌐ ⊃ musing it now // ⌐ must ∴ leave how it) be used for ⌐ best interests, rather. —→ against them//

Bec. ⌐ attack thoughts ⊃ be projected, ⌐ ⊃ fear attack// And if ⌐ fear attack, ⌐ must bel. ⌐ ⊃ a invulnerable// Attack thoughts ∴ make ⌐ vulnerable ∧ ⌐ own mind, where - attack thoughts are// Attack thoughts ⊃ invulner. ∴ be accepted ~~taught~~ ~~believed~~ // They control. ∋ other//

- idea for today introd. -

thought —— ⌐ always attack yourself first// If attack thoughts must entail - belief — ⌐ ⊃

vulnerable, & effect is weaken the in the own eyes // Then is attacked the per. of yourself // And bec. the bel. in them, the is no longer believe in yourself // A false image of yourself has come take - place of what the are //

Practice the today's idea is help the understand —— value. & invalu. is - result of the own thoughts // Nothing except the thoughts is attack the // Nothing except the thoughts is make the - the & vulnerable // And nothing except the thoughts is prove the to be so //

Six practice periods are required in applying today's idea // A full two minutes should be attempted for the of., altho - time is be reduced a minute if - discomfort is great // Do not reduce it further //

- practice period should beg. the repeating - idea for today, — & closing the eyes & turning - unresolved sit.s whose outcomes & causing the concern // ~~- [illegible]~~ This may take - form of depression, worry, anger, a sense of inferiorities, fear,

forestalling, or preoccupation. Any problem as yet unsettled which tends 'recur' in r thoughts during day) a suitable subject. r 2 be able 'use very many at a time, bec. a longer time — usual should be spent on 1 one. ¶

Today's idea should be applied as follows:

¶ First, name the sit.:

"I am concerned about ——"

Then go over every possible outcome which has occurred 'r in —— connection, & which has caused r concern, reporting 'm ± quite specifically, & saying:

"I am afraid —— will happen."

If r 7 doing - exer.s properly, r should 1 some 5 9 6 distressing possibilities available for 1 sit. you use, & even more. It is much more helpful 'corr a few sit.s thoroughly than 'touch on a larger no. ¶ As — last of anticipated outcomes for 1 sit. continues, r 2 post. find some P., espec. 1 'occur' r 'last, less acceptable 'r ¶ Try, however, 'treat - all alike' whatever extent r can ¶

After I manual D out come P 1 5 7 afraid, tell yourself:

"That thought I 7 attack upon myself."

Conclude - practice period by repeating today's idea ~~again~~ once more //

27. "Above all ~~things~~ else I want to see."

Today's idea expresses something stronger — more determination // It gives vision top priority among my wishes // I may feel hesitant about using this idea on grounds — I don't see I really mean it // This does not matter // The purpose of today's exercise is to bring this time when this idea is wholly true a little nearer //

This may be a great temptation to behave — some sort of sacrifice is being ~~asked~~ taken of me when I say I want to see above all else // If I bec. uneasy, by this lack of reservation involved, ~~I may~~ add:

"Vision has no cost // to anyone."

If fear of loss still persists, add further:

"It can only bless."

This idea for today needs many repetitions for max. benefit // It should be used at least ~~3~~ every 1½ hour, & more often if possible // I might try for every 15 ~~min.~~ or 20 minutes. Try to set a def. time ~~period~~ interval after waking idea when I wake, or shortly afterwards, & attempt to adhere to it throughout the day // ~~I might try for every 2 min.~~ I'm sure I'll be different.

do, even if I'm engaged in conversation, or otherwise occupied at time // I'd still repeat one short sentence to yourself without disturbing anything — going on // real question is, how often I'll remember? How much do I want today's idea to be true? Answer one of 2 questions, & I'll answered other // I'm prob. miss ~~up on~~ several applic., & perhaps quite a number // Do not be disturbed by this, But do try to keep on schedule from 1 on // If only once during day I feel that I'm perf. sincere while I were repeating today's idea, I'd be sure — I'd saved yourself many years effort //

28. "Above all I want else 'see things diff."

Today's ~~idea~~ ✓ 1 really opening special applic. - idea for yesterday // 1 + practice periods ✓ → be making a series of def. commitments // - ? ✓ which ✓ → keep in future > our concern now here // If ✓ 1 writing 'make', ✓ started on wrong way keeping // And ✓ 1 still ✓ - beg. //

✓ may wonder why it is import. 'say, for ex., "Above all I want 'see this table differently" // ~~By~~ In itself, is not import. at all // Yet what is is by itself? And what does "in itself" mean? You see a lot of sep. things about ✓, which really means ✓ 1 seeing at all // You either see or not // When ✓ seen one thing differently, ✓ → see all things diff. // = light 1 ✓ → see in 1. ? ✓ → - same light ✓ → see in all //

When ✓ say "Above all I want 'see → table diff.," ✓ 1 making a commitment 'withdraw all ✓ / our preconceived

our ideas about ~~that~~ ~~to the~~ table, ~~from it~~, & open
mind 'what it is, & what is for // ⌐ ⌐
e defining /n past terms // ⌐ ⌐ asking
what is, rath. — + telling it what it is?
⌐ ⌐ e binding its meaning to ⌐ / our
experiences of tables, nor are ⌐ limiting
its purpose to ⌐ little, personal thoughts //
⌐ → e question what ⌐
already defined // And - purpose ⌐ ⌐
exer.s) 'ask questions & rec. - answers //
n saying "Above all I want 'see' —
table diff.," ⌐ ⌐ committing yourself
'seeing // o e ⌐ exclusive commitment,
o a commitment \ applies '- table
just as much as '⌐ - else, neith.
more nor less // TP/ You could, in fact,
qui vicis) ~~just~~ just That table, if ⌐
could withdraw all ⌐ our ideas from it,
& look upon it as a completely open
mind // It has something to show ⌐;
something beautiful lovely & clear & e infinite
joy & happiness & hope //
nature // Hidden under all your / our
ideas about it is its real purpose,
the purpose it shares ⌐ all - universe //
TP // n using - table as a subject for applying

idea for today, ⌐ ¬ ∴ really asking 'see
purpose ρ. course // ⌐ → be making
→ same request ρ ⊙ subject ' ⌐ use ∩
practice periods // And ⌐ ¬ making a
commitment ' ⊙ ρ them ' let ∩ purpose
be revealed ' you, instead ρ placing
⌐ own judgment upon them //
⌐ → ⊃ 6 2-minute practice
periods today, ∩ which - idea for
day ⊃ stated first, ∩ — applied
to whatever ⌐ see in looking
about ⌐ // Not only should
subjects be chosen randomly, but
each one should be accorded
equal sincerity as today's idea is
applied to it, in an attempt to
acknowledge - equal value of them
all ∩ ¬ contrib. ' ⌐ seeing //
As usual, - applications should
include - ~~[illegible]~~ name of subject \
⌐ eyes happen ' light on, ∩ ⌐ should
rest ⌐ eyes on it while saying:
"Above all else, I want ' see this —"
Each applic. should be made quite
slowly & as thoughtfully as possible // ¬
⊃ no hurry.

29. "God is in everything I see."

- idea for today ~~expresses~~ explains why I see all purpose in anything // It ~~also~~ explains why nothing is separate, by itself or in itself // And it explains why nothing I see means anything // In fact, it explains every idea I used thus far, & all subsequent ones as well // Today's idea is - whole basis for vision //

I → ~~back~~ find → idea very difficult group // I may find it silly, irrevelant, senseless, funny, & even objectionable // Certainly God is not in a table as I see it // Yet we empl. yesterday — a table shows - purpose P - universe // And what shows - purpose P - universe shows - purpose of its Creator //

- Try these, today, ' ~~learn~~ beg. 'learn how' look on all things in love, appreciation, & open-mindedness // I do see these now // ~~but~~ Would I know what is in them? Nothing is as it appears

'⌐ // Its holy purpose stands beyond ⌐ little range // when vision has shown ⌐ - holiness — lights up - world, ⌐ → understd. today's idea perfectly // And ⌐ → understd. how ⌐ could ever ⌐ formed it difficult

Our six 2-min. practice periods for today should follow a now familiar pattern; Beg. ⌐ repeating - idea ' yourself, ⌐ → apply it to randomly chosen subjects about ⌐, naming each one specifically // Try 'avoid - tendency toward self-directed selection, which may be partic. tempting ∧ connect. ⌐ today's idea bec. ⌐ its wholly alien nature // Remember — → order ∧ ⌐ purpose is equally alien ' reality // ⌐ but ⌐ subjects should ∴ be as free ⌐ self-selection as poss.. For ex, a suitable list might include:

"God ∧ ∧ → coat."
"God ∧ ∧ → magazine."
"God ∧ ∧ → finger."
"God ∧ ∧ → lamp."
"God ∧ ∧ → body."
"God ∧ ∧ — door."
"God ∧ ∧ — cup."

In addition — assigned practice periods, repeat idea for today ~~slowly~~ ~~quietly~~ at least once an hour, looking slowly about & as I ~~see~~ repeat words unhurriedly yourself // At least once or twice I should experience a sense of restfulness as I do this //

36. "God is everything I see but God is in my mind."

Idea for today is a strong hand for vision // This is idea is - world open up before I, & I look upon it & see in it what I never saw before // Not what I saw before be seen faintly visible 'I' //

Today I'm trying 'use a new kind of projection // I'm not attempting' get rid of what I do not like in our minds by seeing it outside // Instead, I are trying 'see in - world what is in our minds, & what we want to recognize is in // Then I are trying' join I what I see, rather than keeping it apart from it // That is - fundam. difference between vision & - way I see //

Today's idea should be applied as possible throughout - day // whenever I / a moment or so, repeat it to yourself slowly, looking around I, & trying' realize —— it applies 'everything I do see now, or could see now if it is within -

range of sight // Real vision is not limited
"near" or "far" // 'help of beg.' get used
' to idea, try to think of things beyond
of present range as well as those of
) actually see as of apply today's
idea // Real vision is only unlimited
by space or distance, but it does
not dep. on body's eyes at all // —
mind is its only source // aid or helping
of 'bec. more accustomed' to idea too,
devote usual practice periods to applying
today's idea — eyes closed, using
whatever subjects come to mind, or
looking within rather than without // Today's
idea applies equally 'both //

31. "I am a victim of world I see."

Today's idea is introd. for declarat. of release // Again, this idea should be applied to both world of see without & world of see within // in applying this idea, we use a form of practice — to be used more & more, as changes to be indicated // Gen. speaking, this form includes 2 aspects, in which we apply this idea on a more sustained basis, & consisting of frequent repetitions of this idea throughout day //

Two longer periods of practice with this idea for today are needed, one in morning & one at night // 3 to 5 min. for each period is recommended // During this time, look about & slowly while repeating this idea 2 or 3 times // Then close eyes, & apply same idea to inner world // to escape is both together, for this is cause of outer //

As we survey our inner world, merely let whatever thoughts cross our mind

come ~~in~~ ⌐ awareness, & ' be consid. for a moment, + — + replaced by - next// Try not ' establ. ¬. set ℓ hierarchy among - // Watch them come ⌐ go as dispassionately as poss. // Do ℓ drill one ¬. ! ⌐ partic., & try ' let - stream move on evenly + calmly, without ¬. special investment → ⌐ part // As ⌐ set + quietly watch ⌐ thoughts, repeat today's idea) slowly ⟵ yourself, ~~slowly~~, as often as ⌐ can ', but ⌐ no sense ℓ hurry //

⌐ addition, repeat today's idea ~~for today~~ ' yourself as often as poss. during - day // Remind yourself — ⌐ ¬ making a declaration ℓ indep. ⌐ - name ℓ ⌐ own freedom // And ⌐ ⌐ freedom his - freedom ℓ - world // * - idea for today) a partic. useful one ' use as a response ' ¬. form ℓ temptation // It is a declar. — ⌐ - not yield to it, + put yourself ⌐ voluntary bondage //

32. "I invented world I see."

Today's contin. 'dev. - Theme P cause & effect // I'm - victim P - world I see bec. I invented it // I'd give it up as easily as I made it up // I'll see it or be see it, as I wish // ~~As~~ While I want it I'll see it; when I no longer want it, I'll be free for I'd see //

- idea for today, ~~applies~~ & - preceding ones, applies 'I'm inner & outer worlds, & ~~the~~ actually - same // However, since I see as diff., - practice periods for today'll again include 2 phases, one involving - world I see outside I'm, & - other, - world I see in I'm mind // & today's exer.'s try 'introd. - Thought — both 1 & I'm own mind. //

Again, I'll beg. - practice periods morning & evening by repeating - idea for today 2 or 3 times while looking around at - world I see as outside yourself //

→ close ⌐ eyes ⌐ look around ⌐ inner world // Try ' treat them both as equally as poss. // Repeat - idea for today unhurriedly ' yourself as often as ⌐ wish, ⌐ watch - images \ ⌐ imaginative presents ' ⌐ awareness //

For - 2 longer practice periods, 3 ' 5 minutes are recommended, ⌐ ⌐ less → 3 required // More → 5 can be utilized, if ⌐ find - exer.s restful // ' fail. ⌐ select a time when few distract.s ⌐ antic., ⌐ when ⌐ yourself feel reasonably ready //

⌐ exer.s ⌐ also ' be continued during - day, as often as possible // - shorter applic. consist of repeating - idea slowly, as ⌐ survey with. ⌐ inner or outer world // It does ⌐ matter \ ⌐ choose // - idea for today should also be applied immed. ' ⌐ sit. \ may distress ⌐ // Apply - idea by telling yourself:

" I ' invented ⌐ sit. as I see it. "

53. "→) → ⌐ way P looking ← -
world."

Today's idea) ↗ attempt '
recogn. —— ⌐) shift ⌐ perception
P- world ↗ both its outer & inner
aspects // A full 5 min. should
be devoted ' - morning & evening
applications // ↗ ⌐ practice periods,
- idea should be repeated as
often as ⌐ find comfortable, though
unlimited applications ↗ essential)
P/A Alternate between surveying ⌐ outer
& inner perceptions, but without
→ abrupt sense of shifting //
Merely glance casually around -
world ⌐ per. as outside yourself,
then close ⌐ eyes & survey ⌐
thoughts ⌐ equal casualness // Try
' remain equally uninvolved ↗
both, & ' maintain → detachment
as ⌐ repeat - idea throughout -
day //

- Shorter exer. periods should
be as frequent as poss. // Specific

applic.s of today's idea should also be made immed. if when ¬. sit. arises which tempts ⌐ 'sec. disturbed ||
For ¬ applic.s, say:
"¬ > ¬⌐ way of looking at ⊃."
Remember 'apply today's idea - instant ⌐ ¬ aware of distress ||
It may be nec. 'take a minute or so 'sit quietly ⌐ repeat - idea 'yourself sev. times || Closing ⌐ eyes → fast. help ∩ → form of application ||

34. "I could see peace instead of this."

- idea for today requires describe - conditns which prevail in other way of seeing // Peace of mind is clearly a internal matter // It must begin in our own thoughts & then extend outward // as is a peaceful percept. of world arises //

3 longer practice periods are required for today's exercises // One in - morning & one in evening is advised, with additional one if be undertaken in time in between — seems most conducive readiness // All applications should be done in eyes closed // as in inner world // - applications should be made //

Some 5 minutes of mind searching is required for each of longer practice periods // Search in mind for fear thoughts, anxiety

projecting sit.s "offending" personalities, or anything else about, are harboring unloving thoughts // ¶ Note ⊖ ≐ casually, repeating - idea for today as ⌐ watch them arise ∩ ⌐ mind, + let ⊖ ≐ go ' be replaced by - next // If ⌐ beg. ' exper. difficult ∩ thinking ρ specific subjects, continue ' repeat - idea ' yourself ∩ ¬ unhurried manner, without applying it ' anything ∩ partic // Be sure, however, e ' make ¬. specific exclusions //

- shorter applications are ' be frequent, + made whenever ⌐ feel ⌐ peace ρ mind ⊃ threatened ∩ ¬. way // - purpose ⊃ ' protect yourself ⊃ temptation throughout - day // If a specif. form ρ tempt. arises ∩ ⌐ awareness, - exer. should take ⊃ form:

" I could see peace ∩ ¬ sit. wit. ρ what I see ∩ it. "

If - inroads → ⌐ peace ρ mind take - form ρ more generalized

adverse emotions, such as depression, anxiety or a vague sense of worry, use - idea in its original form. If I find I need more than one application, a hodgepodge idea help change my mind, try to take few minutes, & devote them to repeating - idea until I feel some sense of relief. It will help if I tell yourself:

"I can replace my feelings of depression, anxiety or worry (or my thoughts about a situation or personality) with peace."

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// 35. "My mind is part of God's // I am my holy."

Today's idea does a describe - way I see yourself now // It does, however, describe what vision is shows // 0 distr. for anyone who thinks 0 / 1 is world I believe is of // Yet - reason a thinks 0 is world is bec. a does a bel. it // I is bel. — I 7 part of what I think I are // — is bec. I surround self c - envir. I want // And I want it 1 protect - image of yourself is 7 made // - image is part of it // What I see while I bel. I 7 in it is seen c - eyes of - image // 0 a vision / Images I see //

- idea for today presents a my def. - view of yourself // By estab. I source it estab. I identity, + it describes I as I must really be I truth // ✓ → use a somewhat diff. kind of applic. for today's idea, bec. - emph. for today is one - perceiv,

rather — + on what e perceives //

For 2 e - 5 minute practice periods, just repeat today's idea yourself, & — + close ⌐ eyes + search ⌐ mind for - various kinds e descriptive terms ∩ ⌐ see yourself // Include all e - ego-based attrib. ⌐ ascribe yourself, positive or neg, desirable or undesir., grandiose or debased // All e - 7 equally unreal bec. ⌐ do not look upon yourself ⌐ - eyes e behavior //

∩ - earlier parts e - mind searching periods ⌐ → probably emphasize what ⌐ consider to be - more neg. aspects e ⌐ percept. e yourself // Toward - latter part e - exer. per., however, ~~more some~~ more self-inflating ~~only~~ descriptive terms may well cross ⌐ mind // Try recog. — - direction e ⌐ fantasies about yourself does e matter // Illusions is no direction ∩ reality // They are merely not true //

A suitable unscheduled list

for applying - idea for today might be as follows:

"I see myself as imposed on."
"I see myself as depressed."
"I see myself as failing."
"I see myself as endangered."
"I see myself as helpless."
"I see myself as victorious."
"I see myself as losing out."
"I see myself as charitable."
"I see myself as virtuous."

(should a think P - terms in abstract way // - occur '(as various sit.s & persons + events in figure cross (mind // Pick up any specific sit. that occurs & (, identify - descript. term or terms which feel applie. '(reactions' ——— sit., & use them in applying today's idea // After (named @ ', add:

"But my mind is part P God's // I am very holy."

During - longer exer. periods there - probably be intervals in which ~~nothing spec~~ nothing specif. occurs '(//

Do not strain 'think up specific things' fill - interval, but merely relax & repeat today's idea slowly until something occurs 'you // (If no nothing — does occur should be omitted) - & excuses, nothing should be dug out c effort // Neither force nor discrimination should be used //

As often as possible during day, pick up specific attribute c/ attributes c 7 ascribing 'yourself c. time, & apply - idea to/ today' - adding - idea to g. - form stated above // If nothing particular occurs 'c, merely repeat - idea 'yourself c closed eyes //

36 "My holiness envelops everything I see."

Today's idea extends idea for yesterday > perceiver - perceived // ← ↑ holy bec. ← mind > part of God's // And bec. ← ↑ holy, ← sight must be holy as well // "Sinless" means without sin // ← ∂ be without sin a little // ← ↑ sinless or not // If ← mind > part of God's ← must be sinless, or a part of His Mind would be sinful // ← sight > related to His holiness, & ' ← ego + i.e. ' ← body //

4 3-5 min. practice periods ↑ req. for today // Try ' distrib. - fairly evenly ↑ make - shorter applic. freq., ' protect ← protection throughout - day // - longer practice periods should take > form:

First, close ← eyes ↑ repeat - idea for today few times, slowly // → then ← eyes ↑ look quite slowly about, applying - idea specifically '

whatever r note o r casual survey //
Say, for ex;
"My holiness envelopes — rug."
" " " — wall"
" " " — fingers"
" " " — chair
" " " — body
" " " — pen."

← Sec. times during r practice periods, close r eyes r repeat - idea yourself // → open r eyes r continue as before //

For - shorter exer. periods, close r eyes r repeat - idea; look about r r r repeat a ~~one more~~ gram; r conclude r ÷ more repeat, r r eyes closed // All applic.s should, of course, be made quite slowly, as effortlessly r unhurriedly as poss. //

37. "My holiness blesses world."

→ idea contains - first glimmerings of true function of world, or why I here // (purpose) 'see' world = our holiness // Thus are I & world blessed tog. // No-one loses; nothing taken away → anyone; everyone equals = holy vision // It sanctifies and sacrif. bec. it offers everyone full due // And is entitled 'everything' bec. is birthright as a son of God //

→ no other way in which idea of sacrifice can be removed forever → world's thinking // Any other way of seeing → insert demand payment of someone or something // As a result, the perceiver → lose // Not → is → idea why is losing // Yet → holiness restored → awareness = vision // holiness blesses world by asking nothing of it // 'see themselves as whole' make no demands //

holiness → salvat. of world //

(lets teach world — is = ,

by preaching it, or by telling it anything, or merely in quiet recognition — in the holiness are all things blessed, along with //

Today's longer exercise periods, of twelve 3-5 minutes of practice, begin with repetition of the idea for today, followed by a minute or so of looking about in as to apply the idea to whatever one sees:

"My holiness blesses this chair."

"My holiness blesses that window."

"My holiness blesses this body."

Then close the eyes, and apply the idea to a person who comes to you, using his name, and saying:

"My holiness blesses you, (Name)."

R may open the eyes again and apply the idea for today to the outer world, if he so desires; he may alternate between applying it to what he sees around him and those to whom he thinks, or he may use the combination of the two phases of application. The practice period should conclude with a repetition of the idea made with the eyes closed, and another following immediately, made with the eyes open //

- shorter exercises can sit & repeating
- idea as often as ⌐ can // It is partic.
helpful to apply it silently / anyone ⌐ meet, using
his name ⌐ ⌐ do so // It is essential
use - idea if anyone seems to cause ⌐
⌐ adverse reaction on ⌐ // Often on - blessing
P ⌐ holds in mind, — ⌐ may been 'help
⌐ ⌐ more awareness //

38. "I is nothing my holiness I do."

This holiness forces all laws of world // is beyond every restriction of time, space, distance, & limits of mind // This holiness is totally unlimited in its power, bec. it establ. I as a Son of God, at one with Mind of his Creator // & this holiness - power of God is made manifest // & this holiness - power of God is made available // And I is nothing - power of God I do //

This holiness, I, can remove all pain, can end all sorrow, I can solve all problems // It can do so in connect. with yourself & anyone else // is equal in its power to help anyone, bec. is equal in its power to save anyone // It is holy, so is everything God created // This holy bec. all things ~~it~~ created I holy // And all things it created are holy bec. I are // in ~~it~~ today's exer. is apply - power of this holiness to all

problems, critic, or suffering ^ ¬ form — ⌐ happen' think of ^ yourself 9 ^ ~~on~~ someone else// ✓ → make no distinct. bec. ⇒) no distinct// P/c - 4 longer practice periods, ∴ probably last a full 5 min., repeat - idea for today, close ⌐ eyes, ⌐ → search ⌐ mind for ¬, source ℓ pain, sorrow, sense ℓ loss, 9 unhappiness ℓ ¬, kind, as ⌐ see it// P/Try' make as little distinct. as poss. betw. a diffic. sit. for ⌐ ∴ ÷ —) diffic. for someone else// ~~Name~~ Identifies both - situation specif., & also name - person concerned// Use → form ^ applying idea for today; " ^ - sit. involving — ^ \ I see myself, ¬) nothing my holiness ∴ do.' — " ^ - sit. involving — ^ \ — sees himself, ¬) nothing my holiness ∴ do. "

) time' time ⌐ may want 'vary - procedure, ⌐ add some relevant thoughts ℓ ⌐ own. You

might like to include thoughts such as:

"I) nothing my holiness I do
bec. - power of God lies in it."
Introd. whatever variations appeal
of, but keep - exer.s focussed
on - theme "I) nothing of holiness
I do." - purpose of today's exer.s)
'beg.' is still in a sense —
of dominion over all things bec. of
what I are //

in - fragment shorter applic.s apply -
idea in its orig. form unless a
specific problem concerning you or
someone else arises, or comes'
mind // in — sort, use more
specific form of application //

39. "My holiness is my salvation."

If quit is hell, what is its opposite? Like - text for 1 is workbook is written, - ideas 1 is used for - exercises is very simple, very clear, & totally unambiguous // 1 is concerned - intellect. feats nor logical playthings // 1 is dealing only is - very obvious, 1 has been overlooked in - clouds of complexity in 1 - - //

If quit is hell, what is its opposite? >> a diffic., lovely // - hesit. 1 - may feel a answering is due - ambig. P.? // But do - bel. — quit is hell? If - did, - would see at once how direct & simple - text is, & - would - need a work book at all // No-one need practice 'gain what is already this //

1 already said — - holiness is - salvat. P. world // What about - own salvat.? - I give what - do - is // A savior must ~~first~~ be saved, for How else can he teach

salvat.? Today's exer.s → apply ' ⌐ alone, recognizing — ⌐ salvat.) crucial '. salvat. ℓ - world // As ⌐ apply - exer.s ' ⌐ own world, - whole world stands ' benefit //

⌐ holiness) - answer ' easy ? — ⌐ our actual,) being asked now, 9 → be asked ∩ future // ⌐ holiness means - end ℓ guilt, & thus - end ℓ hell // ⌐ holiness) - salvat. ℓ - world, & ⌐ own // How could ⌐ ' where ⌐ holiness belongs be excluded) it ? God does e know wholiness // Can it be He does e know His Son ?

A full 5 min are urged for - + longer practice periods for today // longer & more ~~often~~ frequent practice sessions are encouraged // If ⌐ want ' exceed minimum requirements, more rather — + longer sessions are ~~recommended,~~ ~~as~~ although both are encouraged //

Begin - practice periods as usual; by repeating today's 'idea' yourself // →, ⌐ closed eyes, search

out ⌐ unloving thoughts ∩ whatever form appear; uneasiness, depression, anger, fear, worry, attack, insecurity, & so on // whatever form. take. are unloving & ∴ fearful // And so o). that ⌐ need' be saved //

Specific sit.s, events or personalities ~~towards~~ ⌐ assoc. ⌐ unloving thoughts P ∩ kind are suitable subjects for today's exer.s // o imperative for ⌐ our salvat. —— ⌐ see. diff. // And o/c blessing on. that → ~~give ⌐~~ save ⌐ & give ⌐ vision //

¶/ Slowly, without conscious selection ⌐ without undue emph. on ∩. ∴ ∩ poetic, search ⌐ mind for every thought —— stands between ⌐ & ⌐ salvat. // Apply - idea for today 'e of them ∩ this way:

"My unloving thoughts about —— are keeping me ∩ hell // My holiness) my salvation."

~~At - 9~~ ¶ ⌐ may find ⌐ sessions easier if ⌐ intersperse - applications ⌐ sev. short periods during ∩ ⌐ merely

repeat today's idea yourself slowly a few times // You may also find it helpful to include a few short intervals in which you just relax & do as seem to be thinking of anything // Sustained concentration is very difficult at first // It becomes much easier as your mind becomes more disciplined & less distractible // Meanwhile, you should feel free to introd variety in your application periods, in whatever form appeals to you // Do so, however, change only the idea itself, varying only the method of applying it // However you elect to use it, the idea must be stated so that its meaning remains ——— you holiness & your salvation //

End the practice period by repeating the idea in its original form once more, & adding, "If guilt is hell, what is its opposite?" In shorter applications, I should be made some 3 or 4 times an hour & more if poss., & may ask yourself: repeat today's idea, or probably both // If temptations arise, a further helpful form of the idea is: ~~This~~:

"My behavior ~~may~~ detract from this."

40. "I am blessed as a Son of God."

Today ⌐ → beg. ' assert some ℓ-happy things ' \ ⌐ ⌐ entitled, being what ⌐ are // No longer practice periods ⌐ required, but very frequent short ones are necessary // Once every 10 min would be highly desirable, + ⌐ ⌐ urged ' attempt this + ' adhere ' → frequency whenever poss. // If ⌐ forget, try again // If ⌐ are long interruptions, try again // Whenever ⌐ remember, try again //

⌐ need ⌐ close ⌐ eyes for ⌐ exer. periods, although ⌐ → prob. find more helpful if ⌐ do // However, ⌐ may be ⌐ a no. of ℓ ret.s during day when closing ⌐ eyes would ⌐ be appropriate // Do ⌐ miss a practice period bec. ℓ → // ⌐ ↓ practice quite well under almost any circumst., if ⌐ really want to //

Today's exer.s take little time + no effort // Repeat today's idea, ⌐ add several ℓ - attrib.s — ⌐ assoc.

~ Treating a Son of God, applying: "yourself"

One practice period might, for ex., consist of - following:

"I am blessed as a Son of God."

I am happy, peaceful, loving & contented."

Another might be something as follows:

"I am blessed as a Son of God"

I am calm, quiet, assured & confident."

If only a brief period is available, merely telling yourself — "I blessed as a Son of God" — do.

41. "God goes with me wherever I go."

Today's idea is event. Overcome completely the sense of loneliness & abandonment all sep. ones experience // Depression is merely consequence of sep. // So are anxiety, worry, a deep sense of helplessness, misery, suffering & intense fear of loss // sep. ones invented many, many "cures" for what bel. be "ills of world." But the thing they do & do is to question reality of problem // Yet its effects I be cured bec. o is real //

idea for today has power end all foolishness forever // And foolishness it is, despite serious & tragic forms it may take // Perfect, ready radiate c & cast over whole world // It is cure all sorrow & pain & fear & loss bec. c is heal mind — thought these things are real, & suffered out of its allegiance to beliefs //

c is never be deprived of perfect holiness bec. its Source goes with c wherever c go // c is never suffer bec. Source of

all ~~for~~ goes ⌐ ⌐ wherever ⌐ go // ⌐ ⌐ must be alone bec. - Since ⌐ all life goes ⌐ ⌐ wherever ⌐ go // Nothing ⌐ distract ⌐ peace ⌐ mind bec. God goes ⌐ ⌐ wherever ⌐ go //

⌐ understand — ⌐ do ⌐ believe all ⌐ // How could you, when the truth ⌐ hidden deep within, under a heavy cloud ⌐ insane thoughts, dense & obscuring, yet representing all ⌐ see? Today ⌐ ⌐ make our first real attempt ' get ~~beyond~~ past ⌐ dark & heavy cloud, & ' go ⌐ ⌐ it ' - light beyond //

⌐ ⌐ be only ± long practice period today // ⌐ - morning, as soon as ⌐ get up if possible, sit quietly for some 3 - 5 minutes, ⌐ ⌐ eyes closed // At - beg. ⌐ - practice period repeat today's idea very slowly // ⌐ make no effort ' think ⌐ anything // Try, instead, ' get a sense ⌐ turning inward, past all - idle thoughts ⌐ - world // Try ' enter very deeply ⌐ ⌐ own mind, ~~self~~, keeping it ~~⌐ mind~~ clear ⌐ ⌐. thoughts ⌐ might distract ⌐ attention // ⌐ ⌐ time ' time ⌐ may repeat today's idea if ⌐ find it helpful // But most ⌐ all try to sink

down + inward, away > - world + from all - foolish thoughts ℓ - world // ⌐ > trying reach past all + things // ⌐ > trying leave appearances + approach reality //

O quite poss - reach God // > fact O ✓ easy bec O > most natural Thing > - world // ⌐ might even say O : only nat. > - world // - way > even if ⌐ bel. —— O poss // > excep. ↓ bring very startling results even first time O attempted // And sooner or later O always successful // ⌐ → go ✓ more detail > correct ⌐ > find ℓ practice as ⌐ go along // But ⌐ ↓ never fail completely, ⌐ without success ↓ poss //

Throughout - day use today's idea often, repeating it very slowly, + preferably ⌐ eyes closed // Think of what ⌐ are saying; what - words mean // Concentrate on - holiness ↓ - imply about ⌐; on the unfailing companionship ↓ ↓ - yours; on - complete protection That surrounds ⌐ // ⌐ ↓ indeed afford' laugh at foolish thoughts, remembering — God goes ⌐ ⌐ wherever ⌐ go //

42. "God is my strength. Vision is His gift."

- idea for today combines 2 very powerful thoughts, both of major importance // It also sets forth a cause & effect relationship & explains why I fail in efforts to achieve my goal of course // I seek to see the Will of God // of His strength & power, — give me power // And of His gift, rather than power, 'offers vision' // God is indeed my strength // And what He gives is truly given // It means — I can use it in time & anywhere, wherever I am & in whatever circumstances I find myself // I passage of time & space is a random // I do not be in right place & right time // Such is the strength of God // Such are His gifts // -

- 3 5-min longer exer. periods today, one as soon as possible after I wake & the as close as possible to time I go to sleep // or better, however, wait until I can sit quietly by yourself at a time when I

fact ⊂ r Body → o' be concerned ⊂ -
true as such //

Begin the practice period by repeating - idea for today ~~slowly~~, with eyes open, looking slowly about ⊂ //
Then close ⊂ eyes, r repeat - idea again, ~~A~~ quite slowly // After ⊃, try think of nothing except thoughts — accep' ⊂ n relation to today's idea //
⊂ might say, for ex.,
" Vision must be poss. // God gives truly //
or " God's gifts ' me must be mine bec. He gave - ' me. "

P/ whatever ⊂ thought ——— ⊃ clearly related - idea itself ⊃ suitable // ⊂ may, n fact, be astonished ⊂ - amount p course - related undist' some p ⊂ our thoughts contain // let them come without censoring unless ⊂ reali — ⊂ mind ⊃ merely wandering, or ⊂ let irel. thoughts intrude // If ⊃ occurs, open ⊂ eyes, repeat - thought once more while looking slowly about; close ⊂ eyes, repeat it ~~again~~ once more, or → cont' look for related thoughts o ⊂ mind //

— Remember, though, — active searching) a appropr. for today's exer.s // Try merely 'step back & let' thoughts come // If ⌐ find ⊃ difficy, o better merely 'spend' practice period alternating ~~repe~~ a slow repetition f. idea with eyes first open, ⊣ closed, ⊣ open, & so on, ⊣ o 'strain' find suitable thoughts //

⊃ ⊃ no limit ⌐ - no. of - Short practice periods \ might be most beneficial // - idea for today ⊃ a beg. step ⊃ bringing thoughts together & teaching ⌐ — what ⌐ ⊣ ~~to~~ studying ⊃ a unified thought system ⊃ \ nothing ⊃ lacking — ⊃ needed, & nothing ⊃ included — ⊃ irrelevant or contradictory //

- more often ⌐ repeat - idea during - day, - more often ⌐ ⊣ be reminding yourself — - good f. course ⊃ important ⌐, & — ⌐ a forgotten it //

43. "God is my Source. I do see apart from Him."

Percept. is a gift of God // His realm of knowledge // Yet He has created H.S. — Mediat. betw. know. & percept. // Without God's help / percept. would replace know. forever as mind // With help God, percept. is so changed & purified — (is had knowledge // ~~& then disappear~~ That is its function as H.S. sees it // Therefore — its funct. is truth // God I see // Percept. has no function as God, it does exist // Yet as salvat. is undoing of what makes percept. has a necessary purpose // Made by Son of God for a useful purp. (must be means for restoration of holiness & awareness //

Percept. has no meaning // Yet does H.S. give it a meaning very close to God's // Healed percept. be. means by Son of God forgiveness to brother & thus forgiveness // I see apart from God be. I be apart from God // whatever I do, I do to him be. whatever I think I think in His Mind // If vision is real, & I real

' - ~~extent~~ ! which it shares - H.S.'s purpose, →
← I see apart > God //

5 5-min. practice periods are req.
today, one as early as poss. & another ←
late as possible // The 3rd should be
undertaken at - most conv. & suitable
time ' circumstances & readiness permit //

← - beg. P - practice per., repeat -
idea yourself ← ← eyes open // → glance
around for a short, applying today's idea - then
' what ← see. Four or 5 subjects for →
phase P - exercises > sufficient // Say, for ex.
" God > my source. I I see > desk apart > Him."
" " " " " " " " " that picture " "
Although > post P - exer. period should be
quite short, be sure ← to select - subjects
for → phase indiscrim., & without self -
directed inclusion & exclusion //

For - second / longer phase, close ←
eyes, repeat today's idea again, & then
let whatever relevant thoughts — may occur '
← add ' - idea in ← own personal way //
Thoughts such as:

" I see ← - eye P forgiveness "

" I see - world as blessed "

"I see my own thoughts, & like God's world I show me myself."

or a thought related more or less directly to today's idea & suitable - thoughts need a bear a obvious relationship to idea, but should be a opposition to it//

If I should find I mind wandering, if I beg. to be aware of thoughts & clearly out of accord w - idea for today, or if I seem to be unable to think of anything, open my eyes, repeat - first phase, & then try - second phase again// Do not allow any protracted ~~interval~~ period to occur in which I beg. preoccup. w irrelevant thoughts// Return to 1st phase as often as nec. to prevent this//

In applying today's idea in - shorter practice periods, - form may vary according to - circumst. & sit. in which I find yourself during - day// When I are with someone else, try to remember to tell him silently:

"God is my Source// I do see I apart from Him."

→ form) equally applicable! strangers ~~are~~ its & to these ← know well// Try, → fact) a' more distinct.s P → kind ^ using → form P- idea //

- idea should also be applied throughout - day 'vorous sit.s & events — may occur, partic.' there) distress ← → ¬. way // For → ~~form~~ kind P ~~applying~~ applicat., ~~idea~~ use → form:

"G.) my Center// I'd see → ~~repeat~~ it → Here."

If no particular subject presents itself' ← awareness, merely repeat - idea ^ its orig. form// ~~Try~~

Try today e to allow long periods P time 'slip by without remembering today's idea, & thus remembering ← function//

— "God is my Light in which I see."
~~44. "God is my Light, ~~which~~ I see in Him."~~

Today we continue the idea for yesterday, adding another dimension to it. We see in darkness, or we make light. We make darkness + think we see in it, but light reflects life, + is the aspect of creation. Creation + darkness cannot coexist. Light + life must go together, being the diff. aspects of creation.

In order to see one must recognize light is within, + without. We do see outside yourself. Nor is equipment for seeing outside. An essential part of the equipment is light — makes seeing poss. It is always making vision poss. in any circumstance.

Today we make a sincere attempt to reach — light. For — purpose we use a form of practice we ~~attempted~~ suggested once before, + to utilize it. This a particular diffic. form for the mind bec. it represents a major goal of mind training. It embodies

precisely what - untrained mind faces // But - training must be accomplished if ⌐ 7 ' ere //

Have at least 3 practice per. today, each lasting 3 - 5 min. // longer) highly recommended, ⌐ only if ⌐ find - train merely slipping by ⌐ little or no sense of strain // = form of exer. ⌐ → use) - most natural ~~as easy for~~ + easy one ∩ - world for - trained mind, just as it seems be - most unnat. ⌐ diff. for - untrained mind // TP/⌐ mind) no longer wholly untrained // ⌐ 7 quite ready ' learn - form of exer ⌐ → use today, but ⌐ may find —— ⌐ → encounter strong resistance // - reason) very simple // While ⌐ practice ' → form, ⌐ have behind everything —— ⌐ now believe, ~~as~~ all the thoughts) ⌐ made up // TP/Propriety speaking, →) - release) hell // Personal ⌐ - ego's eyes, ⊖ loss of identity + a descent into hell // If ⌐) stand aside) - ego by ever so little, ⌐ →) no diff. ∩ recognize —— its opposition + fear are meaningless // ⌐

might find it helpful ' remind yourself
) time ' time That ' reach Heart) '
escape) darkness, whatever (may believe
' - Contrary //
(God) - heart ^) (see // ( ]
attempting ' reach Him //
IP/ Beg. - practice period by
repeating today's idea ~ (eyes
open, ^ close them slowly,
repeating - idea sev. time more //
Then try ' sink ^/ (mind, letting
go every kind of interf. (
intrusion by quietly sinking past
them // (mind cannot be stopped ^
> unless (choose ' stop it // O) merely taking
its natural course //
Try ' observe (passing thoughts
without involvement, + slip quietly
by them // While no partic. form of
approach) advocated, what)
needful) a sense of the importance
of what ( ] doing, its inestimable
value ' (, ^ an awareness — (
] attempting something very holy //
Salvat.) (happiest accomplishment //

a other — only one — has no meaning, because only 1 — has any use at all //

If resistance rises in form, pause long enough to repeat today's idea, keeping the eyes closed unless the are aware of ~~actual~~ fear // in case the prob. find it more reassuring to open the eyes briefly // Try, however, to return to exer. as soon as possible //

IP// If the are doing correctly, the should experience some sense of relaxation, + even a ~~actual~~ sense of approaching, if not actually entering, light // Try to think of light, formless + without limit, as the pass-through to world // And do not forget — they cannot hold the world unless the spirit power to do so //

Throughout the day, repeat the idea often, eyes open or closed as seems better at the time // Do not forget // Above all, be determined not to forget today //

Workbook 2a

45. "God's Mind is where I think."

Today's idea holds the key to what the real thoughts are. They are nothing that the think you think, just as nothing they see is related to vision in any way. There is no relationship between what they call real and what they call real. Nothing they think are the thoughts resemble the real thoughts in any respect. Nothing that the think they see bears any resemblance to what vision shows them.

The think the Mind of God. Therefore, the share the thoughts of Him, as He shares His. They share same thoughts because they are thought by the same Mind. To share is to make alike, or to make one. Nor do the thoughts the think the Mind of God leave the mind because thoughts do not leave their source. Therefore, the thoughts they share with the Mind of God, do not are. They are in the mind as well, where He is. As the part of His Mind, so are the thoughts part of His Thoughts.

Where, then, are the real Thoughts?

Today we attempt to reach them. We
look for a new mind, because the values we
they must still be in because they cannot
be left. What is thought by the mind of
God is eternal, being part of creation.

Our 3 5-min. practice periods
for today take a somewhat general form
— we need in applying yesterday's idea.
We attempt to have a mental set for
real. We deny the world in favor of truth.
We let the thoughts of the world hold us
back, and we let the beliefs of the world
tell us that what God would of us do
is impossible. Instead, we try to recog-
— only what God would of us do is
possible. We also try to understand —
only what God would of us do is what we
want to do. And we also try to remember
— we fail in doing what He would
of us do. In this way we feel confident
that we succeed today. Will of God.

Begin exercises for today by repeating
the idea to yourself, we closed closing the eyes
you do so. Spend a fairly short
period in thinking a few relevant thoughts

P. ⊂ own, keeping idea ∩ mind as ⊂ do so // After ⊂ added some 4 or 5 thoughts P ⊂ own, repeat ~~though~~ idea again, ∩ tell yourself quietly:

"My real thoughts ⊃ ∩ my mind. I would like to find them."

Then try to ~~back~~ go past all the unreal thoughts ⊃ cover truth ∩ ⊂ mind, ∴ reach ' - eternal //

Under all - senseless thoughts ∴ real ideas ⊂ ⊃ ⊂ cluttered up ⊂ mind ⊃ - thoughts ⊃ ⊂ thought ⊂ God ∩ - beginning // They are ⊃ ∩ ⊂ mind now, completely unchanged // They ⊃ always be ∩ ⊂ mind, exactly as they always were // P/ Everything ⊃ ⊂ thought since ∴ ⊃ changes, ∩ - foundation on ⊃ they rest ⊃ wholly changeless // ∩ ⊃ foundation toward which the exercs for today ⊃ directed // Here ⊃ ⊂ mind formed ⊂ - Mind P God // Here ⊃ ⊂ thoughts are ⊂ His //

For this kind of practice period only ∴ thing ⊃ necessary // Approach as ⊂ would an altar dedicated ∩

Heaven is to be God - Father & God - Son // For such is - place I'm trying to reach // I'm not be unable as yet to make how high I'm are trying to go // But even a little understanding I'm already gained I should be able to remind yourself — is no idle game, but an exercise in holiness & in attempt to reach - kingdom of Heaven.

In using - shorter ~~form~~ form of applying today's idea, try to remember how important it is to understand holiness of - mind that thinks of God // Take a minute or two, as I repeat - idea throughout - day, to appreciate mind's holiness // Stand aside, however briefly, from all thoughts that are unworthy of Him whose host I am // And thank Him for the thoughts He is thinking of you //

46. "God's Love is I forgive."

God does not forgive bec. He has never condemned // And it must be condemnat. before forgiveness is nec. // Forgiveness is a great need in world, & ——— is bec. in a world of illus.s // Those who forgive are thus releasing themselves into world of illus., while those who withhold forgiveness are binding themselves to it // As I condemn only yourself, so do I forgive only yourself //

Still, God does not forgive. His love is nevertheless basis of forgiveness // Fear condemns & love forgives // Forgiveness thus undoes what fear has produced, returning mind to awareness of God // For this reason, forgiveness is truly be called Salvat. // O. means by illusions disappear //

Today's exer.s req. at least 3 full five-minute practice periods, + as many shorter applications as poss. // Begin practice periods by

repeating today's idea 'yourself,' as usual // Close your eyes as you do so, & spend a minute or two in searching your mind for those whom you feel not forgiven // (does a matter "how much" you forgive them // you forgive them entirely or not at all //

If you're doing - exercises well, you should be no doubt in finding a number of people you forgive // or a large rule ——— — ? : you do have a suitable subject. Mention it by name, & say:

"God's Love in I forgive you, (Name).

The purpose of — / 1st phase of today's practice is 'put you in a better position' forgive yourself // After you applied - idea for today 'all those' in come 'mind, tell yourself,

"God's Love in I forgive myself."

— devote - remainder of practice period' offering related ideas such as:

"God's Love — I love myself."

"God's Love in I am blessed."

Be - from P - applic.s may vary consid., but - central idea should be lost sight P// You might say, for ex.:

"I ∂ be guilty bec. I am a Son of God."

"I i already been forgiven."

"No fear ⟩ poss. n a mind beloved of God."

"There is no need 'attack bec. love has forgiven me."

The practice period should end, however, a repet. P today's idea as originally stated //

- shorter applic.s may consist with. P a repetition P - idea n - orig. or a related form, or n more specif. applications, if needed// They ⟩ be needed ⟨ ⟩. Time during - day when ⟨ bec. aware P ⟩. Find P neg. reaction 'anyone, present or not.// n ⟩ event. Tell i silently "God ⟩ - Love n ⟩ I forgive ⟨."

47. "God is my Strength and I trust."

If I am trusting your own strength, I have every reason to be afraid, anxious & fearful. What is I predict or control? What is in me that can be counted on? What would give me a-bility to be aware of all aspects of my problem, & to resolve it in such a way — only good can come of it? What is my about me gives me recognition of right solution, & a guarantee that it is to be accomplished?

Of yourself can do more of things. 'Believe — I am' is 'put I trust where trust is unwarranted, & 'justify fear, anxiety, depression, anger & sorrow'. Who can put his faith in weakness & feel safe? Yet who can put his faith in strength & feel weak?

God is I Safety in every circumstance. His Voice speaks for His in all sit.s & in every aspect of all sit.s, telling I exactly what 'do

'call upon His Strength & His protection'// → ¬ no exceptions. Rec. God makes no Exceptions // And - Voice which speaks for His thinks as He does //

Today ✓ → try 'recall past ✓ own weakness '- Source ℓ real strength // 4 5. min. practice periods ¬ rec. today, σ longer σ more frequent ones are urged // Close ✓ exp. σ beg. by repeating today's idea // Then spend a minute or 2 in searching for sit.s n ✓ life \ σ invested ✓ fear, dismissing ∂ one by telling yourself,

"God) - Strength n \ I trust."

Now try to slip past all concerns related ' ✓ own sense ℓ in-adequacy // e obv. —— → sit. \ causes ✓ concern) assoc. ✓ feelings ℓ inadequacy. Since otherwise ✓ world rel. — ✓ could deal ✓ sit. successfully // e by trusting yourself —— ✓ → your confidence // But - Strength ℓ God n ✓) successful n all things //

— recog. of own frailty is one step in correct. of errors. But a hardly a sufficient one in giving confidence which mind, which is entitled. Must also gain awareness — confidence in real strength is fully justified in every respect in all circumstances.

In latter phase of practice period, try to reach down in mind a place of real safety. Recog. — reached it if feel a deep peace, however briefly. Let go all trivial things that churn & bubble on surface of mind, & reach down below. — Kingdom of Heaven. It is a place in which there is perfect peace. It is a place in which nothing is impossible. It is a place in which strength of God abides.

Repeat idea for today often. Use it as answer to disturbance. Remember — peace is spirit bec. I giving to trust — strength of God.

"7) nothing' fear."

- idea for today simply states a fact // a a fact' → 'bel. n illusions, c illus. 7 ← facts // 7 truth → 'nothing' fear // o M. easy' recogn. ⊃ // c o M. diffic. recogn. for → 'want illus. be true //

Today's practice periods → be very short, very simple & very frequent // Merely repeat - idea in its original form as often as poss. // c can use it ← c eyes open at 7. time & n 7. cit. // o strongly recomm. hours, —, c take a minute or so whenever poss. 'close c eyes & repeat it slowly' yourself sev. times // o partic. import. — c use - idea mind. should anything disturb c peace & mind //

- presence & fear) a sure sign — c 7 trusting n c own strength // - awareness — → 7) nothing' fear shows — somewhere c mind, not nec. n a place 'c recogn. as yet c remember God & let His Strength take place & yours // - instant c 7 nothing' do ⊃

→ indeed nothing ' pos//

49. "God's Voice speaks 'me all the day."

O quite pos. ' listen ' God's Voice all day without interrupting ⌐ req. extra. ∧ ¬. way// - part of mind ∧ ∨ truth abides) ∧ constant communion. ∪ God while ⌐ ¬ aware of ⌐ or a/ o - ⌐ part of ⌐ mind — functions ∧ - world + obeys - world's laws// o → part —) const. distracted, disorganized + highly uncertain// P - part ∨) listening ' - Voice of Truth) calm, ~~as~~ always ∪ rest + wholly certain// o really - only part ∂)// - ⌐ part) a wild illusion, frantic + distraught, ∪ without reality of ¬. mind// Try today a ' listen ' it// Try ' identify ∪ - part of ⌐ mind where stillness reigns forever// Try ' hear God's Voice call ' ⌐ lovingly, reminding ⌐ — ⌐ Creator has a forgotten His Son//.

∪ → read ↓ 5-min. practice pars today, + more if pos.// ∪ → try actually ' hear - Voice within ⌐

ruminating ← P God & of your Self // → approach → happiness & holiness P all thoughts ← confidence knowing — & doing so ← & forming our will ← — Will P God // He wants ← 'hear His Voice // He gave It 'c 'be heard //

Listen & deep silence // Be very still, & open ← mind // Go past all P- rancors shrieks & sick imaginings that cover ← real Thoughts & obscure ← eternal love ← God // Such deep & — peace — waits for ← beyond - frantic, riotous Thoughts & Sounds & sights P → insane world // ← do a love → // ← & trying 'reach ← real home // ← & trying 'reach - place where ← & truly welcomed // ← & trying 'reach God //

Do e forget 'repeat today's idea very frequently // Do so ← ← Eyes open when nec. & closed whenever poss // And be sure — ← sit quietly & repeat it slowly, whenever ← can, closing ← eyes on - world, & realizing — ← are inviting God's Voice 'speak' ← //

30. "I am sustained by love of God."

Here is an answer to every problem — comforts of today & tomorrow & throughout time // & in world, of body & not sustained by everything but God // & faith is placed in most trivial & insane symbols: pills, money, "protection" clothing, "influence," "prestige," being liked, knowing "right" people, + in endless list of forms of nothingness & endow w magical powers // All things in & replacements for love of God // All things in cherished ensure a body identify // & in scope of praise & esteem //

Do we put our faith in worthless // & in sustain & // Only love of God w protect & in all circumstances // It is hit out of every trial & raise & high above all perc. dangers of world in a climate of perf. peace & safety // & in transport & in a state of mind of nothing is threatening, nothing is distorting, & nothing is intruding upon

- eternal calm of - Son of God//

Put e. of faith in illusions// - to fail of// Put all of faith in - love of God within of, eternal, changeless of forces unfailing// to - answer whatever confronts of today// - love of God in of, of to resolve all seeming diffic.s without effort + in sure confidence// Tell yourself often today// a of declaration of release to - belief in idols/ a of accord. of - truth about yourself//

Tierce today, morning of evening, let - idea for today sink deep in of consciousness// Repeat it, think about it, let related thoughts come' help of recognize to truth, + allow peace' flow over of like a Hawker of patentoir of surety// let no idle or foolish thoughts enter' distort - holy mind of - Son of God// Such is - kingdom of Heaven// Such is - resting place where of Father has placed of forever//

~~51.~~

Beg. ← ~~This~~ today, we will have a series of review periods // Each P there → cover 5 P-ideas already presented, starting ← - 1st ↑ ending ← - 50th // ↑ → be a short comment after each P-ideas, I ← should consider ∩ ← review ∩ ~~↑~~ review practice periods - exercises should be done as follows:

Begin - day by reading - 5 ideas, ~~to be included~~, ← - comments included // Thereafter, ○ a nec.' follow ↑ partic. order ∩ considering them, Thoroughly ∂ ∴ should be practical ← least once // Devote ~~at least~~ 2 minutes or more to ~~P practice~~ ~~at~~ ∂ part. period, Thinking about - idea ↑ - ~~#~~ related comments ↑ after ~~5~~ read them. ~~as~~ // Do → as often as poss. ~~to~~ during - day // If ↑ ∴ P - 5 ideas appeals ← more +- not, ~~most~~, concentrate on that one // IP/O ← nec.' cover - comments literally or thoroughly ∩ - practice periods // Try, rather, merely emphasize the central point ∩ ∂ ∴ + think about it as part P ← review

↳ - end P - day, choose, as suit, review all P - once more

p ~~idea~~ ' \ it relates. [After r read + idea + comments,] review exercises should be done ~ eyes closed, + when r 7 alone n a quiet place, if poss. // → emphasized portion for review ~ r stage p learning // r → be nec., however, — r learn how 'require no special settings n \ 'apply what r learned // r → need it most n sit^s \ appear 'be upsetting, rather — those \ already seem 'be calm r quiet // TP - purpose p r learning → 'enable r 'bring - quiet ~ r, + 'heal distress + turmoil // → done by avoiding them + seeking a haven p isolation for yourself // r → yet learn — peace → part p r, + requires only — r be there ' embrace — sit. n \ r are // And finally r → learn — 7 → no limit ' where r are, so — r peace → everywhere, as r are //

r → note — for review purposes — ideas 7 ~ always quite n quite + original form p statement // Use as 7 given here // statements,

O ~ nec ' return ' - originals, not to apply - ideas r ~ suggested — + // ~ 7 now emphasizing - relat.^s among - 1st so p - ideas ~

correct + - coherence of - thought system ' \ they are leading //

— 51. - review for today includes following ideas:

1. "Nothing I see means anything. ~~at all~~ //"

~~opening Thought~~

- reason >> so is that I see nothing, + nothing has no meaning // o rec. — I recognize > — I may learn ' see // what I think I see now is taking - place of sight // I must let it go by realizing — (has no meaning, so — vision may take its place //

2. "I is quite what I see all - meaning (has for me."

I is judged everything I look upon, + o > + only > that I see // >> - vision // o merely - illusion of reality, bec. my judgments is been made quite apart > reality // I am willing ' recognize - lack of validity o my judgments bec. I want ' see // My judgments is hurt me, + I do o want ' see according ' them //

3.

3. "I do not understand what I see."

How could I understand what I see when I have projected it onto? What I see is a projection of my own errors & thoughts. I do not understand what I see because it is not understandable. There is no sense in trying to understand it. But there is every reason to "let it go," make room for what can be seen & understood & loved. I can exchange what I see now for what merely by being willing to do so. Is this a better choice than one I made before?

4. "~~My~~ These thoughts do not mean anything."

~~My~~ ~~These~~ The thoughts of which I am aware do not mean anything because I am trying without God. What I call "my" thoughts are not my real thoughts. My real thoughts are the thoughts I think with God. I am not aware of them because I have made "my" thoughts take their place. I am willing to recognize "my" thoughts do not mean anything, & let them go. I ~~am willing~~ choose to be replaced by what is intended to replace them. "My" thoughts are meaningless, but all creation lies in the thoughts I think with God.

5. "I am now upset for reason I."

I am now upset for reason I. bec. I am constantly trying to justify "my" thoughts // I am constantly trying 'make-true // I make all things my "enemies," & so that my anger ( ) justified & my attacks are warranted // I i e realized how I i misused everything I see by assigning its role to it // I i done → 'depend a thought system \ has hurt me, \ I no longer want // I am willing 'let it go"

6 I am upset bec. I see what > a ⊓. (something - 1)
7, ~~6~~ "I see only - past."
8 ~~7~~ My mind > preoccupied w past thoughts
9. & I see nothing ⊓ ⊂ now.
10. My thoughts ~~f. past~~ to mean anything

11. My meaningless thoughts ⊓ showing me a meaningless world.
12 I am upset bec. I see a meaningless world.
13 A meaningless world requires fear
14. God to create a meaningless world
15. My thoughts ⊓ images ∖ I ⊓ made.

16. I ⊓ no neutral thoughts.
17. I see no neutral things.
18. I am a alone ∩ exper. - effects f my seeing
19. " " " " " " " f my thoughts
20. I am determined 'see

52. Today's review corrs. ~~to~~ ideas:

6. "I am upset bec. I see what) ~ ¬."

Reality) never frightening // ○ impos. —— it could upset me // Reality brings only perfect peace // When I am upset, it) always bec. I ~~A~~ Thus I replaced reality ~ illus.) I ~~A~~ made up // The illus. ¬ upsetting bec. I ~ given - reality, + ~~therefore~~ Thus regard reality as ¬ illus. // Nothing ∩ God's creation) affected ∩ ¬ way by this confusion P mine // I am always upset by nothing.

7. "I see only - past."

As I look about, I condemn - world I look upon // I call) seeing // I hold - past against everyone + everything, making ∴ my "enemies." When I ~ forgiven myself + remembered who I am, I ⇒ bless everyone + everything I see // ¬ ⇒ be no past, + ∴ no "enemies." And I ⇒ look ~ love on all — I had failed see before //

8. "My mind is preoc. w/ past Thoughts."

I see only my own Thoughts, & my mind is preocup. w/ past // What, —, can I see as it is? Let me remembr — I look on - past 'present - present is dawning on my mind // Let me undest. — I am trying 'use time against God // let me learn' give - past away, realizing — & so doing I am giving up nothing.

9. "I see nothing as it is now."

If I see nothing c o now, it can truly be said — I see nothing // I can see only what is now // - choice is w/ whether 'see - past or - present // o merely whether 'see or not // What I is chosen 'see has cost me vision // Now I would choose again, that I may see.

10. "My Thoughts do c mean anything."

I is no private thoughts // Yet o only private thoughts c. I am

answer // What, then, can these thoughts mean? They do exist, & so they mean nothing // Yet my mind is part of creation & part of its Creator // Would I not rather join thinking of universe than 'obscure all' — is really mine — my spiritual & meaningless "private" thoughts?

53. Today w → review – following:

11. "My meaningless thoughts ⊤ showing me a meaningless world."

Sure – thoughts ρ ' I am aware do ε mean anything, – world ' picture – has no meaning // What) producing → world) insane, & so) what (produces // Reality) ε insane, & I ' real thoughts as well as ~~insane~~ meaningless ones // ~~thoughts~~ // I can ∴ see a real world, if I look ' my real thoughts as my guide for seeing.

12. "I am upset bec. I see a meaningless world."

Insane thoughts are upsetting, & – produce a world ∩ ' →) no order anywhere // Only chaos ε rules a world ' represents chaotic thinking, & chaos has no laws // I ♡ live ∩ peace ∩ such a world // I am grateful — → world) ε real, & that I need ε see it at all when I choose ' value it // And I do ε choose ' value what)

totally insane & has no meaning //

13. "A meaningless world engenders fear."

The totally insane engenders fear bec. it completely undependable, & offers no grounds for trust // Nothing in madness is dependable // It holds out no safety & no hope // But such a world is real // I'm given it - illus. of reality, & is supposed to my beliefs in it // Now I choose 'withdraw' to belief, & place my trust in reality // I'm choosing to I to escape all - effects of world of fear, bec. I am accusd. — (does) exist.

14. "God did create a meaningless world."

How can a meaningless world exist, if God did not create it? He is - Source of all meaning, & everything — is real in His Mind // & in my mind, too, bec. He created it in me // Why should I continue 'suffer' to - effects of my own insane thoughts, when —

perfection of creation, my home? Let me remember - power of my decision, & recognize ~~15. "My~~ where I really abide//

15. "My thoughts & images I've made."

Whatever I see reflects my thoughts // O my thoughts which tell me where I am & what I am // The fact — I see a world of sin & suffering & loss & death shows me — I am seeing only - representations of my insane thoughts, & am allowing my real ones to cast a benevolent light on what I see // Yet God's way of sure// - images I've made cannot prevail against Him bec. O a my will that they do so// My will of His, & I place no other gods before Him//

54. There r - review ideas for today:

16. "I's no neutral thoughts."

Neutral thoughts r impossible, bec. all thoughts r power // They → either makes a false world or lead me' - real one // But thoughts I be without effects // As - world I see arises) my thinking errors, so → - real world rise before my eyes as I let my errors be corrected // My thoughts cannot be neither true nor false // They must be one or the other // What I see shows me which - are //

17. "I see no neutral things."

What I see witnesses what I think // o impossible 'see nothing bec. o impossible c' think // If I did c think I would c exist, bec. ~~I~~ ~~thoug~~ life) thought // let me look → - world as - representation of my own state of mind // I know that state can change // And so I also know the world I see can

change as well.

18. "I am a alone n expr. - effects of my seeing."

If I ~ no private thoughts, I ~ see a private world // Even - mad idea of sep. had 'to be shared before it could form - basis of - world I see // Yet — sharing & a sharing of nothing // I can also call upon my real thoughts, which share everything w everyone // As my thoughts of sep. call '- sep. thoughts of me, so my real thoughts awaken - real thoughts n them // And world my real thoughts ~~#~~ show me → dawn or → sight as well.

19. "I am a alone n expr. - effects of my thoughts."

~~I~~ I am alone n nothing // Everything I think of say or do touches all - universe // A son of God - I think or speak or act n vain // He ~ be alone n anything // O. i n my power to change every mind along w mine, for mine ~ -

power of God //

20. "I am determined to see."

Recognize - shared nature of my thoughts, I am det. to see // I would look upon - witnesses — show me - thinking of world has been changed // I would behold - proof — what has been done - me has invoked love to replace fear, laughter to replace weeping, + abundance to replace loss // I would look upon - real world, + let it teach me — my will + - Will of God are one //

55. Today's review incl. - following:

21. "I am alone. 'See Things dif.'"
What I see now are but signs of disease, disaster & death // → of be what God created for His Beloved Son // - my fact — I see such things) proof — I do a under. God // : I also do a under. His Son // what I see tells me that I do NOT know who I am // I am alone. 'See - witnesses' - truth ~ me, rather → those which show me ~ illus. of myself.

22. "What I see) a form of nonsence."
- world I see) hardly - repr. of loving thoughts // ○ a picture of attack on everything & by everything // ○ anything but a reflection of - love of God & - love of His Son // ○ my own attack thoughts -) give rise ' → picture // ~~But~~ My loving thoughts → save me) → percept. of world, & give me - peace God intended me '/.

23. "I can escape) world by giving up attack thoughts."

Herein lies my salvat, & nowhere else // Without attack thoughts I could see a world of attack // As forgiveness allows love return 'my awareness, I see a world of peace & safety & joy // And as — I choose 'see, a place of what I now look on now //

24. "I be perc. my own best interests."

How could I recognize my own best int.s when I do not know who I am? What I - are my own best inter.s would merely bind me closer ' - world of illus.s // I am writing ' follow - Guide God has given me ' find out what my real best interests are, recognizing — I cannot perc. them by myself //

25. "I do not know what anything) for."

'me, - purpose of everything) '

& prove — my illus.s about myself are

real// o for → — I attempt ' use
response r something// o for → —
I behind - world) for// ∴ I do a
recognize its real purpose// - purpose
I ⌐ given - world has led ' a
frightening picture of it// let me
open my mind ' its real purpose by
withdrawing - once I ⌐ given it r
learning - truth about it//

56. Our rev. for today / Cross - following;

26 "My attack thoughts are attacking my inv'ner."

How can I know who I am when I see myself as under constant attack? Pain, illness, loss, & death seem threaten me // All my hopes & wishes & plans seem to be a mercy P a world I do control // Yet perfect security & complete fulfillment are my inheritance // I tried give my inheritance away & exchange for a world I see // But God has kept my inheritance safe for me // My own real thoughts → teach me what it is //

27. "Above all else I want to see."

Recogn. — what I see reflects what I. I am, I realize — vision) my greatest need // a world I see attacks — fearful nature P. self-image I've made // If I would remember I am, a dream, — I let → image P myself go // As O replaced by truth, vision → surely be given me // And c → vision I → look

upon world + on mercy & charity & love.

28. "Now all else I want see this day."
world I see holds my fearful
day-image in place, & guarantees its
continuance // While I see world as I
see it now, & truth is hidden my awareness//
I would let - door behind world be
opened for me, — I may look past
it! - world that reflects - love of God//

29. "God is in everything I see."
Behind every image I make,
- truth remains unchanged // Behind
every veil I draw across - face of
love, its light remains undimmed // And
beyond all my insane wishes is my
will still united - Will of my Father//
God is still everywhere + in everything
forever// And I am part of Him —
yet see look past all appearances,
+ escape - truth beyond - all//

30. "God is everything I see. God is my mind."
in my own mind, behind all my

insane thoughts of sep. & attack,)
knowledge — all done forever// I is
a lost - knowledge of who I am Rec.
I is forgotten it// It has been kept
for me in - Mind of God, who has not
left His Thoughts// And I, who am
among them, am one of them & of Him//

57. Today let us rev. 5 ideas:

31. "I am a victim of the world I see."

How can I be a victim of a world I can be completely unaware of if I so chose? My chains I fashioned. I can drop them off merely by deciding to do so. The prison door is open. I can leave it simply by waking out. Nothing holds me in this world. Only my wish to stay keeps me a prisoner. I would give up insane wishes, and walk in sunlight at least.

32. "I invented the world I see."

I made up the prison in which I see myself. All I need do is recognize this, and I am free. I have deluded myself in believing I can pass this imprison. Son of God. I am bitterly mistaken in this belief, which I no longer want. Son of God must be forever free. He is as God created him, and as what I would make of him. He is what God would it be, and as what I thought to keep him prisoner.

33. "This way of looking at world."

Since I purpose of world is a - I ascribed it, it must be this way of looking at it. I see everything upside down, the My thoughts are opposite of the truth. I see world as a prison for God's Son. It must be, then, that world is really a place where I can get free. I would look upon world as it is, & see it as a place where Son of God finds his freedom.

34. "I could see peace instead of this."

When I see world as a place of freedom, I realize it reflects laws of God instead of rules I made up for it to obey. I realize modesty — peace, not war, abides in it. And I perceive — peace abides in it, & is what is offered all I share this place with me.

35. "My mind is part of God's. I am my holy."

As I share peace of world

my brothers, I beg. 'understt. — → peace
comes) deep within myself // - world I
look upon has taken on - light of
my forgiveness, & shines forgiveness back
at me // ∩ → light I beg. 'see what
my illus.s about myself had kept
hidden // I beg. 'understt. - holiness of
all living things, & → oneness - me //

58. – ideas > for review Today:

36. "My holiness envelops everything I see."
) my holiness does – percept. of
real world come // Having forgiven, I no
longer see myself as guilty // I can
accept – innocence that > – truth
about me // Seen – understanding
eyes, – holiness of – world > all I
see, // For I can ~~look on~~ picture only –
thoughts I hold about myself //

37. "My holiness blesses – world."
– percept. of my holiness does a
bless me alone // Everyone & everything I
see & its light shares – joy it brings
me // ¬ > nothing —— > apart > –
joy bec. ¬ > nothing —— does not
share my holiness // As I recognize
my own holiness, so does – holiness
of – world shine forth for everyone I see //

38. "My holiness > my salvation."
My holiness saves me > all
guilt // * recognize my holiness > recognize

my ~~Salvat.~~ // O also recogn. - salvat. / P. world // Once I ~~i~~ accepted my holiness, nothing can make me afraid // And bec. I am unafraid, everyone must share ^ my strength & undest.; \ as - gift P God 'me +' - world //

38. "~) noth. my holiness I do."

My holiness) unlimited ^ its power to ~~s~~ heal ~~&~~ bec. O unlimited ^ its power to save // What) ~ 've saved) except illus.? And what ~ all illus. except false ideas about myself? My holiness undors them all by asserting - truth about me // ^ - presence P my holiness, \ I share c God Himself, all idols vanish.

40. 39. "I am blessed as a Son P God."

Herein lies my claim 'all good + only good // I am blessed as a Son of God // All good things are mine bec. God intended - for me // I cannot suffer ~ loss or deprivation or pain bec. of who I am // My

Father supports me, protects me & directs me in all things // His care for me is infinite, & so is me forever // I am eternally blessed as His Son //

59. - following ideas 7 for rev today:

41. "God goes w me wherever I go."
How can I be alone when God ~~always~~ goes w me everywhere? How can I be ~~uncertain~~ doubtful & unsure of myself when ~~perfect~~ certainty abides in Him? How can I be disturbed by anything, when He rests in absolute peace? How can I suffer when ~~p~~ love & joy surrounds me — Him? Let me not cherish illus. about myself // I am perfect bec. God goes w me wherever I go."

42. "God is my strength & vision is His gift."
Let me not look 'my own eyes' see today // let me be willing 'exchange my pitiful illus. seeing for vision ——> given by God // Christ's vision is His gift, & He has given it to me // let me call upon this gift today, so —— This day may help me 'weakest, eternity.

43. "God is my Source. I do see apart from Him."

I can see what God wants me see // I cannot see anything else // Beyond His Will lie only illusions // 0 = — I choose when I. I can see apart from Him // 0 = — I choose when I try 'see' = — body's eyes // Get Vision of Christ is given me: replace — // 0 = — Vision — I choose 'see' //

44. "God is Light, and I see."

I do see darkness, God is only light // i.e., if I can 'see', it must be = Him // I is tried 'define' what seeing is, = I is been wrong // Now 0 given me 'understand' — God is Light, and I see // let me welcome vision = — happy world c — show me //

45. "God is Mind — and I think."

I is no thoughts, and I do = show — God // I is no thoughts apart from Him bec. I is no mind

a part > His // As part of His Mind,
my thoughts are His & His Thoughts
> mine //

60 ideas for today's review:

46. "God's Love is I forgive."

God does not forgive bec. He has never condemned. - blames or blame, & And so I accepted innocence see nothing forgive. Yet forgiveness is means by I recognize my innocence. O - reflection of God's Love on earth. C - brings me near enough Heaven - Love of God I reach down & raise me my home.

47. "God's Strength is I trust."

O - my/our strength & I forgive. O - strength of God in me, I am remembering as I forgive. As I begin see, I recognize His reflection on earth. I forgive all things bec. I feel - strength of His strength in me. And I begin remember: Love I chose to forget, but which has not forgotten me.

48. "I fear nothing."

How safe world looks to

me: think I can see it! ( ) a look anything like what I imagine I see now // Everyone & everything I see ~ lean toward me. Bless me // I ~ recognize ^ everyone my dearest Friend // What could ~ be to fear ^ a world I ~ forgiven, & which has forgiven me?

49. "God's Voice speaks to me all ~ day."

~) a a moment ^ ' God's Voice comes ' call on my forgiveness ' save me // ~) a a moment ^ ~) His Voice fails ' direct my thoughts, guide my actions, & lead my feet // I am walking steadily on toward truth // ~) nowhere else I can go, bec. God's Voice) - only voice & - only Guide has been ' His Son //

50. "I am sustained by Love of God."

As I listen ' God's Voice, I am sust. by His Love // As I open my eyes, His Love lights up - world for me ' see // As I forgive, His love reminds me That His Son) sinless //

And as I look upon — world — vision
He has given me, I remember — I
am His Son"

6T. "I am the light of the world."

Who is the light of the world except God's Son? This is merely a statement of the truth about yourself. The opposite of a statement of pride, of arrogance, or of self-deception. It does not describe the self-concept I made. It does not represent the characteristics I endowed it with. It represents what I created by God. The ~~merely~~ merely states the truth.

The ego's idea for today is the epitome of self-glorification. But the ego does not understand humility, mistaking it for self-debasement. Humility consists in accepting the role in salvation, and in taking no other. The humility to insist that I be the light of the world, if this is the function God has assigned me, is the only arrogance. It asserts that I can do this for you, and arrogance always precludes [illegible]

True humility requires that I accept today's idea because the voice for God Himself uses it to tell me the truth.

It's a big step in accepting the real function on earth // a a spirit stride in taking the rightful place in salvat.// a a positive assertion of the right to be saved, & in acknowl. of power — in spirit to save others //

Don't think about the idea ~~for today~~ as often as poss. today // It's a perfect answer to all illus. & to all temptation // It brings all images made about yourself to truth, it helps to depart in peace, unburdened & certain of purpose //

As many practice periods as poss. should be undertaken today, though ⊙ it need a exceed a minute or so // They should begin by telling ~~yourself~~ ~~this~~ "I am the light of world. That is my only function. That is why I am here."

Then think about the statement for a short while, preferably with the eyes closed if the sit. permits // let

a few related thoughts come 'c, + repeat - idea 'yourself if c mind wanders away ⟩ - central idea //

Be sure both beg. + end - day c a practice period // Thus c → awaken c → acknowledgment P - truth about yourself, re-inforce c accord. thoughts = day, + turn 'sleep as c re-affirm c function + c only purpose here // - first + last practice periods may ~~last~~ be ~~cover~~ somewhat longer — + - rest, if c ~~find c helpful~~ + want to extend them //

Today's idea goes far beyond - ego's petty views of what c are + what c purpose is // As a basic P salvat., → ⟩ abs. nec. // ⟩⟩ - first La number P giant strides c → - ~~take~~ in next few weeks // Try today 'beg. + build a firm foundation for c → advances // c are heirs P - world // God has built his plan for - salvat. P Wei Sou or you //

62. Forg. is my function as "light of world".
O my forgiveness — is being
world of darkness' - light // O my forgiveness
— lets me recognize - light in I call
Forgiveness is - demonstr. — of - light of
world // = of forgiveness does - truth
about yourself return' of memory // ∴ in
of forgiveness lies of salvat. //

Illus: about yourself & - world
are one // That is why all forgiveness is
a gift 'yourself // of goal is 'find out
who of are, in denial of identity by
attacking creation & its Creator // Now
of learning how' remember the truth //
For is, attack must be replaced by
forgiveness, so that thoughts of life
may replace thoughts of death //

Remember — in every attack of
call upon of own weakness, while in turn
of forgive of call upon - strength of
Christ in of // Do of — Then begin'
understand what forgiveness is do for of?
of is remove all sense of weakness, strain
& fatigue is of mind // of is remove all
fear & guilt & pain // of is restore -

invulnerability & power & God gave His Son' & awareness //

Let us be glad 'begin & end this day by practicing today's idea, & to use it as frequently as possible throughout // & help 'make - day as happy for as God wants & 'let // always // And & help those about &, as well as those seem 'be far away in space & time, 'share ~~of~~ happiness - & //

As often as & can, closing eyes if poss., say 'yourself:

"Forgiveness is my function & - light & world."

I would fulfill my function. — I may be happy."

Then devote a minute or two 'considering & function, & - happiness & release & bring & // ¶ let related thoughts come freely, ~~as~~ for & heart - recep. & words, & in & mind - ~~as~~ awareness — - 7 true //

Should & attention ~~be~~ wander, repeat - idea, & add:

"I would remember - bec. I want' be happy."

63. "- Let P. world bring peace
every mind & my forgiveness."

How holy are I who is your
bring peace every mind! How blessed I
I who can learn recogn. - means for
letting - be done I I! What function
would I want U -? What purpose
could I ~~is that~~ would bring I greater
happiness?

I indeed - Let P. world I
such a function// - Son of God looks
I for his redemption// ~~& release~~// O yours
give him, for it belongs to you// Accept
no trivial purpose or meaningless
desire in its place, ~~of~~ or I - forget I
purpose, & leave God's Son in hell//
- no idle request - - being asked of
you// I - asked accept salvat. - (
may be yours give// ~~B~~// Recogn. - import.
P - funct, U - be happy remember
it very often today. We - beg. - day
by acknowledging it, & close - day I
- the thought P it in our awareness// And
throughout - day, U - repeat this as
often as we can.

Holy Spirit & world brings peace to every mind & my forgiveness.

I am - means God has appointed for - salvat. of world."

→ prob. found it easier to let related thoughts come & in - minute or two & should devote considering → if & I close & eyes // However, do not wait for such an opportunity // No chance should be lost in reinforcing today's idea // Remember — God's Son looks & for his salvat. // And who by your self must be His Son?

— 69 "let me e forget my function"

Today's idea) merely another way P saying "let me e wonder) ~ tempt." - purpose P- world ⌐ see) 'obscure ⌐ function P forgiveness, & provide ⌐ → - justification for doing so// O-temptation' abandon God & His Son, taking on e physical appearance // O → \ - body's eyes look upon//

Nothing - body's eyes seem 'see) be anything ∪ a form P temptation, since → ∪ - purpose P - body itself// Yet ∪ learned —— - Holy Spirit has another use for all P illus.s ⌐ made, & ∴ sees ~ purpose in them// '- H.S., - world) a place where ⌐ learn' forgive yourself what ⌐ think P as ⌐ sees// ∩ → percept., - physical appearance P tempt. becomes - spiritual recognit. P salvat.//

'review our last few lessons, ⌐ function here) 'be - light P- world, a function given ⌐ by God// O only - arrogance P. ego \ leads ⌐ 'question →, & O only fear P- ego \ induces ⌐

Regard yourself as unworthy of task assigned by God Himself // world's salvat. awaits your forgiveness bec. it does. For of God escape all illus ~~temptation~~ & all temptation // - for of God > you //

Only by fulfilling - function given < by God > < be happy // — > bec. < function > 'be happy by using - means by 'happiness bec. merit.// → > no other way // ∴ every time < choose ~~choice <~~ ~~make~~ which. or a 'fulfill < funct. < 7 really choosing which. 'be happy or e //

Let us remember > today // let us remind ourselves of it n - morning & again - night, & all - day as well // Prepare yourself n advance for all - decisions < > make today by remembering — 7 all really very simple // Each one > lead 'happiness 9 'unhappiness // Can such a simple decision really be difficult 'make?

let e - form of - decision decei < // Complexity of form does n imply complexity of content // o impos

41. God goes with me where I go.
42. God is my strength. Vision is His gift.
43. God is my Source. I shall see apart in His.
44. God is the Light in which I see.
45. God is the Mind with which I think.

46. God is the love in which I forgive.
47. God is the Strength in which I trust.
48. There is nothing to fear.
49. God's Voice speaks to me all the day.
50. I am sustained by the Love of God.

Workbook 2b

21. I am determined see things diff.
22. What I see is a form of vengeance.
23. I can escape the world I see by giving up attack thoughts.
24. I do not perc. my own best interests.
25. I do not know what anything is for.

26. My attack thoughts are attacking my invulnerability.
27. Above all else I want to see.
28. Above all else I want to see things diff.
29. God is in everything I see
30. God is " " " bec. God is in my mind

31. I am a victim of world I see.
32. I'm invested - world I see.
33. There is no way of looking at world.
34. I could see peace not. of me.
35. My mind is part of God's. I am H. holy.

36. My holiness envelops everything I see.
37. My " blesses world.
38. There is nothing my holiness can do.
39. My holiness is my salvation.
40. I am blessed as a Son of God.

~~Choice~~ decis. on earth can have a content different) just → ∴ simple choice // —
) - only choice - H. S. sees // ∴ 0 - only choice →) //

Today, →, let us practice ⌐ thoughts ¶ often:

"let me ⌐ forget my function.
let me ⌐ try 'substit. mine for God's.
let me forgive ⌐ be happy."

At least once, devote ten or 15 minutes reflecting on → ⌐ closed eyes // Related thoughts → come ' help ⌐ if ⌐ ~~vou~~ remind/ - crucial import. ρ ⌐ function ' ⌐ + ' - world //

∩ - frequent ~~practice periods~~ applic. ∴ ρ todays idea ' be practiced throughout - day, devote sev. minutes ∫ reviewing - thoughts, ⌐ → ' thinking about them + about nothing else. → → be ~~quite~~ difficult at first partic. since ⌐) ⌐ a prominent ∩ - mind discipline \ ⌐ requires // ⌐ may need ' repeat " let me ⌐ forget my function quite often, ' help ⌐ concentrate. //

2 forms of practice are required, the shorter periods L times, ~~for~~ do exceed ✓ ⌐ eyes closed // ST ⌐ times, keep ⌐ eyes open after reviewing idea, ⌐ look slowly + unselectively about ⌐, telling yourself:

"→ → - word or my function 'save.'"

65. "My only function is one God gave me."

- idea for today reaffirms commitment to salvation. Also reminds no other function but Holy Spirit's Thoughts are necessary for a total commitment. Salvation is only purpose held while still cherish others. Full acceptance of salvation's only function necessitates 2 phases: - recognition of salvation's function, - relinquishment of all other goals invented for yourself. - only way can take rightful place among Sonship's world. - only way can say & mean, "My only function is one God gave me." - only way to find peace of mind.

~~For practice periods today,~~ I for a number follow, set aside 10-15 minutes during day for a more sustained practice period & try understand & accept what today's idea really means.

(effort escape) all ~~diff~~ perceived difficulties // (places goes) - try 'shut' door' place \ closed upon yourself // ~~→~~ own hand // (gives - answer 'all' searching ~~undertaken~~ done) time begins

Try, if poss., to undertake - daily extended practice periods - approx. - same time a day // Try also 'determine → time & advance for today, & → adhere' it as closely as poss. // TP// purpose P → ' arrange day so — set a time for God, as well as for all - trivial purposes & goals → pursuit → → part P. long-range disciplinary training \ mind needs, so — - H.S. can use it consistently for - purpose He shares //

For → practice period, begin by reviewing idea for today // → close eyes, repeat it' yourself again, → watch mind carefully 'catch whatever thoughts crossing it // TP// - first, make no attempt ' concentrate ~~discover~~ only on thoughts related ' today's idea //

Rather, try 'uncover & ⊥ — arises' interpose ⌐ it // Note each one as it comes ⌐ ⌐ little instrument or concern as pass., dismissing them by ~~Remin~~ telling yourself:

"→ thought repres. a goal ⊥ → preventing me → accept my only function."

After a while, interf. thoughts → bec. harder 'find // Try' continue a minute or so longer, attempting 'catch a few ⊥ idle thoughts ⊥ slipped past ⌐ attention before, & do a strain ⊥ make undue effort ⊃ doing this // Then tell yourself:

"On this clean slate let my my true funct. be written for me."

⌐ need a use ⌐ exact words, but try 'get a sense of being willing ⊥ ⌐ this ⊥ purpose be replaced by truth //

Finally, repeat the idea for today once more, & devote rest ⊥ practice period ~~to~~ 'focusing on its importance, the relief its

accept. → bring ' ⌐ by reasoning ⌐ conflicts once & for all, & extent ' ' ⌐ really want salvat. in spite of ⌐ own fearful motives ' - contrary //

in later practice periods, ' Should be undertaken at least once an hour, use → form ~~applic~~. ^ applying today's idea:

" My only friend is God. God save me. I want no other & I have no other."

Sometimes close ⌐ eyes as ⌐ practice, & sometimes keep open & look about ⌐ // O what ⌐ see now ——— → be totally changed when ⌐ accept ~~the~~ today's idea completely //

66. "My happiness + my function are one."

Surely noticed → emphasis throughout our recent lessons — connection betw. fulfilling ⌐ function + achieving happiness // → bec. ⌐ do really see - connection // Just → more — + just a connect. between; - are - same thing // → forms are different, ∪ → content ∫ completely one //

- ego does constant battle ∪ - H.S. "on" - fundamental? ⌐ what ⌐ function is // So does it do const. battle ∪ - H.S. about what ⌐ happiness is // O a - two-way battle // - ego attacks + - H.S. does a respond // He knows what ⌐ function is // He knows that a ⌐ happiness //

Today ∪ → try to go past → wholly meaningless battle, + a more ∪ - truth about ⌐ function // ∪ → a engage ∩ ceaseless arguments about what ⌐ // ∪ → a bec. hopelessly involved ∩ defining happiness, + determining -

means for achieving it// ~ ~ indulge ego by listening 'its attacks on truth.// ~ merely be glad — ~ can find out what truth is//

Our longer practice period for today has as its purpose ~ acceptance e - truth ~ only ~ ~~funct~~ ~ a very real connect. btw. - function God gave ~ ~ ~ happiness, ~ that they are actually identical// God gave ~ only happiness// ∴ - function He gave ~ must be happiness, even if it appears 'be different// Today's exer. ~ ~ attempt' go beyond ~ differ.s ~ appearance, ~ recogn. a common content where it exists ~ Truth//

Begin - 10-15 min. practice period by reviewing ~ thoughts:

"God gives my only happiness.

He has given my funct. 'me.

Therefore my funct. must be happiness."

try 'see - logic ~ ~ sequence, even if ~ do ~ accept - conclusion// ~ only if - ~~first~~ premis are wrong — - conclus. could be false// let us, Then, think about

premises for a while, as ← → practicing.
- first is that God gives ← only happiness // → could be false, of course, ∪ ∩ ? ' be false ∘ we define God as something He is a // love & give evil, & what) a happiness is evil // God & give what He does a is, & He cannot ↑ what He is a // Unless God gives ← only happiness, He must be evil // And ∘ → definition P His which ← are believing if ← do not accept - first premise //

- Second premise) — God has given ← ← function // ✓ seen — → → only 2 parts P ← mind & One is - ego's, + > made up P illus.s // - other) - home P - H.S., where truth abides // → are no other guides ∪ ← ✗ 'choose betw., & no other outcomes possible ← - result P ← choice but - fear \ - ego always excludes ∘ - love \ - H.S always offers 'replace it //

thus ← must be — ← function)

entitled by God – His Voice in C, or, made by ego in C made 'to place Him' behind true? Unless God gave C gift.' C, it must be a gift of ego// Does ego really give gifts 'give, being illus. or offering only illus. of gifts?

Think about during longer practice period today// Think also about many forms illus. of C function has taken in C mind, in many ways in C tried find salvat. in ego's guidance// Did C find it? Were C happy? Did bring C peace?

C need great honesty today// Remember outcomes fairly, & consider also whether C or our reasonable expect happiness anything ego has ever proposed// Yet C only alternat. to H.S.'s Voice// C listen 'madness' & hear truth// Try make choice, as C think about premises on our conclusion rests// C share in conclusion, C in no other// For God Himself shows it C us//

Today's idea is a giant stride in perception of same & same, & different as different // On one side stand all illusions // All truth stands on other // Let us try today to make — only truth is true //

In shorter periods, I would be partic. helpful if undertaken twice — once today, — from Q applic. is suggested:

"My happiness & my function are 1,"
bec. God has given me both."

It is not take more than a minute, & probably less, 'repeat the words slowly, & think about them a little as & say them //

67. "Love created me like Itself."

Today's idea is a complete & accurate statement of what I am. It is why I am the light of the world. It is why God appointed me as the savior of the world's salvation. It is why I am. For of God looks for his salvation. He is saved by what I am.

I make every effort today to reach the truth about you, & to realize fully, if only for a moment, that it is the truth. In a longer practice period for today, I think about reality & its wholly unchanged nature. I begin by repeating the truth, & then spend a few minutes in adding some relevant thoughts, such as:

"Holiness created me holy."
"Kindness created me kind."
"Helpfulness created me helpful."
"Perfect created me perfect."

I attribute whole in accordance to God as He defines Himself in appropriate. I am trying today to undo the definition of God, & replace it by His Own. I am also

trying 'emphasize — ⌐ are part ℗ His definition ℗ H in self//

After ⌐ gone over several such related thoughts, try to let all thoughts drop away for a brief preparatory interval, + → try to reach past all ⌐ images + pre-concept.s about yourself '- Truth ∩ ⌐// If love created ⌐ like Itself, → Self must be ∩ ⌐ // And somewhere ∩ ⌐ mind It is → for ⌐' find//

⌐ may find it nec. 'repeat-idea from time 'time,' replace distracting thoughts// ⌐ may find — → → not sufficient, + — ⌐ need' ~~repeat add~~ continue ~~a~~ add ~~addit~~ other thoughts related' - Truth about yourself// Yet perhaps ⌐ J succeed ∩ going past that, + — - interval of thought-less-ness ' - awareness ℗ a blaring light ∩ \ ⌐ recognize yourself as Love created ⌐// Be confident, however, — ⌐ → do much today 'bring — awareness nearer,

whether I ~~are a~~ succeed or a Today //
It → be partic. helpful today
practice - idea for - day as often as
I can // I need hear - truth about
yourself as frequently as poss., bec.
I mind) so preoccup. w/ false self-
images // 4 or 5 times → hour, &
perhaps even more, I would be
most beneficial ' remind yourself
—— love created I like Itself //
Hear - truth about yourself → //
TP/ Try ' realize, as I do so, —— → a
I tiny, solitary voice —— tells I
this // → - Voice for God, reminding
I P. I Father ↑ of your Self // →
- Voice P truth, replacing everything
- ego tells I about yourself ← -
simple truth about - Son P God //
You were created by Love like
Itself //

~~18.~~ "Love holds no grievances."

I was created by Love. Love Itself can hold no grievances. + know your Self // 'hold a grievance' is to forget who I are // 'hold a grievance' > to see yourself as a body // 0 - decision / let - ego rule I mind, + ' condemn - body 'death //

Perhaps I do not yet fully realize just what holding grievances does ' I awareness // It seems 'split I off > I Source, + make I unlike Him // Then it makes I believe — He is like what I - I become, for no one can conceive of his Creator as unlike himself // ~~To~~ Shut off > I Self, ~~who which~~ who remains aware of heaven ' His Creator, I Self seems 'sleep while - part of I mind — weaves illusions o ~~its~~ sleep appears ' be aware // Can all > arise > holding grievances? Oh yes! For he ~~+ dreams~~ who holds grievances ~~+ dreams~~ dreams he is created by love, + his Creator has become fearful 'him > his dream of

hate // TP Who can draw ℓ hatred r
e fear God? // TP O as sure — those ⌐
hold grievances — redefine God n →
own image as a certain — God
created them like Himself r eternal.
as part ℓ Him // O as sure —
those ⌐ hold grievances → suffer
guilt as O cert. — those who
forgive → find peace // O r sure
— those ⌐ hold grievances →
forget who they are as O cert.
— those who forgive → remember //
(Would ⌐ be willing relinquish
grievances if ⌐ thought → so?
TP/ Perhaps ⌐ do a believe — ⌐ ⌐ let
all ⌐ grievances go // That, however, ⌐
simply a question ℓ motivation //
Today ⌐ → try 'find out how ⌐
would feel without grievances // If ⌐
succeed even ever so slightly,
→ → never be a problem n motivation
again //

Begin today's extended
practice period by searching ⌐ mind for
those against whom ⌐ hold what ⌐

regard as major grievances// Some p ⌐ ⊃ be quite easy' said// Then think p- seemingly minor grievances ⌐ hold against those ⌐ love, + even think ⌐ love// c ⊃ quickly bec. apparent ~~the~~ ⊃) no-one against whom ⌐ do a cherish grievances p some sort//

⊃ has left ⌐ alone n all - unwise n ⌐ percept. p yourself// Determine now' see all ⌐ people as friends// Say 'them all collectively, ~~thinking~~ ⊃ ≐ ~~by name~~ n-tar as ⌐ do so:

"I would say ⌐ ⌐ my friends,
That I may remember ⌐ ⊃ pt p me,
And come to know myself."

Spend - remainder p- practice period n thinking p yourself as completely at peace ⌐ everyone + everything, safe n a world \ protects ⌐ + loves ⌐, + \ ⌐ love o return// Try 'feel safety surrounding you, covering ⌐, ⌐ holding ⌐ up// Try ' ~~Lear~~ trust, however briefly, — ⊃ nothing can harm ⌐ n ⊃ way// At - end p- practice period, tell yourself:

"Love holds no grievances.
When I let all my grievances go,
I know I am perfectly safe."
- Short practice periods should include a quick application of today's idea as soon, whenever a thought of grievance arises against anyone, physically present or not:
"Love holds no grievances.
Let me not betray my self."
In addition, repeat idea several times an hour, as soon:
"Love holds no grievances.
I would waken my self
By laying all my grievances aside
And waking in Him."

b9. "My grievances hide - light of world in me."

No-one can look upon what grievances conceal // Bec. grievances are hiding - light of world, remote stands in darkness, & can hide him // But as veil of grievances is lifted, can be released in him // Share salvat. now in U, who stood beside when can in hell // He is brother in - light of world which spurs both //

Today let us make another real attempt 'reach - light in // Before undertake this, in our more extended practice period today, let us devote few minutes' think about what - trying 'do // - literally attempting' get in touch - salvat. of world // - ~~actually~~ trying' see past - veil of darkness — keeps it concealed // - trying' let - veil be lifted, & see - tears of God's Son vanish in sunlight //

Let us begin our longer practice period today - full realization of all -, & real determination 'reach what is dear' us — all else // Salvat. is our only need //

→ ~~no~~ other purpose here, & no other function fulfill // learning salvation is our only goal // let us end - ancient search today, by finding - light in us & holding it up for everyone to see in us to look upon & rejoice //

Very quietly now, & eyes closed, try to let all - content I generally occupies my conscious goal // Think of my mind as a vast ~~round~~ circular area, surrounded by a layer of heavy dark clouds // I can see only - clouds bec. I seem to be standing outside - ~~circle~~ whole area, & quite apart from it // where I stand, I see no reason to believe → is a brilliant light hidden by - clouds // - clouds seem to be - only reality // - seem to be all → is to see // ∴ I do a attempt to walk through - & past -, which is - only way in which I would be really convinced of → lack of substance //

→ make → attempt today //

PS // After I've thought about - importance of what I'm trying to do yourself & to - world, settle in perfect

stiffness, remembering only how much I want to reach the light in me today, = now. Determine to go past the clouds // Reach out & touch the mind; brush aside the hand; feel them resting on the cheeks & forehead & eyelids as I go there // Go on; clouds cannot stop me //

If I do my exers. properly, I begin to get a sense of being lifted up & carried ahead // Little effort & small determination call on the power & Whose help I, & God Himself & raising me to dominance & height // I in accord w His Will // & fail bec. I will to His // Have confid. in Father today // And be cert. — He has heard me & has answered // I may be recep. His answer yet, but I indeed be sure. — O open my & I yet receive it // Try, as I attempt to go to the clouds to the light, hold in confid. in mind // Try to remember — I to at last forming the will to God's // Try to keep the thought clearly in mind — what I

without. ~ God must succeed // Then let - power of God work in & through, — His Will & yours may be done //

in - shorter practice periods, \ ~ want' do as often as poss. in view of - impact. of today's idea 'your & happiness, remind yourself — grievances I are hiding - hurt of world > awareness // Remind yourself also — I ~ searching for it alone & — ~ do know where 'look for it // Say, +:

"My griev.s hide - hurt of - world in me. I do see what I is hidden. Yet I want 'let it be revealed' me "for my salvat. & salvat. of - world

Also, be sure' tell yourself:

'If I hold > griev. - hurt of - world > be hidden > me"

if ~ tempted 'hold anything against anyone Today //

70. "My Salvat. ∨ > me."

L temptat. > nothing more

→ some form of basic tempt. a

where - idea for today // Salvat.

seems 'come > anywhere except > ⌐ //

So, too, does - some form of guilt //

See neither guilt a salvat. ⌐ ∩

⌐ own mind, ⌐ nowhere else // When

⌐ realized — all guilt > solely

¬ invention of yourself ⌐ → also

realize — guilt & salvat. must

be together ∩ - same place // ∩

understat. → ⌐ ¬ reward //

- Seeming "cost" of accept.

today's idea > →: It means —

nothing outside yourself can

save you ✗; Nothing outside

yourself can give ⌐ peace //

But it also means — 'nothing

outside yourself can hurt, ⌐ or

disturb, ⌐ peace, → or upset ⌐ ∩

¬ way // TP // Today's idea places

⌐ ∩ charge of mine, where ⌐

belong bec. of who ⌐ are // → >

a role I can be partially accepted //

Sat. must surely big. 'see —
accepting it) salvat.// (may a,
however, be clear 'r why — recog.
— quit) ∧ r own mind entails —
reality: — salvat.) ∧ as well //
God would a i put —
remedy for sickness where) I
help// ——) — way r mind has
worked, ✗ a hardly His// He wants
r 'b healed, so He has kept —
some ? healing where — need for
healing his// r tried 'do just —
opposite, making every attempt,
however distorted ∧ fantastic it might
be, ' sep. healing) — sickness for
) (& intended, ∧ thus 'keep —
sickness// r purpose & ' ~~make~~ ensure
— healing did a occur; God's purpose
& ~~to~~ ensure —— it did//
I Today (∧ practice realizing
— God's will ∧ ours are really —
same ∧ ∧// He wants us 'be
healed, ∧ (do a really want '
be sick bec. it makes us
unhappy// ∴ ∧ accepting — idea

for today. ✓ ⊃ agreement ✓ God // He does ✓ want us ' be sick // Neither do we // He wants us ' be healed // So do we //

✓ ⊃ ready for 2 longer practice periods today. Each of them should last some 10 - 15 minutes // ✓ ⊃, however, ~~still~~ let ⌐ decide when ' undertake them // ✓ ⊃ follow ⊃ practice for Sw. lessons now, ⌐ it would again be well ' decide ⊃ advance when would be a good time ' lay aside for ∂ P -, ⌐ adhere ' ⌐ our decis. ⌐ closely ⌐ poss. //

Beg. ⌐ pract. period ' by repeating idea for today, ⌐ adding a statement signif. ⌐ recognit. —— salvat. comes ⊃ nothing outside PC // ✓ might put ✓ ⊃ way:

"My salvat. comes ⊃ me.

It ∂ come ⊃ anywhere else."

⌐ devote a few minutes ✓ ← eyes closed, ⌐ reviewing some P - external places where ⌐ looked for it ⊃ - past, - ⊃ other

perpty, n possessions, n various set.s of events, & n various Self-concepts \ r Except 'make real // Recogn. —— it & e there // Tell yourself:

"My salvat. I come > any p r Things.

My salvat. v > me, & only > me."

Now c > try again 'reach - light n r which > where r salvat. is // r I find it n - clouds —— surround - light, & e n - r been looking for it // O e > // O past - clouds, & n - light beyond // Remember —— r > i 'go ~ - clouds before r > reach - light, e remember also —— r never found anything n - cloud patterns r imagined —— endured, & —— r wanted // Since all illus.s p Salvat. ' failed r, surely r do e want ' remain n - clouds looking vainly for idols >, when r could so easily walk on N - light p real Salvat.? Try ' pass - clouds by whatever means appeals ' r // If it helps r, think p me holding r hand & ~~guiding~~ leading you // And I

astur — → be my idle fantasy //
For - short & frequent p.c. per.s
today, remind yourself — salvat.
v from you, & nothing ∪ own
thoughts ∪ hamper progress // & ¬
free ⊃ all external interference // &
¬ ∩ charge p salvat. // & ¬ ∩
charge p. salvat. p. world // Say. →,
"My salvat. v ⊃ me.
Nothing outside p me can hold
me back,
Within me ⊃ - world's salvat.
& me own. "

56. Our rev. for today covers – following:
60 57. ⇒ ideas 7 for Today's Review. ~~today~~:
58. Today's review ideas are:
~~59~~ 59. ✓ ⇒ review ⇒ ideas today:
59. 60. – following ideas 7 for review today:

57. Today let us rev. ⇒ ideas.
58 ⇒ ideas 7 for rev. today.
59. – foll. ideas 7 for rev. today.
60.

51 – rev. for today incl. – foll. ideas
52 Tod.'s rev. covers ⇒ ideas
53 Today ✓ ⇒ rev. – following
54 ⇒ 7 – rev. ideas for today
55 Today's rev. incl. – following

71. "Only God's plan for salvat. is work
(may be reality — ego has
set up a plan for salvat. opposite
God's // O is plan is (believe // Since
O is opposite of God's, (also bel. —
accept God's plan is place of ego's
is be damned // is sounds preposter.,
of course // that after (consid.
just what ego's plan is, perhaps
(is reality —, however prepost. (
may be, (do believe it //
— ego's plan for salvat. centers
on holding grievances // (maintains
— if someone else space or
acted differently, if some external
circumst. or event (changed, (
would be saved // This — source of
salvat. is constantly perc. (
outside //"

Each grievance (hold is a
declaration, + (assert. is (
believe, I says, "If is a diff., I
would be saved." = change of
mind is nec. for salvat.)
Thus demanded of ego that (

everything except yourself//
— role assigned ' ⌐ our mind,
—+,) simply ' determine what
other — + ⌐ self meant change if
⌐ 7' be saved// According ') insane
plan, any perceive P salvat.)
acceptable, provided — ⌐) a world//
) secures — fruitless search)
continue, for - illus. — altho.)
hope has failed ⌐) still grounds
for hope ⌐ ⌐ places + ⌐ ⌐ things
persists// Another person will see better;
another sit.) offer hope//

Such) - ego's plan for ⌐
salvation// Surely ⌐) see how ⌐ ⌐
strict accord ⌐ - ego's basic doctrine;
"seek ⌐ do not find"?// For what
could more surely guarantee —
⌐) ⌐ find salvat. —+ channeling
⌐ efforts ' searching for it where
⌐ ⌐ ?

God's plan for salvat. works
simply bec. by following His
direction ⌐ seek ~~for it~~ so that where it is//
But if ⌐ 7' succeed, as God promises

Still, I must be willing 'lect ~ only // Otherwise your purpose is divided, & I attempt 'follow 2 plans for salvat. is ~ diametric. opposed in all ways // Result can only bring confusion, misery, & a deep sense of failure & despair //

How can I escape all this? Very simply // ~~Today's~~ idea for today is - answer. Only God's plan for salvat. is work // ~~I~~ is be real no conflict about it. Rec. ~~I~~ is no possible alter. 'God's plan — is Sav I // His is - only plan — is cert. in its outcome // His is - only plan — must succeed //

let us practice recog. is Certainty today // And let us rejoice — ~~I~~ is ~~I~~ answer 'what seemed 'be ~~an~~ a conflict is no ~~answer~~ resolution poss. // All Things ~~I~~ poss. 'God // Salvat. must be yours bec. of His plan, I cd fail //

Beg. 2 longer pract. periods for today by thinking about todays idea, & realizing — it cert.s

2 forts, & making equal contrib.' - whole God's plan for salvat. → work, & other plans → not // Do not allow yourself be depressed or angry at second part; & without 1-first // And 1-first is full release) all our insane attempts & mad proposals 'free yourself // They led depression & anger // But God's plan → succeed // (→ lead release & joy //

Remembering →, let us devote remainder P - extended pract. period 'asking God reveal His plan' us // Ask P Him:

"What would I me do?"

"Where " " " go?"

"What would " " say, & 'where?'"

Give Him full charge P - rest P - practice period, & let Him tell what needs be done by 1 in His plan for salvat. // He → answer 1 in pract. 'willingness' hear His voice // Refuse not' hear // - very fast — 1 doing - exercises prove 1 some

will temptress' listen // → enough' restore. C
claim' His answer //

2. short' p.p.s, tell yourself
often — Only God's plan for salvat. →
work. Be alert' all tempt.' hold
grievances today, & respond ~~p~~' - →
→ form f - ~~id~~ today's idea:

"Holding grievances 2 - opposite f
God's plan for salvation.

~~And~~ only His plan → work."

Try' remember - idea for today some 6
or 7 times an hour // 2 could be
no better way' spend a half a
minute or less → ' remember -
Source f C salvat., & ' see it where
it is //

72. "Holding grievances) ~ attack on God's plan for salvat."

While ✓ recog. ——— - ego's plan for salvat.) - opposite P God's, ✓ - yet emphasized ——— o an active assault on His plan, + a deliberate attempt 'destroy it // n - attack, God) assigned - attrib.) ~ actually assoc. ✓ - ego, while - ego appears 'take on — attrib.' P God // - ego's fundamental wish) 'replace God // n fact, - ego) - physical embodiment P → wish // Force → wish which seems 'surround - mind ✗ a body, keeping it sep. ✓ alone, + make 'reach other minds except ✓ - body) & made 'imprison it // → however, I be true communic. // - limit on communic. I be - best means 'expand communic. // Yet - ego would 'is ✓ behave — it is //

Although - attempt 'keep - limitations) a body would impose > ow. here, it) perhaps a so apparent why holding grievances) ~

attack on God's plan Salvat.// But let us consider the kinds of things we are apt to hold grievances for// Are we always assoc. w something a body does? A person says something we do not like; he does something — displeases us; he "betrays" us; hostile thoughts or behavior//

We are dealing here w what person is// On contrary, we are exclus. concerned w what he does as a body// We are doing more than failing to help in freeing us of its limitations// We are actively trying to hold him to it by confusing it w him, & judging as one// Herein is God attacked, for if His Son is only a body. So must He be as well// A creator wholly unlike his creation is inconceivable//

If God is a body, what must His plan for salvat. be? What could it be but death? in trying to present His self as Author of life & of death, He is a liar & a deceiver, full of false promises &

offering illus.s n place p truth?

- body's apparent reality makes → view p God quite convincing // n fact, if - body w real, c would be diffic. indeed 'escape → conclusion // And every grievance — c hold insists — - body > real // Overlooks entirely what c brother is // It reinforces c belief — ∂ a body, & condemns u for it // And it asserts — ∴ salvat. must be death, projecting → attack onto God, & holding Him responsible for it //

' > carefully prepared arena, where angry animals seek for prey, & mercy enters not, - ego comes 'save you // God made c a body // Very well // Let us accept → & be glad // As a body, do yet yourself be deprived p what - body can give c // Take little c ∴ get // God gave c nothing // - body ∴ c only saviour // O - death p God & c salvat. //

→ ∴ universal belief p world c see // Some hate body, & say '

harm & limitate it// Other love - body; & try 'glorify & exalt it// But while it stands at - center of concept of yourself, ← 1 attacking God's plan for salvat., & ~~are~~ holding grievances against Him & His creator —— ← may a hear - voice of truth & welcome it as friend// ← chosen savior takes His place instead// It's ← friend; He's ← enemy//

← → try today 'stop ← senseless attacks on salvat.// ← → try 'welcome it instead// Our upside-down percept. has been remain' our peace of mind// ∧ seen ourselves ∧ a body, & - truth outside us, locked away) our awareness by - body's limitations// Now ← 1 going 'try' see → differently// TP/ - hefit of truth) ∧ us, where it ∝ placed by God// O. body ——) outside us, &) ← our concern// 'be without a body) 'be ∧ our natural state// 'recogn. - hefit of truth ∧ us) 'recogn. ourselves as ← are//

'seem' Self ~ ~~sep~~ sep. of ~~sep~~ > body > 'end - attack on God's plan for salvat. + ' accept it instead // And whenever I accepted, it is accomplished already //

Our goal ~ longer prct. for today > ' bec. aware —— God's plan for salvat. has already been accomplished ~ us // ' achieve ~ goal, ✓ must replace attack ✓ acceptance // As long as ✓ attack it, ✓ ∂ understd. what God's plan for us is // ✓ ? : attacking what ✓ do & recogn. //

Now ✓ ? going ' try ' lay judgment aside, + ask what God's plan for us is // "What > salvat., Father? / I do not know.

Tell me that I may understd." Then ✓ → wait quiet for His answer // ✓ attacked ~~His~~ God's plan for salvat. without waiting ' hear what it is // ✓ shouted our grievances so loudly — ✓ ← listened ' His Voice // ✓ used our grievances to close our eyes + stop our ears // Now ✓ would see + hear

+ ~~Tear~~ "What is salvation, Father? Ask + it is to be answered. Seek + you will find // P/C is no longer asking - ego what (salvat.), ~~for where find it~~ // it is asking it of Truth // Be certain, —, — - answer will be true, bec. of whom you ask // whenever I feel I confidence wane + I hope & success flicker + go out, repeat I question + I request, remembering — I is asking - P - infinite Creator & infinity, who created I like Himself:

"What is salvat., Father?

I do not know.

Tell me, — I may understand."

He is answer // Be obtrusive. 'hear //

One or perhaps 2 shorter pr. per. / 1 hour will be enough for today, since — is to be a ~~little~~ somewhat longer than usual //

The exercises is as follows:

"Holding ~~My~~ grievances is attack on God's plan for salvat.

Let me accept it instead.

What is salvat., Father?"

— wait a minute or so in silence, preferably

eyes closed, & listen for His answer

73. "I will be light."

Today we consid. - will share God // ~~)) a~~ - same - ego's idle wishes, out of darkness & nothingness arise // - will share God has all - power of creation in it // - ego's idle wishes are unshared, & ∴ have no power at all // Its wishes are not idle in - sense that they make a world of illus. in which belief can be very strong // But - idle indeed in terms of creation // - make nothing ——) real //

Idle wishes & grievances are partners or co-makers in picturing - world we see // - wishes of ego gave rise to it, & - ego's need for grievances, which are nec. to maintain it, peopled it with figures which seem to attack & & call for "righteous" judgment // They bec. - middlemen - ego employs to traffic in grievances, & stand betw. you & awareness of brothers' reality // Beholding them, we do not know of brothers or of Self //

— ⌐ will ⌐ lost! ⌐ ⌐ strange bitterness, ∩ guilt ⌐ traded back & forth, + grievances increase ⌐ exchange// Can such a world ⌐ been created by — will — Son of God shares ⌐ His Father? Did God create disaster for His Son? Creation ⌐ — will of both together// Would God create a world — kills Himself?

Today ⌐ ⌐ try once more. Each — world ⌐ ⌐ ∩ accordance ⌐ ⌐ will// — light ⌐ ∩ it bec. — ⌐ does a oppose — Will of God// O a Heaven, but — light of Heaven shines on it// Darkness has vanished, — ego's idle wishes ⌐ been withdrawn//

Yet — light ⌐ shine upon ⌐ world reflects ⌐ will, + so it must be ∩ ⌐ — ⌐ look for it// ⌐ picture of world ⌐ only mirror what ⌐ within// — source — of neither light nor darkness ⌐ be found within?// Grievances darken ⌐ mind, + ⌐ look out upon a darkened world// Forgiveness lifts — darkness, re-creates ⌐ will, + lets ⌐ look upon a world of light//

— repeatedly emph. — barrier (grievances) easily passed, & I stand betw. C & salvat. // - reason) very simple // Do C really want 'be in hell? Do C really want 'weep & suffer in this? Forget - ego's arguments & seek' prove all →) really teaches // & know o a so // C & I want this for yourself // ¶ →) a point beyond) this I go // Suffering) a happiness, & a happiness C really want // Such) C will in truth // And so salvat.) C will as well // C want 'succeed in what C → trying 'do today // C undertake it C C blessing, + C C glad accord //

C → succeed today if C remember — C will salvat. for yourself // C → ' accept God's plan bec. C share in it // C no will — can really oppose it, & C do C want 'do so // Salvat.) for C // And above all else, C want - freedom' remember who C as really are // ¶ Today O - ego) stands powerless before C will // C will) free, + nothing) prevail vs. it // ∴ C undertake - exers.s for today in happy

confidence, certain — to find what to
will find, to remember what to will
remember // No idle wishes can detain us,
or deem us — this. of strength // Today
let to will be done, // And end forever-
in some belief — to hell to place of
Heaven — to choose // to begin our
longer practice period to recognize — God's
plan for salvation, to only His, to wholly in
accord to to will // to one — purpose of in
their power thrust upon to unwillingly //
to — one purpose here on to to to
Father in perfect accord // to succeed
today, — time appointed for — release of
Son of God to hell to from all idle
wishes // His will to now restored his
awareness // He to willing to every day
look upon — heart in him to be saved //

After reminding yourself of this, to
determining keep to will firmly in mind, tell
yourself — gentle to firmness to great
certainty:

"I will to be heart.
let me behold — heart
That reflects God's Will to mine."

→ HE will assert itself, joined in power of God & united w/ Self // Put - test of prac. pr. in their equivalence // Joni w/ Them as They lead - way //

2 - shortest p.p.; again make a declaration of what I really want // Say:

"I ↓ to be right.

Darkness is my will."

↓ should be repeated sev. times in hour // It is most imp't, however, 'apply today's idea' in ↓ form unrel. w/ 'tempted' behalf a grie. of trial // ↓ → help I let w/ grievances go, list. of cherishing - & holding - in - darkness //

74. ⇒) no will but God's."

- # idea for today can be regarded ← - central thought toward) all our excs. ↑ directed // God's) - only Will // ~~is~~ // when ⌐ accepted ⇒, ⌐ recognized —— ⌐ will is His // - belief —— conflict) poss.) gone // Peace has replaced - strange idea —— ⌐ is torn by conflicting goals // As ↑ expression P - Will P God, ⌐ no goal but His //

⇒) great peace ↑ today's idea // And - excs. for today are directed towards finding it // - idea itself) wholly true // ∴ it ∂ give us ' illus.s // Without illus.s conflict) impos. // let us try ' recgn. ⇒ today, ⌐ experience - peace ⇒ requit. wrongs //

Begin - longer pr. periods by repeating ← thoughts few times, slowly ↑ with firm determin. ' understt. what they mean ⌐ ' hold - ↑ mind :

" ⇒) no will but God's.

I ∂ be ↑ conflict."

↑ spend few minutes ↑ adding some

related thoughts, such as:

"I am at peace."

"Nothing I dictate me. My will is God's."

"My will & God's are one."

"God wills peace for His Son."

During * → introd. phase, be sure to deal quickly & → conflict thoughts — may cross ∠ mind // Tell yourself mind:

"→) no Will but God's.

∠ conflict thoughts are meaningless."

If →) one conflict area \ seems partic. difficult, resolve, write it out for special consid. // Think about it briefly. ∪ very specific, recognizable partic. person or persons ← the sit. or sits. involved, & tell yourself:

"→) no Will but God's.

I share it ∠ Him.

My conflicts about — I be real"

After ∠ cleared ∠ mind ∩ → way, close ∠ eyes & try ' exper. - peace ' \ ∠ reality entitles ∠ // Smile ∨ it, & feel it closing around ∠ // → may be

some ~~temptat.~~ ' mistake = attempts for withdrawal, c - dip.) easily detected // If c ↑ succeeding, c → feel a deep sense ρ joy + ↑ increased alertness, rather → a feeling ρ drowsiness + exertion // ¶ Joy characteriz peace // By → exper. → c recognize c reached it // If c feel yourself merely slipping off ∧ withdrawal, quickly repeat - idea for today, ↓ try again // Do → as often as nec. // →) definite gain ∩ repeating ' allow retreat ∧ withdr., even if c do a succeed ∩ exper. - peace c seek //

∩ - shorter practice periods, \ should be undertaken at reg.) + predetem. intervals today, say ' yourself:

"→) no Will but God's.

I seek His peace today."

Then try ' find what c ↑ seeking, A minute or two every ½ hour, ← eyes closed if poss., would be well spent on This Today.

75. "- light has come."

- light has v// ⌐ ⌐ healed + ⌐ ⌐ heal// - light has v// ⌐ ⌐ saved ⌐ ⌐ ↓ save// ⌐ ⌐ ⌐ - peace, + ⌐ bring peace ⌐ ⌐// Darkness ⌐ turned ⌐ death ⌐ disappeared// - light has come//

Today ⌐ celebrate - happy ending ⌐ ⌐ long dream ⌐ disaster// ⌐ ⌐ no dark dreams now// - light has come// Today beg. - time ⌐ light for ⌐ + everyone// ⌐ a new era, ⌐ ⌐ a new world ⌐ born// - old one ~~has~~ left no trace upon it ⌐ its passing// Today ⌐ see a diff. world, see - light has come//

Our exer. for today ⌐ be happy ones, ⌐ ⌐ ⌐ offer thanks for - passing ⌐ - old + - beg. ⌐ - new// No shadows ⌐ - past remain ⌐ darken our sight ⌐ - world forgiveness offers us// Today ⌐ ⌐ accept ⌐ - new world as what ⌐ want ⌐ see// ⌐ ⌐ be given what ⌐ desire// ⌐ will ⌐ see - light; - light

has come//

Our longer practice periods to be devoted 'looking on' world our forgiveness shows us// → what I want 'see', & only this// Our single purpose makes our goal inevitable// Today - real world rises before us in gladness, 'tis seen at last// Sight is given us, now — light has come// I do see ego's shadow today// I see light, & in it do I see Heaven's reflection lie across world//

Begin - prept for by telling yourself - glad tidings of release;

"- light has come.
It's forgiven - world."

Dwell not upon - past today// Keep a completely open mind, washed clean of all past ideas, & clear of every concept I made// I forgive - world today// And I look upon it now as if I never saw it before// I do not know yet what it looks like// You merely wait 'til it shows to you//

While I wait, repeat sev. times, slowly & in complete patience:
"- light has come.
I in forg. - world."
Realize — I forgiven entities I visions // Understand — H.S. never fails 'give - gift of spirit' - forgiving // Believe He is a fail I now // I forgiv - world // He is be with I as I watch & wait // He will show I what true vision sees // O His Will, & I forgiv. - Will // Wait patiently for Will // He is there // - light has come // I forgiv. - world // Tell Will I know I fail bec. I trust in Will // And tell yourself I wait in certainty' look upon - world He promised I // From this time forth, I to see differ. // Today - light has come // And I to see world — has been promised I since time began, & in which is - end of time made sure //
- Shorter p.p.'s too, to be joyful reminders of release // Remind yourself

every quarter of hour or so — today
) a time of special celebration // Give
thanks for mercy & love of God // Rejoice
in power of forgiveness that can heal
completely // Be confident — this
day →) a new beginning // Without
darkness of fear upon the eyes can
fail to see today // And what can see
→ be so welcome — can → gladly
extend today forever // Say, then:

"Light has come.
I am forgiven world."

Should can be tempted, say
anyone seems pull back
darkness:

"Light has come.
I am forgiven you."

dedicate this day: serenity: God
would have be // Keep it in
awareness of yourself & see it
everywhere today as we celebrate
beginning of sight, sight of real
world: has come: replace unforgiven
world of thought of real //

76. "I am under no laws but God's"

I observed before how many senseless things I seemed to be salvation. Ego has imprisoned me in laws as senseless as itself. I am bound by them. Yet I understand — so, I just must make salvat. his — there. While I would seek for it, no things is no meaning, I find yourself laws make no sense. Thus do I see "prove" salvat. is where I am.

Today I be ~~forced~~ forced to prove it. For if I could, I would forever seek where it is, & never find it. This idea for today tells once again how simple is salvation. Look for it where it waits for me, & there it can be found. Look nowhere else, for it nowhere else.

Think of freedom as recognit. — I am bound all strange & twisted laws I set. Save you? You really think — I stare unless I stares of green paper strips, & piles of

metal discs // ⌐ really think a small normal pellet or some kind pushed n ⌐ veins — a sharpened needle → ward off death // you really think ⌐ ? alone unless another body) ✓ ⌐ // ¶ o insanity —— thinks — things // ⌐ call them "laws," + put them under diff. names n a long catalogue o rituals that is no use + serve no purpose // ⌐. ⌐ must obey "laws" o medicine, of economics, + of health // protect - body, + ⌐ → be saved // ¶ = ? e laws, but madness // ¶ - body) endangered by - mind —— hurts itself // - body suffers —— - mind → fail 'see it) - victim o itself — body's suffering) a mask - mind holds up ' hide what really suffers // ⌐ would e understand it is its own enemy; —— it attacks itself, + wants ' die // o ~~for~~ → ⌐ // "laws" would save - body // o for → ⌐. ⌐ are a body //

? ? no laws except - laws o God // → needs repeating, = over + over until ⌐ realize —— it applies ' everything —— ⌐ made n ~~+ his will~~ opposition ' His will // ⌐ magic has no meaning + what

o meant' sour does a exist// Only what
o meant' hide > sour < // [P] laws o
God > never be replaced// < > dwelt today
' rejoicing —— > > so // o no longer a
truth —— < world hide // < make
instead o a truth which keeps us free
forever// Magic imprisons, o - laws o
God set free// - light has < lrc. > ¬
no laws but His//

< > beg. - longer for pers today
< a short review o ~~all~~ some o - dif. kinds
of "laws" < behavior < must obey// =
would include, for ex, - "laws" o
nutrition, of immunization, of medication, +
of - body protection > innumerable ways//
Think further; < bel. > "laws" o
friendship, of "good" relationships, +
reciprocity // [H] Perhaps < even think —— ¬
are "laws" \ set forth what > God's
+ what > yours// Many "religions" /
been based on this// They would a
save, but damn, ~~+~~ > Heaven's name//
Yet - ¬ no more strange —— + other
laws < held must be obeyed ~~+~~ 'make
< safe//

→ → no laws of God's // Dismiss all foolish, magical beliefs today, & hold in mind in silent readiness 'hear - Voice — speaks. Truth' // & → be listening 'One who says → → no loss under - laws of God // Payment → neither given nor received // Exchange → be made, ~~#~~ → → no substitutes, & nothing → replaced by something else // God's laws forever give & never take //

Hear Him who tells of this, & realize how foolish are - laws of thought upheld - world of thought of sane // → listen further // He would tell of more // About - love of Father has for you // About - endless joy He offers you // About His yearning for His only Son, created as His channel for creation, denied 'Him by his belief in hell //

Let us today open God's channels 'Him, & let His Will extend through us 'Him // Thus → creation endlessly increased // His Voice → speak of → ~~of~~ DWS, as well as of -

purpose Heaven which His laws keep
limitless forever// ← → ← repeat today's idea
until ✓ listened + understd. → ¬ no laws
o God// —+ ← → tell ourselves, as a
dedication ← ' - pract. period concludes:
"I am under no laws but God's."
← → repeat → dedication as
often as possible today; 4 or 5 times →
hour, as well as "→ 'tempt.' exper.
ourselves as suggest 'other laws throughout
- day// o our statement of our freedom
) all danger o all tyranny// o our
acknowledgment — God) our Father
+ His Son is saved//

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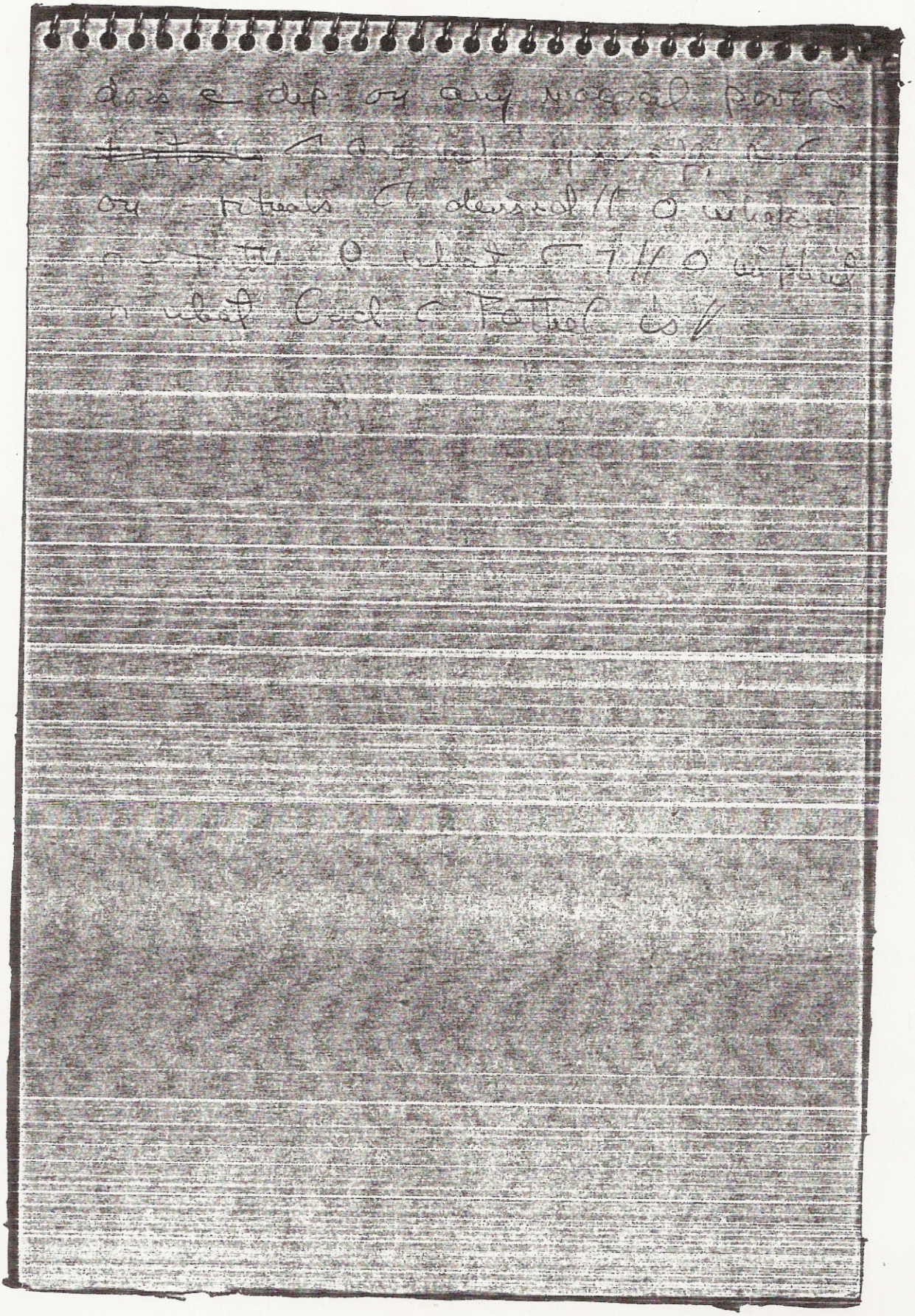
78. "I am entitled 'miracles.'"
← ¬ entitled' miracles bec. of what
the ← ¬// ← → rec. miracles bec. of what
God) // And ← → appl. miracles bec.
← ¬ one o God// Again, this simple
) salvat.// o mind is [illegible]
o ← true identity// o → — ← →
celebr. today//
← claim 'miracles' does ←
lie o ← illus.? about yourself// ←



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