

LESSON 41. God goes with me wherever I go.

W-41.1. Today's idea will eventually overcome completely the sense of loneliness and abandonment all the separated ones experience. 2 Depression is an inevitable consequence of separation. 3 So are anxiety, worry, a deep sense of helplessness, misery, suffering and intense fear of loss.

W-41.2. The separated ones have invented many "cures" for what they believe to be "the ills of the world." 2 But the one thing they do not do is to question the reality of the problem. 3 Yet its effects cannot be cured because the problem is not real. 4 The idea for today has the power to end all this foolishness forever. 5 And foolishness it is, despite the serious and tragic forms it may take.

W-41.3. Deep within you is everything that is perfect, ready to radiate through you and out into the world. 2 It will cure all sorrow and pain and fear and loss because it will heal the mind that thought these things were real, and suffered out of its allegiance to them.

W-41.4. You can never be deprived of your perfect holiness because its Source goes with you wherever you go. 2 You can never suffer because the Source of all joy goes with you wherever you go. 3 You can never be alone because the Source of all life goes with you wherever you go. 4 Nothing can destroy your peace of mind because God goes with you wherever you go.

W-41.5. We understand that you do not believe all this. 2 How could you, when the truth is hidden deep within, under a heavy cloud of insane thoughts, dense and obscuring, yet representing all you see? 3 Today we will make our first real attempt to get past this dark and heavy cloud, and to go through it to the light beyond.

W-41.6. There will be only one long practice period today. 2 In the morning, as soon as you get up if possible, sit quietly for some three to five minutes, with your eyes closed. 3 At the beginning of the practice period, repeat today's idea very slowly. 4 Then make no effort to think of anything. 5 Try, instead, to get a sense of turning inward, past all the idle thoughts of the world. 6 Try to enter very deeply into your own mind, keeping it clear of any thoughts that might divert your attention.

W-41.7. From time to time, you may repeat the idea if you find it helpful. 2 But most of all, try to sink down and inward, away from the world and all the foolish thoughts of the world. 3 You are trying to reach past all these things. 4 You are trying to leave appearances and approach reality.

W-41.8. It is quite possible to reach God. 2 In fact it is very easy, because it is the most natural thing in the world. 3 You might even say it is the only natural thing in the world. 4 The way will open, if you believe that it is possible. 5 This exercise can bring very startling results even the first time it is attempted, and sooner or later it is always successful. 6 We will go into more detail about this kind of practice as we go along. 7 But it will never fail completely, and instant success is possible.

W-41.9. Throughout the day use today's idea often, repeating it very slowly, preferably with eyes closed. 2 Think of what you are saying; what the words mean. 3 Concentrate on the holiness that they imply about you; on the unfailing companionship that is yours; on the complete protection that surrounds you.

W-41.10. You can indeed afford to laugh at fear thoughts, remembering that God goes with you wherever you go.

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

W-42.1. The idea for today combines two very powerful thoughts, both of major importance. 2 It also sets forth a cause and effect relationship that explains why you cannot fail in your efforts to achieve the goal of the course. 3 You will see because it is the Will of God. 4 It is His strength, not your own, that gives you power. 5 And it is His gift, rather than your own, that offers vision to you.

W-42.2. God is indeed your strength, and what He gives is truly given. 2 This means that you can receive it any time and anywhere, wherever you are, and in whatever circumstance you find yourself. 3 Your passage through time and space is not at random. 4 You cannot but be in the right place at the right time. 5 Such is the strength of God. 6 Such are His gifts.

W-42.3. We will have two three-to-five-minute practice periods today, one as soon as possible after you wake, and another as close as possible to the time you go to sleep. 2 It is better, however, to wait until you can sit quietly by yourself, at a time when you feel ready, than it is to be concerned with the time as such.

W-42.4. Begin these practice periods by repeating the idea for today slowly, with your eyes open, looking about you. 2 Then close your eyes and repeat the idea again, even slower than before. 3 After this, try to think of nothing except thoughts that occur to you in relation to the idea for the day. 4 You might think, for example:

5 Vision must be possible. 6 God gives truly,

or:

7 God's gifts to me must be mine, because He gave them to me.

W-42.5. Any thought that is clearly related to the idea for today is suitable. 2 You may, in fact, be astonished at the amount of course-related understanding some of your thoughts contain. 3 Let them come without censoring unless you find your mind is merely wandering, and you have let obviously irrelevant thoughts intrude. 4 You may also reach a point where no thoughts at all seem to come to mind. 5 If such interferences occur, open your eyes and repeat the thought once more while looking slowly about; close your eyes, repeat the idea once more, and then continue to look for related thoughts in your mind.

W-42.6. Remember, however, that active searching for relevant thoughts is not appropriate for today's exercises. 2 Try merely to step back and let the thoughts come. 3 If you find this difficult, it is better to spend the practice period alternating between slow repetitions of the idea with eyes open, then with eyes closed, than it is to strain to find suitable thoughts.

W-42.7. There is no limit on the number of short practice periods that would be beneficial today. 2 The idea for the day is a beginning step in bringing thoughts together, and teaching you that you are studying a unified thought system in which nothing is lacking that is needed, and nothing is included that is contradictory or irrelevant.

W-42.8. The more often you repeat the idea during the day, the more often you will be reminding yourself that the goal of the course is important to you, and that you have not forgotten it.

LESSON 43. God is my Source. I cannot see apart from Him.

W-43.1. Perception is not an attribute of God. 2 His is the realm of knowledge. 3 Yet He has created the Holy Spirit as the Mediator between perception and knowledge. 4 Without this link with God, perception would have replaced knowledge forever in your

mind. 5 With this link with God, perception will become so changed and purified that it will lead to knowledge. 6 That is its function as the Holy Spirit sees it. 7 Therefore, that is its function in truth.

W-43.2. In God you cannot see. 2 Perception has no function in God, and does not exist. 3 Yet in salvation, which is the undoing of what never was, perception has a mighty purpose. 4 Made by the Son of God for an unholy purpose, it must become the means for the restoration of his holiness to his awareness. 5 Perception has no meaning. 6 Yet does the Holy Spirit give it a meaning very close to God's. 7 Healed perception becomes the means by which the Son of God forgives his brother, and thus forgives himself.

W-43.3. You cannot see apart from God because you cannot be apart from God. 2 Whatever you do you do in Him, because whatever you think, you think with His Mind. 3 If vision is real, and it is real to the extent to which it shares the Holy Spirit's purpose, then you cannot see apart from God.

W-43.4. Three five-minute practice periods are required today, one as early and one as late as possible in the day. 2 The third may be undertaken at the most convenient and suitable time that circumstances and readiness permit. 3 At the beginning of these practice periods, repeat the idea for today to yourself with eyes open. 4 Then glance around you for a short time, applying the idea specifically to what you see. 5 Four or five subjects for this phase of the practice period are sufficient. 6 You might say, for example: 7 God is my Source. 8 I cannot see this desk apart from Him. 9 God is my Source. 10 I cannot see that picture apart from Him.

W-43.5. Although this part of the exercise period should be relatively short, be sure that you select the subjects for this phase of practice indiscriminately, without self-directed inclusion or exclusion. 2 For the second and longer phase, close your eyes, repeat today's idea again, and then let whatever relevant thoughts occur to you add to the idea in your own personal way. 3 Thoughts such as:

4 I see through the eyes of forgiveness

5 I see the world as blessed

6 The world can show me myself

7 I see my own thoughts, which are like God's.

8 Any thought related more or less directly to today's idea is suitable. 9 The thoughts need not bear any obvious relationship to the idea, but they should not be in opposition to it.

W-43.6. If you find your mind wandering; if you begin to be aware of thoughts which are clearly out of accord with today's idea, or if you seem to be unable to think of anything, open your eyes, repeat the first phase of the exercise period, and then attempt the second phase again. 2 Do not allow any protracted period to occur in which you become preoccupied with irrelevant thoughts. 3 Return to the first phase of the exercises as often as necessary to prevent this.

W-43.7. In applying today's idea in the shorter practice periods, the form may vary according to the circumstances and situations in which you find yourself during the day. 2 When you are with someone else, for example, try to remember to tell him silently:

3 God is my Source. 4 I cannot see you apart from Him.

5 This form is equally applicable to strangers as it is to those you think are closer to you.

6 In fact, try not to make distinctions of this kind at all.

W-43.8. Today's idea should also be applied throughout the day to various situations and events that may occur, particularly to those which seem to distress you in any way. 2 For this purpose, apply the idea in this form:

3 God is my Source. 4 I cannot see this apart from Him.

W-43.9. If no particular subject presents itself to your awareness at the time, merely repeat the idea in its original form. 2 Try today not to allow any long periods of time to slip by without remembering today's idea, and thus remembering your function.

LESSON 44. God is the light in which I see.

W-44.1. Today we are continuing the idea for yesterday, adding another dimension to it. 2 You cannot see in darkness, and you cannot make light. 3 You can make darkness and then think you see in it, but light reflects life, and is therefore an aspect of creation. 4 Creation and darkness cannot coexist, but light and life must go together, being but different aspects of creation.

W-44.2. In order to see, you must recognize that light is within, not without. 2 You do not see outside yourself, nor is the equipment for seeing outside you. 3 An essential part of this equipment is the light that makes seeing possible. 4 It is with you always, making vision possible in every circumstance.

W-44.3. Today we are going to attempt to reach that light. 2 For this purpose, we will use a form of exercise which has been suggested before, and which we will utilize increasingly. 3 It is a particularly difficult form for the undisciplined mind, and represents a major goal of mind training. 4 It requires precisely what the untrained mind lacks. 5 Yet this training must be accomplished if you are to see.

W-44.4. Have at least three practice periods today, each lasting three to five minutes. 2 A longer time is highly recommended, but only if you find the time slipping by with little or no sense of strain. 3 The form of practice we will use today is the most natural and easy one in the world for the trained mind, just as it seems to be the most unnatural and difficult for the untrained mind.

W-44.5. Your mind is no longer wholly untrained. 2 You are quite ready to learn the form of exercise we will use today, but you may find that you will encounter strong resistance. 3 The reason is very simple. 4 While you practice in this way, you leave behind everything that you now believe, and all the thoughts that you have made up. 5 Properly speaking, this is the release from hell. 6 Yet perceived through the ego's eyes, it is loss of identity and a descent into hell.

W-44.6. If you can stand aside from the ego by ever so little, you will have no difficulty in recognizing that its opposition and its fears are meaningless. 2 You might find it helpful to remind yourself, from time to time, that to reach light is to escape from darkness, whatever you may believe to the contrary. 3 God is the light in which you see. 4 You are attempting to reach Him.

W-44.7. Begin the practice period by repeating today's idea with your eyes open, and close them slowly, repeating the idea several times more. 2 Then try to sink into your mind, letting go every kind of interference and intrusion by quietly sinking past them. 3 Your mind cannot be stopped in this unless you choose to stop it. 4 It is merely taking its natural course. 5 Try to observe your passing thoughts without involvement, and slip quietly by them.

W-44.8. While no particular approach is advocated for this form of exercise, what is needful is a sense of the importance of what you are doing; its inestimable value to you, and an awareness that you are attempting something very holy. 2 Salvation is your happiest accomplishment. 3 It is also the only one that has any meaning, because it is the only one that has any real use to you at all.

W-44.9. If resistance rises in any form, pause long enough to repeat today's idea, keeping your eyes closed unless you are aware of fear. 2 In that case, you will probably find it more reassuring to open your eyes briefly. 3 Try, however, to return to the exercises with eyes closed as soon as possible.

W-44.10. If you are doing the exercises correctly, you should experience some sense of relaxation, and even a feeling that you are approaching, if not actually entering into light. 2 Try to think of light, formless and without limit, as you pass by the thoughts of this world. 3 And do not forget that they cannot hold you to the world unless you give them the power to do so.

W-44.11. Throughout the day repeat the idea often, with eyes open or closed as seems better to you at the time. 2 But do not forget. 3 Above all, be determined not to forget today.

LESSON 45. God is the Mind with which I think.

W-45.1. Today's idea holds the key to what your real thoughts are. 2 They are nothing that you think you think, just as nothing that you think you see is related to vision in any way. 3 There is no relationship between what is real and what you think is real. 4 Nothing that you think are your real thoughts resemble your real thoughts in any respect. 5 Nothing that you think you see bears any resemblance to what vision will show you.

W-45.2. You think with the Mind of God. 2 Therefore you share your thoughts with Him, as He shares His with you. 3 They are the same thoughts, because they are thought by the same Mind. 4 To share is to make alike, or to make one. 5 Nor do the thoughts you think with the Mind of God leave your mind, because thoughts do not leave their source. 6 Therefore, your thoughts are in the Mind of God, as you are. 7 They are in your mind as well, where He is. 8 As you are part of His Mind, so are your thoughts part of His Mind.

W-45.3. Where, then, are your real thoughts? 2 Today we will attempt to reach them. 3 We will have to look for them in your mind, because that is where they are. 4 They must still be there, because they cannot have left their source. 5 What is thought by the Mind of God is eternal, being part of creation.

W-45.4. Our three five-minute practice periods for today will take the same general form that we used in applying yesterday's idea. 2 We will attempt to leave the unreal and seek for the real. 3 We will deny the world in favor of truth. 4 We will not let the thoughts of the world hold us back. 5 We will not let the beliefs of the world tell us that what God would have us do is impossible. 6 Instead, we will try to recognize that only what God would have us do is possible.

W-45.5. We will also try to understand that only what God would have us do is what we want to do. 2 And we will also try to remember that we cannot fail in doing what He would have us do. 3 There is every reason to feel confident that we will succeed today. 4 It is the Will of God.

W-45.6. Begin the exercises for today by repeating the idea to yourself, closing your eyes as you do so. 2 Then spend a fairly short period in thinking a few relevant thoughts of your own, keeping the idea in mind. 3 After you have added some four or five thoughts of your own to the idea, repeat it again and tell yourself gently:

4 My real thoughts are in my mind. 5 I would like to find them.

6 Then try to go past all the unreal thoughts that cover the truth in your mind, and reach to the eternal.

W-45.7. Under all the senseless thoughts and mad ideas with which you have cluttered up your mind are the thoughts that you thought with God in the beginning. 2 They are there in your mind now, completely unchanged. 3 They will always be in your mind, exactly as they always were. 4 Everything you have thought since then will change, but the Foundation on which it rests is wholly changeless.

W-45.8. It is this Foundation toward which the exercises for today are directed. 2 Here is your mind joined with the Mind of God. 3 Here are your thoughts one with His. 4 For this kind of practice only one thing is necessary; approach it as you would an altar dedicated in Heaven to God the Father and to God the Son. 5 For such is the place you are trying to reach. 6 You will probably be unable as yet to realize how high you are trying to go. 7 Yet even with the little understanding you have already gained, you should be able to remind yourself that this is no idle game, but an exercise in holiness and an attempt to reach the Kingdom of Heaven.

W-45.9. In the shorter exercise periods for today, try to remember how important it is to you to understand the holiness of the mind that thinks with God. 2 Take a minute or two, as you repeat the idea throughout the day, to appreciate your mind's holiness. 3 Stand aside, however briefly, from all thoughts that are unworthy of Him Whose host you are. 4 And thank Him for the Thoughts He is thinking with you.