

ACIM WORKBOOK LESSON # 31-35 WEEK SEVEN H-O #5

LESSON 31. I am not the victim of the world I see.

W-31.1. Today's idea is the introduction to your declaration of release. 2 Again, the idea should be applied to both the world you see without and the world you see within. 3 In applying the idea, we will use a form of practice which will be used more and more, with changes as indicated. 4 Generally speaking, the form includes two aspects, one in which you apply the idea on a more sustained basis, and the other consisting of frequent applications of the idea throughout the day.

W-31.2. Two longer periods of practice with the idea for today are needed, one in the morning and one at night. 2 Three to five minutes for each of these are recommended. 3 During that time, look about you slowly while repeating the idea two or three times. 4 Then close your eyes, and apply the same idea to your inner world. 5 You will escape from both together, for the inner is the cause of the outer.

W-31.3. As you survey your inner world, merely let whatever thoughts cross your mind come into your awareness, each to be considered for a moment, and then replaced by the next. 2 Try not to establish any kind of hierarchy among them. 3 Watch them come and go as dispassionately as possible. 4 Do not dwell on any one in particular, but try to let the stream move on evenly and calmly, without any special investment on your part. 5 As you sit and quietly watch your thoughts, repeat today's idea to yourself as often as you care to, but with no sense of hurry.

W-31.4. In addition, repeat the idea for today as often as possible during the day. 2 Remind yourself that you are making a declaration of independence in the name of your own freedom. 3 And in your freedom lies the freedom of the world.

W-31.5. The idea for today is also a particularly useful one to use as a response to any form of temptation that may arise. 2 It is a declaration that you will not yield to it, and put yourself in bondage.

LESSON 32. I have invented the world I see.

W-32.1. Today we are continuing to develop the theme of cause and effect. 2 You are not the victim of the world you see because you invented it. 3 You can give it up as easily as you made it up. 4 You will see it or not see it, as you wish. 5 While you want it you will see it; when you no longer want it, it will not be there for you to see.

W-32.2. The idea for today, like the preceding ones, applies to your inner and outer worlds, which are actually the same. 2 However, since you see them as different, the practice periods for today will again include two phases, one involving the world you see outside you, and the other the world you see in your mind. 3 In today's exercises, try to introduce the thought that both are in your own imagination.

W-32.3. Again we will begin the practice periods for the morning and evening by repeating the idea for today two or three times while looking around at the world you see as outside yourself. 2 Then close your eyes and look around your inner world. 3 Try to treat them both as equally as possible. 4 Repeat the idea for today unhurriedly as often as you wish, as you watch the images your imagination presents to your awareness.

W-32.4. For the two longer practice periods three to five minutes are recommended, with not less than three required. 2 More than five can be utilized, if you find the exercise restful. 3 To facilitate this, select a time when few distractions are anticipated, and when you yourself feel reasonably ready.

W-32.5. These exercises are also to be continued during the day, as often as possible. 2 The shorter applications consist of repeating the idea slowly, as you survey either your inner or outer world. 3 It does not matter which you choose.

W-32.6. The idea for today should also be applied immediately to any situation that may distress you. 2 Apply the idea by telling yourself:
3 I have invented this situation as I see it.

LESSON 33. There is another way of looking at the world.

W-33.1. Today's idea is an attempt to recognize that you can shift your perception of the world in both its outer and inner aspects. 2 A full five minutes should be devoted to the morning and evening applications. 3 In these practice periods, the idea should be repeated as often as you find comfortable, though unhurried applications are essential. 4 Alternate between surveying your outer and inner perceptions, but without an abrupt sense of shifting.

W-33.2. Merely glance casually around the world you perceive as outside yourself, then close your eyes and survey your inner thoughts with equal casualness. 2 Try to remain equally uninvolved in both, and to maintain this detachment as you repeat the idea throughout the day.

W-33.3. The shorter exercise periods should be as frequent as possible. 2 Specific applications of today's idea should also be made immediately, when any situation arises which tempts you to become disturbed. 3 For these applications, say:

4 There is another way of looking at this.

W-33.4. Remember to apply today's idea the instant you are aware of distress. 2 It may be necessary to take a minute or so to sit quietly and repeat the idea to yourself several times. 3 Closing your eyes will probably help in this form of application.

LESSON 34. I could see peace instead of this.

W-34.1. The idea for today begins to describe the conditions that prevail in the other way of seeing. 2 Peace of mind is clearly an internal matter. 3 It must begin with your own thoughts, and then extend outward. 4 It is from your peace of mind that a peaceful perception of the world arises.

W-34.2. Three longer practice periods are required for today's exercises. 2 One in the morning and one in the evening are advised, with an additional one to be undertaken at any time in between that seems most conducive to readiness. 3 All applications should be done with your eyes closed. 4 It is your inner world to which the applications of today's idea should be made.

W-34.3. Some five minutes of mind searching are required for each of the longer practice periods. 2 Search your mind for fear thoughts, anxiety-provoking situations, "offending" personalities or events, or anything else about which you are harboring unloving thoughts. 3 Note them all casually, repeating the idea for today slowly as you watch them arise in your mind, and let each one go, to be replaced by the next.

W-34.4. If you begin to experience difficulty in thinking of specific subjects, continue to repeat the idea to yourself in an unhurried manner, without applying it to anything in particular. 2 Be sure, however, not to make any specific exclusions.

W-34.5. The shorter applications are to be frequent, and made whenever you feel your peace of mind is threatened in any way. 2 The purpose is to protect yourself from

temptation throughout the day. 3 If a specific form of temptation arises in your awareness, the exercise should take this form:

4 I could see peace in this situation instead of what I now see in it.

W-34.6. If the inroads on your peace of mind take the form of more generalized adverse emotions, such as depression, anxiety or worry, use the idea in its original form. 2 If you find you need more than one application of today's idea to help you change your mind in any specific context, try to take several minutes and devote them to repeating the idea until you feel some sense of relief. 3 It will help you if you tell yourself specifically: 4 I can replace my feelings of depression, anxiety or worry [or my thoughts about this situation, personality or event] with peace.

LESSON 35. My mind is part of God's. I am very holy.

W-35.1. Today's idea does not describe the way you see yourself now. 2 It does, however, describe what vision will show you. 3 It is difficult for anyone who thinks he is in this world to believe this of himself. 4 Yet the reason he thinks he is in this world is because he does not believe it.

W-35.2. You will believe that you are part of where you think you are. 2 That is because you surround yourself with the environment you want. 3 And you want it to protect the image of yourself that you have made. 4 The image is part of this environment. 5 What you see while you believe you are in it is seen through the eyes of the image. 6 This is not vision. 7 Images cannot see.

W-35.3. The idea for today presents a very different view of yourself. 2 By establishing your Source it establishes your Identity, and it describes you as you must really be in truth. 3 We will use a somewhat different kind of application for today's idea because the emphasis for today is on the perceiver, rather than on what he perceives.

W-35.4. For each of the three five-minute practice periods today, begin by repeating today's idea to yourself, and then close your eyes and search your mind for the various kinds of descriptive terms in which you see yourself. 2 Include all the ego-based attributes which you ascribe to yourself, positive or negative, desirable or undesirable, grandiose or debased. 3 All of them are equally unreal, because you do not look upon yourself through the eyes of holiness.

W-35.5. In the earlier part of the mind-searching period, you will probably emphasize what you consider to be the more negative aspects of your perception of yourself. 2 Toward the latter part of the exercise period, however, more self-inflating descriptive terms may well cross your mind. 3 Try to recognize that the direction of your fantasies about yourself does not matter. 4 Illusions have no direction in reality. 5 They are merely not true.

W-35.6. A suitable unselected list for applying the idea for today might be as follows:

2 I see myself as imposed on.

3 I see myself as depressed.

4 I see myself as failing.

5 I see myself as endangered.

6 I see myself as helpless.

7 I see myself as victorious.

8 I see myself as losing out.

9 I see myself as charitable.

10 I see myself as virtuous.

W-35.7. You should not think of these terms in an abstract way. 2 They will occur to you as various situations, personalities and events in which you figure cross your mind. 3 Pick up any specific situation that occurs to you, identify the descriptive term or terms you feel are applicable to your reactions to that situation, and use them in applying today's idea. 4 After you have named each one, add:

5 But my mind is part of God's. 6 I am very holy.

W-35.8. During the longer exercise periods, there will probably be intervals in which nothing specific occurs to you. 2 Do not strain to think up specific things to fill the interval, but merely relax and repeat today's idea slowly until something occurs to you. 3 Although nothing that does occur should be omitted from the exercises, nothing should be "dug out" with effort. 4 Neither force nor discrimination should be used.

W-35.9. As often as possible during the day, pick up a specific attribute or attributes you are ascribing to yourself at the time and apply the idea for today to them, adding the idea in the form stated above to each of them. 2 If nothing particular occurs to you, merely repeat the idea to yourself, with closed eyes.