

LESSON 36. My holiness envelops everything I see.

W-36.1. Today's idea extends the idea for yesterday from the perceiver to the perceived. 2 You are holy because your mind is part of God's. 3 And because you are holy, your sight must be holy as well. 4 "Sinless" means without sin. 5 You cannot be without sin a little. 6 You are sinless or not. 7 If your mind is part of God's you must be sinless, or a part of His Mind would be sinful. 8 Your sight is related to His Holiness, not to your ego, and therefore not to your body.

W-36.2. Four three-to-five-minute practice periods are required for today. 2 Try to distribute them fairly evenly, and make the shorter applications frequently, to protect your protection throughout the day. 3 The longer practice periods should take this form:

W-36.3. First, close your eyes and repeat the idea for today several times, slowly. 2 Then open your eyes and look quite slowly about you, applying the idea specifically to whatever you note in your casual survey. 3 Say, for example:

4 My holiness envelops that rug.

5 My holiness envelops that wall.

6 My holiness envelops these fingers.

7 My holiness envelops that chair.

8 My holiness envelops that body.

9 My holiness envelops this pen.

10 Several times during these practice periods, close your eyes and repeat the idea to yourself. 11 Then open your eyes, and continue as before.

W-36.4. For the shorter exercise periods, close your eyes and repeat the idea; look about you as you repeat it again; and conclude with one more repetition with your eyes closed. 2 All applications should, of course, be made quite slowly, as effortlessly and unhurriedly as possible.

LESSON 37. My holiness blesses the world.

W-37.1. This idea contains the first glimmerings of your true function in the world, or why you are here. 2 Your purpose is to see the world through your own holiness. 3 Thus are you and the world blessed together. 4 No one loses; nothing is taken away from anyone; everyone gains through your holy vision. 5 It signifies the end of sacrifice because it offers everyone his full due. 6 And he is entitled to everything because it is his birthright as a Son of God.

W-37.2. There is no other way in which the idea of sacrifice can be removed from the world's thinking. 2 Any other way of seeing will inevitably demand payment of someone or something. 3 As a result, the perceiver will lose. 4 Nor will he have any idea why he is losing. 5 Yet is his wholeness restored to his awareness through your vision. 6 Your holiness blesses him by asking nothing of him. 7 Those who see themselves as whole make no demands.

W-37.3. Your holiness is the salvation of the world. 2 It lets you teach the world that it is one with you, not by preaching to it, not by telling it anything, but merely by your quiet recognition that in your holiness are all things blessed along with you.

W-37.4. Today's four longer exercise periods, each to involve three to five minutes of practice, begin with the repetition of the idea for today, followed by a minute or so of looking about you as you apply the idea to whatever you see:

2 My holiness blesses this chair
3 My holiness blesses that window
4 My holiness blesses this body.
5 Then close your eyes and apply the idea to any person who occurs to you, using his name and saying:
6 My holiness blesses you, [name].

W-37.5. You may continue the practice period with your eyes closed; you may open your eyes again and apply the idea for today to your outer world if you so desire; you may alternate between applying the idea to what you see around you and to those who are in your thoughts; or you may use any combination of these two phases of application that you prefer. 2 The practice period should conclude with a repetition of the idea with your eyes closed, and another, following immediately, with your eyes open.

W-37.6. The shorter exercises consist of repeating the idea as often as you can. 2 It is particularly helpful to apply it silently to anyone you meet, using his name as you do so. 3 It is essential to use the idea if anyone seems to cause an adverse reaction in you. 4 Offer him the blessing of your holiness immediately, that you may learn to keep it in your own awareness.

LESSON 38 There is nothing my holiness cannot do.

W-38.1. Your holiness reverses all the laws of the world. 2 It is beyond every restriction of time, space, distance and limits of any kind. 3 Your holiness is totally unlimited in its power because it establishes you as a Son of God, at one with the Mind of his Creator.

W-38.2. Through your holiness the power of God is made manifest. 2 Through your holiness the power of God is made available. 3 And there is nothing the power of God cannot do. 4 Your holiness, then, can remove all pain, can end all sorrow, and can solve all problems. 5 It can do so in connection with yourself and with anyone else. 6 It is equal in its power to help anyone because it is equal in its power to save anyone.

W-38.3. If you are holy, so is everything God created. 2 You are holy because all things He created are holy. 3 And all things He created are holy because you are. 4 In today's exercises, we will apply the power of your holiness to all problems, difficulties or suffering in any form that you happen to think of, in yourself or in someone else. 5 We will make no distinctions because there are no distinctions.

W-38.4. In the four longer practice periods, each preferably to last a full five minutes, repeat the idea for today, close your eyes, and then search your mind for any sense of loss or unhappiness of any kind as you see it. 2 Try to make as little distinction as possible between a situation that is difficult for you, and one that is difficult for someone else. 3 Identify the situation specifically, and also the name of the person concerned. 4 Use this form in applying the idea for today:

5 In the situation involving ___ in which I see myself, there is nothing that my holiness cannot do.

6 In the situation involving ___ in which ___ sees himself, there is nothing my holiness cannot do.

W-38.5. From time to time you may want to vary this procedure, and add some relevant thoughts of your own. 2 You might like, for example, to include thoughts such as:

3 There is nothing my holiness cannot do because the power of God lies in it.

4 Introduce whatever variations appeal to you, but keep the exercises focused on the theme, "There is nothing my holiness cannot do." 5 The purpose of today's exercises is to begin to instill in you a sense that you have dominion over all things because of what you are.

W-38.6. In the frequent shorter applications, apply the idea in its original form unless a specific problem concerning you or someone else arises, or comes to mind. 2 In that event, use the more specific form in applying the idea to it.

LESSON 39. My holiness is my salvation.

W-39.1. If guilt is hell, what is its opposite? 2 Like the text for which this workbook was written, the ideas used for the exercises are very simple, very clear and totally unambiguous. 3 We are not concerned with intellectual feats nor logical toys. 4 We are dealing only in the very obvious, which has been overlooked in the clouds of complexity in which you think you think.

W-39.2. If guilt is hell, what is its opposite? 2 This is not difficult, surely. 3 The hesitation you may feel in answering is not due to the ambiguity of the question. 4 But do you believe that guilt is hell? 5 If you did, you would see at once how direct and simple the text is, and you would not need a workbook at all. 6 No one needs practice to gain what is already his.

W-39.3. We have already said that your holiness is the salvation of the world. 2 What about your own salvation? 3 You cannot give what you do not have. 4 A savior must be saved. 5 How else can he teach salvation? 6 Today's exercises will apply to you, recognizing that your salvation is crucial to the salvation of the world. 7 As you apply the exercises to your world, the whole world stands to benefit.

W-39.4. Your holiness is the answer to every question that was ever asked, is being asked now, or will be asked in the future. 2 Your holiness means the end of guilt, and therefore the end of hell. 3 Your holiness is the salvation of the world, and your own. 4 How could you to whom your holiness belongs be excluded from it? 5 God does not know unholiness. 6 Can it be He does not know His Son?

W-39.5. A full five minutes are urged for the four longer practice periods for today, and longer and more frequent practice sessions are encouraged. 2 If you want to exceed the minimum requirements, more rather than longer sessions are recommended, although both are suggested.

W-39.6. Begin the practice periods as usual, by repeating today's idea to yourself. 2 Then, with closed eyes, search out your unloving thoughts in whatever form they appear; uneasiness, depression, anger, fear, worry, attack, insecurity and so on. 3 Whatever form they take, they are unloving and therefore fearful. 4 And so it is from them that you need to be saved.

W-39.7. Specific situations, events or personalities you associate with unloving thoughts of any kind are suitable subjects for today's exercises. 2 It is imperative for your salvation that you see them differently. 3 And it is your blessing on them that will save you and give you vision.

W-39.8. Slowly, without conscious selection and without undue emphasis on any one in particular, search your mind for every thought that stands between you and your salvation. 2 Apply the idea for today to each of them in this way:

3 My unloving thoughts about ___ are keeping me in hell

4 My holiness is my salvation.

W-39.9. You may find these practice periods easier if you intersperse them with several short periods during which you merely repeat today's idea to yourself slowly a few times. 2 You may also find it helpful to include a few short intervals in which you just relax and do not seem to be thinking of anything. 3 Sustained concentration is very difficult at first. 4 It will become much easier as your mind becomes more disciplined and less distractible.

W-39.10. Meanwhile, you should feel free to introduce variety into the exercise periods in whatever form appeals to you. 2 Do not, however, change the idea itself as you vary the method of applying it. 3 However you elect to use it, the idea should be stated so that its meaning is the fact that your holiness is your salvation. 4 End each practice period by repeating the idea in its original form once more, and adding:

5 If guilt is hell, what is its opposite?

W-39.11. In the shorter applications, which should be made some three or four times an hour and more if possible, you may ask yourself this question, repeat today's idea, and preferably both. 2 If temptations arise, a particularly helpful form of the idea is:

3 My holiness is my salvation from this.

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

W-40.1. Today we will begin to assert some of the happy things to which you are entitled, being what you are. 2 No long practice periods are required today, but very frequent short ones are necessary. 3 Once every ten minutes would be highly desirable, and you are urged to attempt this schedule and to adhere to it whenever possible. 4 If you forget, try again. 5 If there are long interruptions, try again. 6 Whenever you remember, try again.

W-40.2. You need not close your eyes for the exercise periods, although you will probably find it more helpful if you do. 2 However, you may be in a number of situations during the day when closing your eyes would not be feasible. 3 Do not miss a practice period because of this. 4 You can practice quite well under any circumstances, if you really want to.

W-40.3. Today's exercises take little time and no effort. 2 Repeat the idea for today, and then add several of the attributes you associate with being a Son of God, applying them to yourself. 3 One practice period might, for example, consist of the following:

4 I am blessed as a Son of God

5 I am happy, peaceful, loving and contented.

6 Another might take this form:

7 I am blessed as a Son of God

8 I am calm, quiet, assured and confident.

9 If only a brief period is available, merely telling yourself that you are blessed as a Son of God will do.