

Welcome to The Little Garden. We present classes in many formats to help with your study of *A Course in Miracles*. Our goal is to inspire students of *A Course in Miracles* to read and study the Course for themselves, and to practice it as written.

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INTRODUCTION

W-in.1. A theoretical foundation such as the text provides is necessary as a framework to make the exercises in this workbook meaningful. 2 Yet it is doing the exercises that will make the goal of the course possible. 3 An untrained mind can accomplish nothing. 4 It is the purpose of this workbook to train your mind to think along the lines the text sets forth.

W-in.2. The exercises are very simple. 2 They do not require a great deal of time, and it does not matter where you do them. 3 They need no preparation. 4 The training period is one year. 5 The exercises are numbered from 1 to 365. 6 Do not undertake to do more than one set of exercises a day.

W-in.3. The workbook is divided into two main sections, the first dealing with the undoing of the way you see now, and the second with the acquisition of true perception. 2 With the exception of the review periods, each day's exercises are planned around one central idea, which is stated first. 3 This is followed by a description of the specific

procedures by which the idea for the day is to be applied.

W-in.4. The purpose of the workbook is to train your mind in a systematic way to a different perception of everyone and everything in the world. 2 The exercises are planned to help you generalize the lessons, so that you will understand that each of them is equally applicable to everyone and everything you see.

W-in.5. Transfer of training in true perception does not proceed as does transfer of the training of the world. 2 If true perception has been achieved in connection with any person, situation or event, total transfer to everyone and everything is certain. 3 On the other hand, one exception held apart from true perception makes its accomplishments anywhere impossible.

W-in.6. The only general rules to be observed throughout, then, are: First, that the exercises be practiced with great specificity, as will be indicated. 2 This will help you to generalize the ideas involved to every situation in which you find yourself, and to everyone and everything in it. 3 Second, be sure that you do not decide for yourself that there are some people, situations or things to which the ideas are inapplicable. 4 This will interfere with transfer of training. 5 The very nature of true perception is that it has no limits. 6 It is the opposite of the way you see now.

W-in.7. The overall aim of the exercises is to increase your ability to extend the ideas you will be practicing to include everything. 2 This will require no effort on your part. 3 The exercises themselves meet the conditions necessary for this kind of transfer.

W-in.8. Some of the ideas the workbook presents you will find hard to believe, and others may seem to be quite startling. 2 This does not matter. 3 You are merely asked to apply the ideas as you are directed to do. 4 You are not asked to judge them at all. 5 You are asked only to use them. 6 It is their use that will give them meaning to you, and will show you that they are true.

W-in.9. Remember only this; you need not believe the ideas, you need not accept them, and you need not even welcome them. 2 Some of them you may actively resist. 3 None of this will matter, or decrease their efficacy. 4 But do not allow yourself to make exceptions in applying the ideas the workbook contains, and whatever your reactions to the ideas may be, use them. 5 Nothing more than that is required.

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