

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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## PART I

LESSON 1. Nothing I see in this room [on this street, from this window, in this place] means anything.

W-1.1. Now look slowly around you, and practice applying this idea very specifically to whatever you see:

*2 This table does not mean anything.*

*3 This chair does not mean anything.*

*4 This hand does not mean anything.*

*5 This foot does not mean anything.*

*6 This pen does not mean anything.*

W-1.2. Then look farther away from your immediate area, and apply the idea to a wider range:

*2 That door does not mean anything.*

*3 That body does not mean anything.*

*4 That lamp does not mean anything.*

*5 That sign does not mean anything.*

*6 That shadow does not mean anything.*

W-1.3. Notice that these statements are not arranged in any order, and make no allowance for differences in the kinds of things to which they are applied. 2 That is the purpose of the exercise. 3 The statement should merely be applied to anything you see. 4 As you practice the idea for the day, use it totally indiscriminately. 5 Do not attempt to apply it to everything you see, for these exercises should not become ritualistic. 6 Only be sure that nothing you see is specifically excluded. 7 One thing is like another as far as the application of the idea is concerned.

W-1.4. Each of the first three lessons should not be done more than twice a day each, preferably morning and evening. 2 Nor should they be attempted for more than a minute or so, unless that entails a sense of hurry. 3 A comfortable sense of leisure is essential.

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