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PART I

LESSON 10. My thoughts do not mean anything.

W-10.1. This idea applies to all the thoughts of which you are aware, or become aware in the practice periods. 2 The reason the idea is applicable to all of them is that they are not your real thoughts. 3 We have made this distinction before, and will do so again. 4 You have no basis for comparison as yet. 5 When you do, you will have no doubt that what you once believed were your thoughts did not mean anything.

W-10.2. This is the second time we have used this kind of idea. 2 The form is only slightly different. 3 This time the idea is introduced with "My thoughts" instead of "These thoughts," and no link is made overtly with the things around you. 4 The emphasis is now

on the lack of reality of what you think you think.

W-10.3. This aspect of the correction process began with the idea that the thoughts of which you are aware are meaningless, outside rather than within; and then stressed their past rather than their present status. 2 Now we are emphasizing that the presence of these "thoughts" means that you are not thinking. 3 This is merely another way of repeating our earlier statement that your mind is really a blank. 4 To recognize this is to recognize nothingness when you think you see it. 5 As such, it is the prerequisite for vision.

W-10.4. Close your eyes for these exercises, and introduce them by repeating the idea for today quite slowly to yourself. 2 Then add:

3 This idea will help to release me from all that I now believe.

4 The exercises consist, as before, in searching your mind for all the thoughts that are available to you, without selection or judgment. 5 Try to avoid classification of any kind. 6 In fact, if you find it helpful to do so, you might imagine that you are watching an oddly assorted procession going by, which has little if any personal meaning to you. 7 As each one crosses your mind, say:

8 My thought about ___ does not mean anything.

9 My thought about ___ does not mean anything.

W-10.5. Today's thought can obviously serve for any thought that distresses you at any time. 2 In addition, five practice periods are recommended, each involving no more than a minute or so of mind searching. 3 It is not recommended that this time period be extended, and it should be reduced to half a minute or less if you experience discomfort. 4 Remember, however, to repeat the idea slowly before applying it specifically, and also to add:

5 This idea will help to release me from all that I now believe.

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