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PART I

LESSON 17. I see no neutral things.

W-17.1. This idea is another step in the direction of identifying cause and effect as it really operates in the world. 2 You see no neutral things because you have no neutral thoughts. 3 It is always the thought that comes first, despite the temptation to believe that it is the other way around. 4 This is not the way the world thinks, but you must learn that it is the way you think. 5 If it were not so, perception would have no cause, and would itself be the cause of reality. 6 In view of its highly variable nature, this is hardly likely.

W-17.2. In applying today's idea, say to yourself, with eyes open:

2 *I see no neutral things because I have no neutral thoughts.*

3 Then look about you, resting your glance on each thing you note long enough to say:

4 *I do not see a neutral ____, because my thoughts about ____ are not neutral.*

5 For example, you might say:

6 *I do not see a neutral wall, because my thoughts about walls are not neutral.*

7 *I do not see a neutral body, because my thoughts about bodies are not neutral.*

W-17.3. As usual, it is essential to make no distinctions between what you believe to be animate or inanimate; pleasant or unpleasant. 2 Regardless of what you may believe, you do not see anything that is really alive or really joyous. 3 That is because you are unaware as yet of any thought that is really true, and therefore really happy.

W-17.4. Three or four specific practice periods are recommended, and no less than three are required for maximum benefit, even if you experience resistance. 2 However, if you do, the length of the practice period may be reduced to less than the minute or so that is otherwise recommended.

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