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## PART I

LESSON 18. I am not alone in experiencing the effects of my seeing.

W-18.1. The idea for today is another step in learning that the thoughts which give rise to what you see are never neutral or unimportant. 2 It also emphasizes the idea that minds are joined, which will be given increasing stress later on.

W-18.2. Today's idea does not refer to what you see as much as to how you see it. 2 Therefore, the exercises for today emphasize this aspect of your perception. 3 The three or four practice periods which are recommended should be done as follows:

W-18.3. Look about you, selecting subjects for the application of the idea for today as

randomly as possible, and keeping your eyes on each one long enough to say:

2 I am not alone in experiencing the effects of how I see \_\_\_\_.

3 Conclude each practice period by repeating the more general statement:

4 I am not alone in experiencing the effects of my seeing.

5 A minute or so, or even less, will be sufficient for each practice period.

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