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PART I

LESSON 2. I have given everything I see in this room [on this street, from this window, in this place] all the meaning that it has for me.

W-2.1. The exercises with this idea are the same as those for the first one. 2 Begin with the things that are near you, and apply the idea to whatever your glance rests on. 3 Then increase the range outward. 4 Turn your head so that you include whatever is on either side. 5 If possible, turn around and apply the idea to what was behind you. 6 Remain as indiscriminate as possible in selecting subjects for its application, do not concentrate on anything in particular, and do not attempt to include everything you see in a given area, or you will introduce strain.

W-2.2. Merely glance easily and fairly quickly around you, trying to avoid selection by

size, brightness, color, material, or relative importance to you. 2 Take the subjects simply as you see them. 3 Try to apply the exercise with equal ease to a body or a button, a fly or a floor, an arm or an apple. 4 The sole criterion for applying the idea to anything is merely that your eyes have lighted on it. 5 Make no attempt to include anything particular, but be sure that nothing is specifically excluded.

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