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PART I

LESSON 22. What I see is a form of vengeance.

W-22.1. Today's idea accurately describes the way anyone who holds attack thoughts in his mind must see the world. 2 Having projected his anger onto the world, he sees vengeance about to strike at him. 3 His own attack is thus perceived as self defense. 4 This becomes an increasingly vicious circle until he is willing to change how he sees. 5 Otherwise, thoughts of attack and counter-attack will preoccupy him and people his entire world. 6 What peace of mind is possible to him then?

W-22.2. It is from this savage fantasy that you want to escape. 2 Is it not joyous news to hear that it is not real? 3 Is it not a happy discovery to find that you can escape? 4 You made what you would destroy; everything that you hate and would attack and kill. 5 All

that you fear does not exist.

W-22.3. Look at the world about you at least five times today, for at least a minute each time. 2 As your eyes move slowly from one object to another, from one body to another, say to yourself:

3 I see only the perishable.

4 I see nothing that will last.

5 What I see is not real.

6 What I see is a form of vengeance.

7 At the end of each practice period, ask yourself:

8 Is this the world I really want to see?

9 The answer is surely obvious.

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