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PART I

LESSON 31. I am not the victim of the world I see.

W-31.1. Today's idea is the introduction to your declaration of release. 2 Again, the idea should be applied to both the world you see without and the world you see within. 3 In applying the idea, we will use a form of practice which will be used more and more, with changes as indicated. 4 Generally speaking, the form includes two aspects, one in which you apply the idea on a more sustained basis, and the other consisting of frequent applications of the idea throughout the day.

W-31.2. Two longer periods of practice with the idea for today are needed, one in the morning and one at night. 2 Three to five minutes for each of these are recommended. 3 During that time, look about you slowly while repeating the idea two or three times. 4

Then close your eyes, and apply the same idea to your inner world. 5 You will escape from both together, for the inner is the cause of the outer.

W-31.3. As you survey your inner world, merely let whatever thoughts cross your mind come into your awareness, each to be considered for a moment, and then replaced by the next. 2 Try not to establish any kind of hierarchy among them. 3 Watch them come and go as dispassionately as possible. 4 Do not dwell on any one in particular, but try to let the stream move on evenly and calmly, without any special investment on your part. 5 As you sit and quietly watch your thoughts, repeat today's idea to yourself as often as you care to, but with no sense of hurry.

W-31.4. In addition, repeat the idea for today as often as possible during the day. 2 Remind yourself that you are making a declaration of independence in the name of your own freedom. 3 And in your freedom lies the freedom of the world.

W-31.5. The idea for today is also a particularly useful one to use as a response to any form of temptation that may arise. 2 It is a declaration that you will not yield to it, and put yourself in bondage.

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