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[Previous lesson](#)

[Next Lesson](#)

[Table of Contents](#)

[Search the Course](#)

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[The Little Garden Home](#)

PART I

LESSON 33. There is another way of looking at the world.

W-33.1. Today's idea is an attempt to recognize that you can shift your perception of the world in both its outer and inner aspects. 2 A full five minutes should be devoted to the morning and evening applications. 3 In these practice periods, the idea should be repeated as often as you find comfortable, though unhurried applications are essential. 4 Alternate between surveying your outer and inner perceptions, but without an abrupt sense of shifting.

W-33.2. Merely glance casually around the world you perceive as outside yourself, then close your eyes and survey your inner thoughts with equal casualness. 2 Try to remain equally uninvolved in both, and to maintain this detachment as you repeat the idea

throughout the day.

W-33.3. The shorter exercise periods should be as frequent as possible. 2 Specific applications of today's idea should also be made immediately, when any situation arises which tempts you to become disturbed. 3 For these applications, say:

4 There is another way of looking at this.

W-33.4. Remember to apply today's idea the instant you are aware of distress. 2 It may be necessary to take a minute or so to sit quietly and repeat the idea to yourself several times. 3 Closing your eyes will probably help in this form of application.

[Previous lesson](#)

[Next Lesson](#)

[Table of Contents](#)

[Search the Course](#)

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[The Little Garden Home](#)