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PART I

LESSON 36. My holiness envelops everything I see.

W-36.1. Today's idea extends the idea for yesterday from the perceiver to the perceived. 2 You are holy because your mind is part of God's. 3 And because you are holy, your sight must be holy as well. 4 "Sinless" means without sin. 5 You cannot be without sin a little. 6 You are sinless or not. 7 If your mind is part of God's you must be sinless, or a part of His Mind would be sinful. 8 Your sight is related to His Holiness, not to your ego, and therefore not to your body.

W-36.2. Four three-to-five-minute practice periods are required for today. 2 Try to distribute them fairly evenly, and make the shorter applications frequently, to protect

your protection throughout the day. 3 The longer practice periods should take this form:

W-36.3. First, close your eyes and repeat the idea for today several times, slowly. 2 Then open your eyes and look quite slowly about you, applying the idea specifically to whatever you note in your casual survey. 3 Say, for example:

4 My holiness envelops that rug.

5 My holiness envelops that wall.

6 My holiness envelops these fingers.

7 My holiness envelops that chair.

8 My holiness envelops that body.

9 My holiness envelops this pen.

10 Several times during these practice periods, close your eyes and repeat the idea to yourself. 11 Then open your eyes, and continue as before.

W-36.4. For the shorter exercise periods, close your eyes and repeat the idea; look about you as you repeat it again; and conclude with one more repetition with your eyes closed. 2 All applications should, of course, be made quite slowly, as effortlessly and unhurriedly as possible.

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