

Welcome to The Little Garden. We present classes in many formats to help with your study of *A Course in Miracles*. Our goal is to inspire students of *A Course in Miracles* to read and study the Course for themselves, and to practice it as written.

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## PART I

LESSON 40. I am blessed as a Son of God.

W-40.1. Today we will begin to assert some of the happy things to which you are entitled, being what you are. 2 No long practice periods are required today, but very frequent short ones are necessary. 3 Once every ten minutes would be highly desirable, and you are urged to attempt this schedule and to adhere to it whenever possible. 4 If you forget, try again. 5 If there are long interruptions, try again. 6 Whenever you remember, try again.

W-40.2. You need not close your eyes for the exercise periods, although you will probably find it more helpful if you do. 2 However, you may be in a number of situations during the day when closing your eyes would not be feasible. 3 Do not miss a practice

period because of this. 4 You can practice quite well under any circumstances, if you really want to.

W-40.3. Today's exercises take little time and no effort. 2 Repeat the idea for today, and then add several of the attributes you associate with being a Son of God, applying them to yourself. 3 One practice period might, for example, consist of the following:

4 I am blessed as a Son of God

5 I am happy, peaceful, loving and contented.

6 Another might take this form:

7 I am blessed as a Son of God

8 I am calm, quiet, assured and confident.

9 If only a brief period is available, merely telling yourself that you are blessed as a Son of God will do.

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