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## PART I

LESSON 41. God goes with me wherever I go.

W-41.1. Today's idea will eventually overcome completely the sense of loneliness and abandonment all the separated ones experience. 2 Depression is an inevitable consequence of separation. 3 So are anxiety, worry, a deep sense of helplessness, misery, suffering and intense fear of loss.

W-41.2. The separated ones have invented many "cures" for what they believe to be "the ills of the world." 2 But the one thing they do not do is to question the reality of the problem. 3 Yet its effects cannot be cured because the problem is not real. 4 The idea for today has the power to end all this foolishness forever. 5 And foolishness it is, despite the

serious and tragic forms it may take.

W-41.3. Deep within you is everything that is perfect, ready to radiate through you and out into the world. 2 It will cure all sorrow and pain and fear and loss because it will heal the mind that thought these things were real, and suffered out of its allegiance to them.

W-41.4. You can never be deprived of your perfect holiness because its Source goes with you wherever you go. 2 You can never suffer because the Source of all joy goes with you wherever you go. 3 You can never be alone because the Source of all life goes with you wherever you go. 4 Nothing can destroy your peace of mind because God goes with you wherever you go.

W-41.5. We understand that you do not believe all this. 2 How could you, when the truth is hidden deep within, under a heavy cloud of insane thoughts, dense and obscuring, yet representing all you see? 3 Today we will make our first real attempt to get past this dark and heavy cloud, and to go through it to the light beyond.

W-41.6. There will be only one long practice period today. 2 In the morning, as soon as you get up if possible, sit quietly for some three to five minutes, with your eyes closed. 3 At the beginning of the practice period, repeat today's idea very slowly. 4 Then make no effort to think of anything. 5 Try, instead, to get a sense of turning inward, past all the idle thoughts of the world. 6 Try to enter very deeply into your own mind, keeping it clear of any thoughts that might divert your attention.

W-41.7. From time to time, you may repeat the idea if you find it helpful. 2 But most of all, try to sink down and inward, away from the world and all the foolish thoughts of the world. 3 You are trying to reach past all these things. 4 You are trying to leave appearances and approach reality.

W-41.8. It is quite possible to reach God. 2 In fact it is very easy, because it is the most natural thing in the world. 3 You might even say it is the only natural thing in the world. 4 The way will open, if you believe that it is possible. 5 This exercise can bring very startling results even the first time it is attempted, and sooner or later it is always successful. 6 We will go into more detail about this kind of practice as we go along. 7 But it will never fail completely, and instant success is possible.

W-41.9. Throughout the day use today's idea often, repeating it very slowly, preferably with eyes closed. 2 Think of what you are saying; what the words mean. 3 Concentrate on the holiness that they imply about you; on the unfailing companionship that is yours; on the complete protection that surrounds you.

W-41.10. You can indeed afford to laugh at fear thoughts, remembering that God goes with you wherever you go.

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