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PART I

LESSON 48. There is nothing to fear.

W-48.1. The idea for today simply states a fact. 2 It is not a fact to those who believe in illusions, but illusions are not facts. 3 In truth there is nothing to fear. 4 It is very easy to recognize this. 5 But it is very difficult to recognize it for those who want illusions to be true.

W-48.2. Today's practice periods will be very short, very simple and very frequent. 2 Merely repeat the idea as often as possible. 3 You can use it with your eyes open at any time and in any situation. 4 It is strongly recommended, however, that you take a minute or so whenever possible to close your eyes and repeat the idea slowly to yourself several times. 5 It is particularly important that you use the idea immediately, should anything

disturb your peace of mind.

W-48.3. The presence of fear is a sure sign that you are trusting in your own strength. 2 The awareness that there is nothing to fear shows that somewhere in your mind, though not necessarily in a place you recognize as yet, you have remembered God, and let His strength take the place of your weakness. 3 The instant you are willing to do this there is indeed nothing to fear.

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