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PART I

LESSON 6. I am upset because I see something that is not there.

W-6.1. The exercises with this idea are very similar to the preceding ones. 2 Again, it is necessary to name both the form of upset (anger, fear, worry, depression and so on) and the perceived source very specifically for any application of the idea. 3 For example:

4 I am angry at ___ because I see something that is not there.

5 I am worried about ___ because I see something that is not there.

W-6.2. Today's idea is useful for application to anything that seems to upset you, and can profitably be used throughout the day for that purpose. 2 However, the three or four

practice periods which are required should be preceded by a minute or so of mind searching, as before, and the application of the idea to each upsetting thought uncovered in the search.

W-6.3. Again, if you resist applying the idea to some upsetting thoughts more than to others, remind yourself of the two cautions stated in the previous lesson:

2 There are no small upsets. 3 They are all equally disturbing to my peace of mind.

4 And:

5 I cannot keep this form of upset and let the others go. 6 For the purposes of these exercises, then, I will regard them all as the same.

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