

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 74. There is no will but God's.

W-74.1. The idea for today can be regarded as the central thought toward which all our exercises are directed. 2 God's is the only Will. 3 When you have recognized this, you have recognized that your will is His. 4 The belief that conflict is possible has gone. 5 Peace has replaced the strange idea that you are torn by conflicting goals. 6 As an expression of the Will of God, you have no goal but His.

W-74.2. There is great peace in today's idea, and the exercises for today are directed towards finding it. 2 The idea itself is wholly true. 3 Therefore it cannot give rise to illusions. 4 Without illusions conflict is impossible. 5 Let us try to recognize this today,

and experience the peace this recognition brings.

W-74.3. Begin the longer practice periods by repeating these thoughts several times, slowly and with firm determination to understand what they mean, and to hold them in mind:

2 There is no will but God's. 3 I cannot be in conflict.

4 Then spend several minutes in adding some related thoughts, such as:

5 I am at peace.

6 Nothing can disturb me. 7 My will is God's.

8 My will and God's are one.

9 God wills peace for His Son.

10 During this introductory phase, be sure to deal quickly with any conflict thoughts that may cross your mind. 11 Tell yourself immediately:

12 There is no will but God's. 13 These conflict thoughts are meaningless.

W-74.4. If there is one conflict area that seems particularly difficult to resolve, single it out for special consideration. 2 Think about it briefly but very specifically, identify the particular person or persons and the situation or situations involved, and tell yourself:

3 There is no will but God's. 4 I share it with Him. 5 My conflicts about ___ cannot be real.

W-74.5. After you have cleared your mind in this way, close your eyes and try to experience the peace to which your reality entitles you. 2 Sink into it and feel it closing around you. 3 There may be some temptation to mistake these attempts for withdrawal, but the difference is easily detected. 4 If you are succeeding, you will feel a deep sense of joy and an increased alertness, rather than a feeling of drowsiness and enervation.

W-74.6. Joy characterizes peace. 2 By this experience will you recognize that you have reached it. 3 If you feel yourself slipping off into withdrawal, quickly repeat the idea for today and try again. 4 Do this as often as necessary. 5 There is definite gain in refusing to allow retreat into withdrawal, even if you do not experience the peace you seek.

W-74.7. In the shorter periods, which should be undertaken at regular and predetermined intervals today, say to yourself:

2 There is no will but God's. 3 I seek His peace today.

4 Then try to find what you are seeking. 5 A minute or two every half an hour, with eyes closed if possible, would be well spent on this today.

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