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PART I

LESSON 91. Miracles are seen in light.

W-91.1. It is important to remember that miracles and vision necessarily go together. 2 This needs repeating, and frequent repeating. 3 It is a central idea in your new thought system, and the perception that it produces. 4 The miracle is always there. 5 Its presence is not caused by your vision; its absence is not the result of your failure to see. 6 It is only your awareness of miracles that is affected. 7 You will see them in the light; you will not see them in the dark.

W-91.2. To you, then, light is crucial. 2 While you remain in darkness, the miracle remains unseen. 3 Thus you are convinced it is not there. 4 This follows from the premises from which the darkness comes. 5 Denial of light leads to failure to perceive it.

6 Failure to perceive light is to perceive darkness. 7 The light is useless to you then, even though it is there. 8 You cannot use it because its presence is unknown to you. 9 And the seeming reality of the darkness makes the idea of light meaningless.

W-91.3. To be told that what you do not see is there sounds like insanity. 2 It is very difficult to become convinced that it is insanity not to see what is there, and to see what is not there instead. 3 You do not doubt that the body's eyes can see. 4 You do not doubt the images they show you are reality. 5 Your faith lies in the darkness, not the light. 6 How can this be reversed? 7 For you it is impossible, but you are not alone in this.

W-91.4. Your efforts, however little they may be, have strong support. 2 Did you but realize how great this strength, your doubts would vanish. 3 Today we will devote ourselves to the attempt to let you feel this strength. 4 When you have felt the strength in you, which makes all miracles within your easy reach, you will not doubt. 5 The miracles your sense of weakness hides will leap into awareness as you feel the strength in you.

W-91.5. Three times today, set aside about ten minutes for a quiet time in which you try to leave your weakness behind. 2 This is accomplished very simply, as you instruct yourself that you are not a body. 3 Faith goes to what you want, and you instruct your mind accordingly. 4 Your will remains your teacher, and your will has all the strength to do what it desires. 5 You can escape the body if you choose. 6 You can experience the strength in you.

W-91.6. Begin the longer practice periods with this statement of true cause and effect relationships:

2 Miracles are seen in light.

3 The body's eyes do not perceive the light.

4 But I am not a body. 5 What am I?

6 The question with which this statement ends is needed for our exercises today. 7 What you think you are is a belief to be undone. 8 But what you really are must be revealed to you. 9 The belief you are a body calls for correction, being a mistake. 10 The truth of what you are calls on the strength in you to bring to your awareness what the mistake conceals.

W-91.7. If you are not a body, what are you? 2 You need to be aware of what the Holy Spirit uses to replace the image of a body in your mind. 3 You need to feel something to put your faith in, as you lift it from the body. 4 You need a real experience of something else, something more solid and more sure; more worthy of your faith, and really there.

W-91.8. If you are not a body, what are you? 2 Ask this in honesty, and then devote several minutes to allowing your mistaken thoughts about your attributes to be corrected, and their opposites to take their place. 3 Say, for example:

4 I am not weak, but strong.

5 I am not helpless, but all powerful.

6 I am not limited, but unlimited.

7 I am not doubtful, but certain.

8 I am not an illusion, but a reality.

9 I cannot see in darkness, but in light.

W-91.9. In the second phase of the exercise period, try to experience these truths about yourself. 2 Concentrate particularly on the experience of strength. 3 Remember that all sense of weakness is associated with the belief you are a body, a belief that is mistaken and deserves no faith. 4 Try to remove your faith from it, if only for a moment. 5 You will be accustomed to keeping faith with the more worthy in you as we go along.

W-91.10. Relax for the rest of the practice period, confident that your efforts, however meager, are fully supported by the strength of God and all His Thoughts. 2 It is from Them that your strength will come. 3 It is through Their strong support that you will feel the strength in you. 4 They are united with you in this practice period, in which you share a purpose like Their Own. 5 Theirs is the light in which you will see miracles, because Their strength is yours. 6 Their strength becomes your eyes, that you may see.

W-91.11. Five or six times an hour, at reasonably regular intervals, remind yourself that miracles are seen in light. 2 Also, be sure to meet temptation with today's idea. 3 This form would be helpful for this special purpose:

4 Miracles are seen in light. 5 Let me not close my eyes because of this.

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