

LESSON 18 • JANUARY 18

“I am not alone in experiencing the effects of my seeing.”

Practice instructions

Purpose: To continue to teach you that your thoughts are not without effect. The preceding lessons have emphasized that they always affect your mind. This lesson emphasizes that they always affect *all* minds.

Exercise: Three or four times, for one minute or so (perhaps less).

- Look around you, randomly selecting subjects and resting your glance on each one long enough to say, “*I am not alone in experiencing the effects of how I see _____.*”
- Conclude by repeating the idea.

Commentary

The concept that “minds are joined” (1:2) is easy to grasp, but literally far-reaching in its implications. How I see things affects other minds, not just my own. The miracles that the Course can bring into our lives will prove this to us time and time again. A shift in the way *I* see things can bring about miraculous effects in people around me:

A miracle is never lost. It may touch many people you have not even met, and produce undreamed of changes in situations of which you are not even aware.
(T-1.I.45:1-2)

The fact that how I see things affects more than just myself makes the thoughts that give rise to my seeing even more important. How I think and perceive things affects, quite literally, the entire world. By opening my mind to love I can be a conduit of love for the world.