

Step 1

I AM WITHOUT KNOWLEDGE NOW.

*T*HERE MUST BE A STARTING POINT at any juncture of development. You must start from where you are, not from where you want to be. You start here in the understanding that you are without Knowledge. That is not to say that Knowledge is not with you. It is simply to say that you are not with Knowledge. Knowledge is waiting for you to proceed. Knowledge is waiting to give itself to you. Therefore, you are beginning now to prepare to be in relationship with Knowledge, the greater aspect of mind that you have brought with you from your Ancient Home.

THREE TIMES TODAY SPEND 10 MINUTES thinking about what Knowledge is, not merely applying your own ideas, not merely applying your past understanding, but thinking about what Knowledge really is.

PRACTICE 1: *Three 10-minute practice periods.*

Step 2

KNOWLEDGE IS WITH ME. WHERE AM I?

*K*NOWLEDGE IS WITH YOU, COMPLETELY, but it resides in a part of your mind to which you have not yet gained access. Knowledge represents your True Self, your True Mind and your true relationships in the universe. It also possesses your greater calling in the world and a perfect utilization of your nature, all of your inherent abilities and skills, even your limitations—all to be given for good in the world.

KNOWLEDGE IS WITH YOU, BUT WHERE ARE YOU? Today think about where you are. If you are not with Knowledge, where are you? Therefore, three times today, 10 minutes each, think about where you are, not just physically or geographically, but where you are in terms of your awareness of yourself in the world. Think very, very carefully. Do not allow your mind to distract you from this orientation. It is essential now at the beginning of your preparation to ask these questions very seriously.

PRACTICE 2: *Three 10-minute practice periods.*

Step 3

WHAT DO I REALLY KNOW?

*T*ODAY ASK YOURSELF WHAT YOU REALLY KNOW and distinguish what you know from what you think or hope for or want for yourself or your world, what you are afraid of, what you believe in, what you cherish and what you value. Distinguish this question from all such orientations to the very best of your ability and ask yourself, “What do I really know?” You must continuously examine whatever answers you give to this question to see if they represent your beliefs or assumptions or the beliefs or assumptions of other people or perhaps even of humanity at large.

THREE TIMES TODAY, FOR 10 MINUTES EACH, ask this question and think very seriously about your response and about the meaning of this question, “What do I really know?”

PRACTICE 3: *Three 10-minute practice periods.*

Step 4

I WANT WHAT I THINK I KNOW.

*Y*OU WANT WHAT YOU THINK YOU KNOW, and this is what constitutes the basis of your understanding of yourself and your world. In fact, this constitutes the basis of your whole identity. You will find, however, upon honest examination that your understanding is based upon assumptions primarily, and these assumptions have not been founded upon your experience to a very great degree, if at all.

TODAY IN YOUR THREE BRIEF PRACTICE PERIODS, in which you devote your total attention to examining your assumptions, think about the things you really think you know, including things that you have not thought to question before—things that you think you know. Today's exercise, then, carries forth from the previous steps where you begin to see the difference between what you think you know and real Knowledge itself and the relationship between what you think of as Knowledge and your own assumptions, beliefs and hopes for things.

THEREFORE, IN EACH PRACTICE SESSION it is very essential for you to think about the things you think you know. When you realize they are based primarily upon your assumptions, you will realize how weak is your foundation in the world. Understanding this may be upsetting and disconcerting, but it is absolutely essential for you to give you the impetus and the desire to discover your true foundation in the world.

PRACTICE 4: *Three 10-minute practice periods.*

Step 5

I BELIEVE WHAT I WANT TO BELIEVE.

THIS STATEMENT REPRESENTS THE GREAT FOLLY OF HUMANITY and humanity's most dangerous forms of self-deception. Beliefs are primarily founded upon what is wished for, not on what is actually happening and not on what is genuine. They may in fact represent the greater ideals of humanity and in this they bear a true reflection, but on a day-to-day basis, and in most practical questions, people base their beliefs on things they hope for, not on things that actually exist. You must have a very sound understanding that the approach to any resolution and to any constructive establishment must begin with current reality. What you are and what you have today must be your starting point.

THEREFORE, IN YOUR THREE PRACTICE PERIODS TODAY, think about this statement. Examine what you believe and then examine what you want. You will find that even your fearful or negative beliefs are associated with your ambitions. Only careful application of today's practice will reveal this to you.

PRACTICE 5: *Three 10-minute practice periods.*

Step 6

I HAVE A TRUE FOUNDATION IN THE WORLD.

*B*YOND THE BELIEFS AND ASSUMPTIONS which mask your own fear and uncertainty, there exists for you a true foundation in the world. This foundation is built upon your life beyond this world, for that is where you have come from and that is what you will return to. You have come from a place to which you will return, and you have not come empty-handed.

TWICE TODAY, SPEND TWO LONGER PERIODS of 15 to 20 minutes in considering what your true foundation may be. Think of all your ideas about this. This is a very important question. You must realize your great need for this to ask this question with sincerity and with penetrating depth.

WITHOUT A TRUE FOUNDATION, your real accomplishments and advancement would be without hope. It is a great blessing, then, that you possess this, even if it is unknown to you.

PRACTICE 6: *Two 15 to 20-minute practice periods.*

Step 7

REVIEW

*I*N TODAY'S TWO PRACTICE PERIODS, review all that we have covered thus far, beginning with the first step and continuing on up to include the preceding day's step. Then consider the entire sequence of the steps together. It is very important at this juncture that you not require that you have any conclusions, but that you ask questions and realize the extent to which you need true Knowledge. If you undertake this practice today sincerely, it will be most evident that you have this great need. You are vulnerable without your assumptions, but you are also in a position to receive truth and certainty in life.

TAKE TWO PRACTICE PERIODS TODAY, 30 minutes each, to consider these things.

PRACTICE 7: *Two 30-minute practice periods.*

Step 8

TODAY I WILL BE STILL.

*I*N YOUR TWO MEDITATION PRACTICES TODAY, practice stillness for 15 minutes. Begin by taking three deep breaths and then focusing on an internal point. It may be an imaginary point or it may be a point in your physical body. With eyes closed, simply give this your full attention, without judgment and evaluation. Do not be discouraged if early attempts prove difficult. Beginning anything important in life can be difficult at first, but if you persist, you will achieve this great goal, for in stillness all things can be known.

PRACTICE 8: *Two 15-minute practice periods.*

Step 9

IN STILLNESS ALL THINGS CAN BE KNOWN.

*S*TILLNESS OF MIND ALLOWS A GREATER MIND TO EMERGE and to reveal its Wisdom. Those who cultivate stillness with a desire for Knowledge will be preparing themselves for greater revelation and true insight to emerge. The insight may emerge during practice or during any normal activity. The important aspect here is that the preparation has been made.

TWICE TODAY PRACTICE YESTERDAY'S PRACTICE OF STILLNESS, but practice without the expectation of a result. Do not use this practice to ask any form of question because you are practicing stillness, in which all speculation, all questions and all searching end. For 15 minutes, twice today, practice stillness once again.

PRACTICE 9: *Two 15-minute practice periods.*

WHY AM I DOING THIS ANYWAY?

*V*ERY GOOD QUESTION! Why are you doing this anyway? Why are you asking such questions? Why do you seek for greater things? Why are you exerting the effort? These questions are inevitable. We anticipate them. Why are you doing this? You are doing this because it is essential. If you wish to live anything greater than a purely superficial and unstable life, you must penetrate deeper and not be confident based only upon weak assumptions and hopeful expectations. There is a greater gift awaiting you, but you must prepare yourself mentally, emotionally and physically. Without Knowledge, you are unaware of your purpose. You are unaware of your origin and your destiny, and you will pass through this life as if it were a troubled dream and no more.

Step 10

WHAT IS KNOWLEDGE?

*L*ET US SAY THAT KNOWLEDGE is not the things that are usually associated with it. It is not ideas. It is not a body of information. It is not a system of belief. It is not a process of self-evaluation. It is the great mystery of your life. Its outward manifestations are profound intuition, great insight, inexplicable knowing, wise perception in the present and in the future and wise understanding of the past. But despite these great achievements of mind, Knowledge is greater than this. It is your True Self, a Self that is not apart from life.

PRACTICE 10: *Read the lesson three times today.*

Step 11

I AM NOT APART FROM LIFE.

*R*EGARDLESS OF THE GREAT ESTABLISHMENTS built upon your individuality and all that is associated with you personally—your body, your ideas, your difficulties, your specific forms of expression, your idiosyncrasies, your talents—you are not apart from life. This is so obvious if you look at yourself with simplicity and realize that the very makeup of your body, the very fabric of your physical life, is completely made of what life is in the physical. It is quite apparent that you are made of the same “stuff” as everything else around you. What is mysterious is your mind. It seems to be a distinct point of understanding, but it is as much a part of life as your physical fabric. You are an individual unaware of your Source and your total inclusion in life. Your individuality is a burden now, but it will be a great happiness to you when it can express life itself.

PRACTICE 11: *Read the lesson three times today.*

Step 12

MY INDIVIDUALITY IS TO EXPRESS LIFE ITSELF.

*H*ERE YOUR UNIQUENESS IS A GREAT ASSET and a source of joy, not a source of painful alienation and not a source of painful judgment against yourself or others. This distinction does not elevate you above or place you below anyone else. It merely pinpoints the real purpose behind your individuality and its great promise for the future. You are here to express something. That is the real meaning given to your individuality because you do not want to be separate anymore.

ON TWO OCCASIONS TODAY, practice two periods of silence exercising the practice that we have illustrated thus far.

PRACTICE 12: *Two 15-minute practice periods.*

Step 13

I WANT TO BE SEPARATE TO BE UNIQUE.

*T*HIS THOUGHT REPRESENTS THE TRUE MOTIVE for separation, yet it is unnecessary. We do not give it here as an affirmation but as an expression of your current state. You want to be separate because this defines your self; your self is defined in terms of separation, not in terms of inclusion. Separation is the source of all your pain and confusion of mind. Your physical life demonstrates a separate life but only from a certain point of view. Given another point of view, it does not demonstrate separation at all. It demonstrates a unique expression of a Greater Reality.

ON TWO OCCASIONS TODAY, spend 15 minutes concentrating upon the idea for today. Think seriously about what this lesson means and call upon your own experience to reflect upon its relevance to your life. Reflect upon what your desire for separation has cost you in time, energy and pain. Realize your motivation for separation and you will know that you want to be free.

PRACTICE 13: *Two 15-minute practice periods.*

Step 14

REVIEW

ONCE AGAIN REVIEW ALL THE PRIOR LESSONS GIVEN. In this Review reread the instructions that have been given in each step. Also review all of your practice sessions to determine the depth of your involvement in practice and the results that you have experienced. Throughout your study plan, you will be investigating the content of your own experience. This will build upon itself and eventually will reveal to you the realization of your own Knowledge.

SPEND ONE PRACTICE PERIOD TODAY of approximately 45 minutes to review all of the instructions and to review the results and quality of your practice. Tomorrow we shall begin the next stage of our preparation together.

PRACTICE 14: *One 45-minute practice period.*

Step 15

I SHALL LISTEN TO MY EXPERIENCE TODAY.

*T*ODAY I WILL LISTEN TO MY EXPERIENCE to find out the content of my mind.”

REALIZE THAT THE TRUE CONTENT OF YOUR MIND is buried beneath all that you have added since the day you were born. This true content wishes to express itself in the context of your current life and current situation. To discern this you must listen carefully and in time realize the difference between the true content of your mind and its messages for you and all the other impulses and wishes that you feel. To separate thoughts from Knowledge is one of the great accomplishments which you will have an opportunity to learn in this course.

THE ONE PRACTICE TODAY OF 45 MINUTES will be devoted to inner listening. This will require that you listen without judgment of yourself, even if the content of your thoughts is disturbing. Even if the content of your thoughts is disagreeable, you must listen without judgment to allow your mind to open. You are listening for something deeper than the mind, but you must go through the mind to get there.

PRACTICE 15: *One 45-minute practice period.*

Step 16

BEYOND MY MIND IS KNOWLEDGE.

*B*EYOND YOUR MIND IS KNOWLEDGE, the true core of your being, your True Self, not the self that you have constructed to negotiate the world, but your True Self. From this True Self come thoughts and impressions, inclinations and direction. Most of what your True Self communicates to you you cannot yet hear, but in time you will learn to hear as your mind becomes still and as you develop the necessary refinement of listening and discernment.

TODAY PRACTICE IN THREE PERIODS OF 15 MINUTES EACH. Listen more carefully than the day before. Listen for deeper inclinations. Again you must listen without judgment. You must not edit anything. You must listen deeply so that you may learn to hear.

PRACTICE 16: *Three 15-minute practice periods.*

Step 17

TODAY I WANT TO HEAR THE TRUTH.

THE DESIRE TO HEAR THE TRUTH is something that is both a process and the result of true preparation. Developing the ability to hear and the desire to hear will yield to you that which you seek. The truth is utterly beneficial to you, but at first it can be quite shocking and disappointing to your other plans and goals. This you must risk if you wish to have the certainty and the empowerment that the truth will bring to you. The truth always brings resolution of conflict, always provides an experience of self, always gives you a sense of current reality and always provides direction for you to move forward.

TODAY, IN YOUR THREE 15-MINUTE PRACTICE PERIODS, practice listening to the truth, trying to listen beyond the mind and emotions. Again do not be concerned if all you hear is the rushing about of your own thoughts. Remember, you are developing listening. That is the most important thing. Like exercising a muscle in the body, you are exercising the faculty of mind called listening. Therefore, this day practice listening, taking these practice periods to devote yourself so that you may feel the truth arising within you.

PRACTICE 17: *Three 15-minute practice periods.*

Step 18

TODAY I FEEL THE TRUTH ARISING WITHIN MYSELF.

THE TRUTH MUST BE FULLY EXPERIENCED. It is not merely an idea; it is not merely an image, though images and ideas may accompany it. It is an experience, and so it is something that is deeply felt. It may manifest in slightly different ways for those who are beginning to penetrate it, but nonetheless it will arise. It is something you must feel. To have a feeling orientation, your mind must be still. Truth is something you will feel with your entire body, with your entire being.

KNOWLEDGE DOES NOT SPEAK TO YOU AT EVERY MOMENT, but it always holds a message for you. To come into the proximity of Knowledge means that you become more and more like Knowledge itself—more whole, more consistent, more honest, more devoted, more concentrated, more self-disciplined, more compassionate and more self-loving. All of these qualities are developed as you approach that which is the source of these qualities.

IT IS IN THIS DIRECTION THAT YOU WILL PRACTICE moving today as you feel the truth arising within yourself. This will join all aspects of you, giving you a uniform experience of yourself. In your three 15-minute practice periods, give your full attention to feeling the truth arising within yourself. Practice in stillness, and do not be discouraged if it is difficult at first. Simply practice and you will proceed.

THROUGHOUT THE DAY AS WELL, without doubt or hesitation, pursue your true goal in life. From this true goal will come all of the important things that you will need to accomplish and the great power of vision and discernment that will allow you to find those individuals that you have come into the world to find.

PRACTICE 18: *Three 15-minute practice periods.*

Step 19

TODAY I WISH TO SEE.

*T*HE DESIRE TO SEE IS LIKE THE DESIRE TO KNOW. It too requires a refinement of your mind's faculties. To see with clear vision means you are not seeing with preference. It means that you are able to perceive that which is actually occurring rather than that which you wish to see. There is something actually occurring beyond your wishes. This is very true. The desire to see, then, is the desire to see a greater truth. This requires a greater honesty and a greater openness of mind.

TODAY IN YOUR TWO PRACTICE SESSIONS, practice looking upon one simple mundane object. Do not take your eyes off of that object, but look and practice looking very conscientiously. You are not trying to see anything. You are simply looking with an open mind. When the mind is open, it experiences its own depth, and it experiences the depth of what it is perceiving.

CHOOSE ONE SIMPLE OBJECT THAT HAS VERY LITTLE MEANING for you and gaze upon it twice today for at least 15 minutes. Allow your mind to become very still. Breathe deeply and regularly as you gaze upon this object. Allow your mind to settle down into itself.

PRACTICE 19: *Two 15-minute practice periods.*

Step 20

I WILL NOT LET DOUBT AND CONFUSION SLOW MY PROGRESS.

*W*HAT CAN SLOW YOUR PROGRESS but your own indecision, and what can breed indecision save that which produces confusion of mind? You have a greater goal which is being illustrated in this program of preparation. Do not let doubt and confusion be an obstruction to you. To be a true student means that you are assuming very little and that you are directing yourself in a manner that you do not prescribe for yourself but which is given to you from a Greater Power. The Greater Power wishes to raise you to its own level of ability. In this way, you receive the gift of preparation so that you may give it to others. In this way, you are given that which you cannot provide for yourself. You realize your individual power and ability because they must be developed in order for you to follow a program of this nature. You also realize your inclusion in life as life strives to serve you in your true development.

THEREFORE, PRACTICE THE SAME PRACTICE that you attempted in the previous day in your two practice periods, and do not let doubt or confusion dissuade you. Be a true student today. Allow yourself to concentrate on your practice. Give yourself to practice. Be a true student today.

PRACTICE 20: *Two 15-minute practice periods.*

Step 21

REVIEW

*I*N YOUR THIRD REVIEW, review all the lessons of the past week and the results of those lessons. Practice today not making any conclusions, but simply recognize the line of development and take note of the progress that you have made thus far. It is too early to make genuine conclusions, though it may be very tempting to do so. Beginning students are not in a position to judge their curriculum. This right must be earned and comes later if you wish for your judgments to have true effect and to be wise.

THEREFORE, IN YOUR ONE PRACTICE PERIOD, review the last section of practice and all that has been experienced thus far.

PRACTICE 21: *One 45-minute practice period.*

Step 22

I AM SURROUNDED BY THE TEACHERS OF GOD.

*Y*OU ARE INDEED SURROUNDED BY THE TEACHERS OF GOD, who have undertaken a training in many ways similar to the one you are doing now. Though given in many different forms, in different eras, in different worlds, a very similar kind of training was given to them that was geared wisely to their former state of mind and circumstances in life.

TODAY, IN TWO 15-MINUTE PRACTICE PERIODS, feel the presence of the Teachers of God. You cannot yet see them with your eyes, and you cannot yet hear them with your ears because these faculties of sense have not been refined sufficiently yet, but you can feel their presence, for their presence surrounds and protects you. In your practice, let not other thoughts interfere. Do not give in to doubt or confusion, for you must prepare to have the reward that you seek, and you must know that you are not alone in the world to have the strength, the confidence and the resource of Wisdom necessary to achieve that which you were sent here to achieve.

YOU ARE SURROUNDED BY THE TEACHERS OF GOD. They are here to love, support and direct you.

PRACTICE 22: *Two 15-minute practice periods.*

Step 23

I AM LOVED, SURROUNDED AND SUPPORTED BY THE TEACHERS OF GOD.

*T*HE TRUTH OF THIS WILL BECOME SELF-EVIDENT as you prepare, but for now it may require great faith. This idea may challenge existing ideas or beliefs, but it is true nonetheless. God's Plan is invisible and recognized by very few because very few have the openness of mind and the quality of attention that will allow them to see what is obviously occurring around them, which at this point is not obvious to them at all. Your Teachers love you, surround you and support you, for you are emerging into Knowledge. This calls them to your side. You are one of the few who has the promise and the opportunity to emerge from the sleep of your own imagination into the grace of Reality.

THEREFORE, IN YOUR TWO PRACTICE PERIODS TODAY, feel this love, support and direction. It is a feeling. It is not ideas. It is a feeling. It is something you must feel. Love is something you must feel to know. You are indeed loved, surrounded and supported by your Teachers, and you are very worthy of their great gift to you.

PRACTICE 23: *Two 15-minute practice periods.*

Step 24

I AM WORTHY OF GOD'S LOVE.

*Y*OU ARE INDEED WORTHY OF GOD'S LOVE. In fact, you really are God's love. Without pretense of any kind, at the very core of yourself, this is your True Self. It is not the Self you yet experience, and until you do experience it, do not pretend that this is your experience. But hold in true awareness that this is your Self. You are a person, but you are greater than a person. How can you be unworthy of God's love if that is what you are? Your Teachers surround you and provide that which you are so that you may experience yourself and your true relationship with life.

IN YOUR TWO PRACTICE PERIODS TODAY, practice receiving once again the love, support and direction of your Teachers, and if any thought obstructs this, if any feeling prevents this, remind yourself of your great worthiness. You are worthy not for what you have done in the world. You are worthy for who you are, where you have come from and where you are going. Your life may be filled with errors and mistakes, wrong decisions and poor choices, but you have still come from your Ancient Home to which you will return. Your worthiness in the sight of God is unchanged. There is only great effort to repair your errors so that you may experience your True Self so that it may be rendered into the world.

THEREFORE, IN YOUR PRACTICE PERIODS, practice receptivity and experiencing true worthiness. Let no thought conflict with the greatest truth of life.

PRACTICE 24: *Two 15-minute practice periods.*

Step 25

I AM AT ONE WITH THE GREATEST TRUTH OF LIFE.

*W*HAT IS THE GREATEST TRUTH OF LIFE? It is something that must be experienced, for no great truth can be contained in an idea alone, though ideas may reflect it within your current experience. Great truth is a product of great relationship. You hold a great relationship with life. You hold a great relationship with your true Teachers who are within you. Eventually you will experience great relationship with those in your outer life, but first you must experience the source of your great relationship in its true establishment already. Then it is a matter of merely transferring it to the world outside, which you will do naturally in time.

IN YOUR TWO PRACTICE PERIODS, practice feeling this relationship. Again you are asked to receive because you must receive this to give it. Once it is received, it will give of itself naturally. In the process of this your worth is re-established because it is quite apparent. You do not need to misrepresent yourself or your experience. To share a great love honestly means you must be experiencing it. It is this experience that we wish to give you today.

PRACTICE 25: *Two 15-minute practice periods.*

Step 26

MY ERRORS GIVE BIRTH TO MY KNOWLEDGE.

*I*T IS POINTLESS TO JUSTIFY ERROR, but error can bring you to value truth, and in this it can lead to true Knowledge. This is its only possible value. We do not condone error, but if error occurs, we wish to make it serve your truest need so that you may learn from it and repeat it no more. It is not merely for you to forget your errors, for you cannot do that. It is not merely for you to justify your errors, for this will make you dishonest. It is not merely for you to look upon your errors as pure service to you, for they have indeed been painful. What this truly means is that you recognize that error is error and then you attempt to use it on your own behalf. The pain of error and the tribulation of error must be accepted, for this will teach you what is real and what is not, what to value and what not to value. Using your error for development means you have accepted the error, and now you are attempting to utilize it to derive value from it because until value is derived from error, it is error only and will be a source of pain and discomfort for you.

TODAY, IN YOUR TWO 30-MINUTE PRACTICE PERIODS, look at specific errors that you have made that have been very painful. Do not try to dismiss the pain of them, but see how in your current circumstances in life you can use them for your own benefit. Using errors in this way can show you what you need to do and what corrections or adjustments need to be made to enhance the quality of your life. Remember that any resolution to error always engenders true recognition and true discernment in relationship.

IN YOUR PRACTICE PERIODS REVIEW THE ERRORS that come to mind as you sit quietly alone, and then see how each one can be utilized to your current benefit. What needs to be learned from them? What must be done that was not done before? What must not be done that was done before? How can these errors be recognized in advance?

What were the signs that preceded them and how can such signs be recognized in advance of error in the future?

USE THESE PRACTICE PERIODS for this introspective process and when you are done, do not speak of the results to any other person, but allow the investigation to continue naturally, as it naturally will.

PRACTICE 26: *Two 30-minute practice periods.*

Step 27

I HAVE A WISDOM THAT I WISH TO DISCOVER.

*T*HIS AFFIRMATION REPRESENTS YOUR TRUE WILL. If you are not feeling this, it means that you are entertaining something that is false and without true foundation in your being. If you have ever felt that the truth betrayed you, then you have not recognized its value. Perhaps it disappointed your plans and goals. Perhaps you lost something you really wanted. Perhaps it prevented you from seeking something that was desirable. But in all cases it has saved you from pain and misery. Until your true function has been recognized, you cannot appreciate how the truth has served you, for until your function is discovered, you will attempt to claim and justify other functions. If these other functions are discouraged or denied by the truth, there can be great confusion and conflict. Yet, remember that the truth has always saved you from a greater error that you would have committed otherwise.

PEOPLE CANNOT EXPERIENCE KNOWLEDGE because they are preoccupied with thoughts and judgments. These thoughts and judgments create a self-enclosed world for an individual, a self-enclosed world where they cannot see out. They can only see the content of their thoughts and this colors their experience of life entirely, so much so that they cannot see life at all.

THEREFORE, IN YOUR TWO 30-MINUTE PRACTICE PERIODS, look and see how the truth has served you. Look at experiences that were happy. Look at experiences that were painful. Particularly in painful experiences, look at how the truth has served you. Look openly. Do not defend a former position if you are tempted to do so. If pain still exists from a loss of an earlier time, accept that pain and its discouragement, but try to look and see how you were truly served by that loss.

THIS POINT OF VIEW OF BEING SERVED by your experience is something you must cultivate. It does not justify the experience itself. Understand this. It merely gives you an opportunity to use your experience for your advancement and your empowerment. Truth operates in the world of illusions to help those who are responding to truth in their lives. You are responding to truth or you would not be undertaking this program of development. Thus, you have arrived at the juncture where it seems that the truth competes with other things and is, therefore, very hard to recognize. In this program of development, the truth will be distinguished from everything else in such a way that you can experience it directly and will not be confused about its appearance or its beneficial existence in your life. For the truth is here to serve you as you are here to serve the truth.

PRACTICE 27: *Two 30-minute practice periods.*

Step 28

REVIEW

*W*E SHALL BEGIN OUR FOURTH REVIEW PERIOD with a special prayer.

“I ACCEPT MY KNOWLEDGE AS A GIFT FROM GOD. I accept my Teachers as my elder brothers and sisters. I accept my world as a place where Knowledge can be reclaimed and contributed. I accept my past as a demonstration of life without Knowledge. I accept the miracles of my life as a demonstration of the presence of Knowledge and I give myself now to cultivate that which is of the greatest good within myself to be given to the world.”

ONCE AGAIN WE SHALL REVIEW THE PAST WEEK OF PRACTICE, rereading all of the instructions and with each step reviewing what has transpired in your times of practice. Be sure to ask yourself how deeply you were involved in practice—how much you wanted to search and investigate, how carefully you examined your own experience and to what extent you felt motivated to penetrate whatever barriers that might exist.

OUR ONE 45-MINUTE PRACTICE PERIOD OF REVIEW will begin to give you a perspective on your development in this preparation. This is beneficial not only for yourself but for those whom you will serve in the future, for as you are receiving now, you will wish to give in whatever context and in whatever form is appropriate for you. You must understand how people learn and how people develop. This must come from your own experience and must represent the love and compassion that are the natural emanations of your Knowledge. Again do not let any doubt or confusion dissuade you from your true application.

PRACTICE 28: *One 45-minute practice period.*

Step 29

I WILL OBSERVE MYSELF TODAY TO LEARN OF KNOWLEDGE.

*O*N THIS SPECIAL DAY OF PRACTICE, observe yourself throughout the day, maintaining awareness of your thoughts and behavior as much as possible. To develop this quality of self-observation, you must be as free of judgment as possible, for judgment disables you from being observant. You must study yourself as if you were someone else with whom you can be far more objective.

WE SHALL PRACTICE ON THE HOUR TODAY. Each hour you will need to check in to see your thoughts and to observe your current behavior. This constant self-checking will enable you to become far more involved in your current experience and will allow your Knowledge to exercise its beneficial influence upon you to a far greater degree. Knowledge knows what you need and knows how to serve you, but you must learn how to receive. In time, you must learn how to give as well so that you may receive more. Your receiving is important because it enables you to give, and giving is the essence of fulfillment in this world. But you cannot give from an impoverished state. Therefore, your giving must be genuine, born of the overflowing receptivity that you have cultivated within yourself, within your relationships with others and with life.

EACH PRACTICE PERIOD NEED ONLY TAKE SEVERAL MINUTES but should be given your full attention. You need not close your eyes to do this, though if it is appropriate, it will be helpful. You may practice in the middle of a conversation with another. In fact, there are very few circumstances that will prevent this moment of introspection. In practice you simply ask yourself, "How do I feel?" and "What am I doing now?" That is all. Then feel if there is something you must do that you are not doing. If there are no corrections to be made, continue on with what you are doing. If there are corrections to be made, make them as expediently as possible. Allow your inner guidance

to influence you, which it will do if you are not governed by impulses, fear or ambition. Observe yourself this day.

PRACTICE 29: *Hourly practice.*

Step 30

TODAY I WILL OBSERVE MY WORLD.

*T*HIS DAY OBSERVE YOUR WORLD, following the same practice plan as practiced the previous day. Observe your world without judgment and observe what you are doing in the world without judgment. Then feel if anything needs to be done. Again, your hourly practices take but minutes, and as you practice, they will become more swift, more keen and more effective.

WE WISH FOR YOU TO VIEW THE WORLD without judgment, for this will enable you to see the world as it really is. Do not think that you have seen the world the way it really is, for what you have seen is your judgment upon the world. The world you will see without judgment is a different world than you have ever seen before.

PRACTICE 30: *Hourly practice.*

Step 31

I WISH TO SEE A WORLD I HAVE NEVER SEEN BEFORE.

THIS REPRESENTS YOUR DESIRE FOR KNOWLEDGE. It represents your desire for peace. It is all the same desire. This desire emanates from your Knowledge. It may compete with other desires. It may threaten other things, though it need not necessarily do so. Therefore, the affirmation for today reflects your true will in life. As this is affirmed, it becomes more apparent to you, and you are able to experience it more and more in time.

TODAY UPON EACH HOUR, FEEL YOUR DESIRE to see a different world. Look at the world without judgment and say to yourself, “I wish to see a different world.” Do this every hour. Try not to miss any practice sessions. Practice no matter how you feel, no matter what is occurring. You are greater than your emotional states and so you need not deny them, though they will need to be controlled in time. You are greater than the images you see around you, for they mostly represent your judgment upon the world. Practice this day looking without judgment and feeling as you look.

PRACTICE 31: *Hourly practice.*

Step 32

THE TRUTH IS WITH ME. I CAN FEEL IT.

*T*HE TRUTH IS WITH YOU. YOU CAN FEEL IT, and it can shine into your mind and into your emotions if you allow it to. Today continue your preparation in developing the desire for truth and the capability to experience truth.

IN YOUR TWO LONGER PRACTICE PERIODS, each of a 30-minute duration, sit quietly with your eyes closed, breathing deeply and regularly, attempting to feel the truth beyond the constant restlessness of your mind. Use your breath to take you deeper, for your breathing will always take you beyond your thoughts if you adhere yourself to it conscientiously. Let nothing distract or dissuade you. If something permeates your mind and you have difficulty releasing it, tell yourself that you will look at it a little later, but that right now you are taking a small vacation from your mind. Practice feeling the truth. Do not think the truth. Practice feeling the truth.

PRACTICE 32: *Two 30-minute practice periods.*

Step 33

I HAVE A MISSION IN MY LIFE TO FULFILL.

*Y*OU HAVE A MISSION IN LIFE TO FULFILL, a mission that was given you before you came here, a mission that you will review once you have left. It involves the reclamation of Knowledge and the proper engagement with others to bring about specific results in the world. It is not so important at this moment that you evaluate your current life to see if it reflects this greater purpose, for you are now involved in the reclamation of Knowledge. As your Knowledge becomes stronger, it will shine its beneficence upon you and through you. Your activities will then be adjusted as is necessary. Thus, you need not blame or condone the past or your current activities, for you are now adhering to a greater strength within you.

IN YOUR TWO LONG PRACTICE PERIODS TODAY, dwell upon the idea that there is a great mission that you have in life. Think about this. Do not become immediately convinced by your own first responses. Think about it carefully. Think what this could mean. Think of the moments in your life when you have thought of this before or have entertained its possibility. In your two practice periods, you will have an opportunity then to consider this, but beware—make no conclusions yet.

PRACTICE 33: *Two 30-minute practice periods.*

Step 34

I AM A BEGINNING STUDENT OF KNOWLEDGE.

*Y*OU ARE A BEGINNING STUDENT OF KNOWLEDGE. Regardless of how intuitive you may consider yourself, regardless of how mentally capable you may consider yourself, regardless of how emotionally honest you may consider yourself, no matter what your recognized advancement, you are a beginning student of Knowledge. Be happy that this is so, for beginning students are in a position to learn all things and need not defend their accomplishments. We do not belittle your accomplishments but instead wish to shine the light of truth upon the greatness that waits to be discovered within you, a greatness that will give you true equality in life and in time will reveal what you have come here specifically to do.

IN YOUR TWO PRACTICE PERIODS, begin by acknowledging to yourself that you are a beginning student of Knowledge and by reminding yourself to make no premature conclusions either about this curriculum or about your abilities as a student. Such judgments are premature and rarely reflect the truth in any way. They are usually a form of self-discouragement and thus serve no worthy purpose at all.

AFTER DECLARING TODAY'S IDEA TO YOURSELF and reminding yourself not to judge, practice 15 minutes of inner stillness in your two practice periods. Attempt to feel the truth within you. Focus your mind on one point, either a physical point or an imaginary point if necessary. Let everything settle down inside. Let yourself become as quiet as possible, and do not be discouraged if there is difficulty. You are a beginning student of Knowledge and thus can learn all things.

PRACTICE 34: *Two 15-minute practice periods.*

Step 35

REVIEW

*T*HIS REVIEW WILL GIVE YOU AN OPPORTUNITY to learn something of The Greater Community Way of Knowledge. In two 30-minute practice periods, review your prior week's instructions and experiences in practice. Do this with as little judgment as possible. Merely look and see what was instructed, what you did and what the result was. This objective review will give you the greatest access to insight and understanding with a minimum of pain and self-abuse. You are learning now to become objective about your life without repressing the content of your emotions. Instead of attempting to destroy one aspect of yourself, you are simply attempting to cultivate another.

THEREFORE, IN YOUR REVIEW, use this as a guidepost: "I will look, but I will not judge." In this way, you will be able to recognize things. Remember how much easier it may be for you to have insight about another's life and how little you may have about your own. Greater objectivity is possible with others because you are not attempting to use their life for any specific purpose and the extent to which you are, the less able you will be to understand them, their nature, their development or their destiny. Therefore, the less you attempt to use your life, the more you will be able to understand it, appreciate it and work with its intrinsic mechanism for your greater advancement.

PRACTICE 35: *Two 30-minute practice periods.*

Step 36

MY LIFE IS A MYSTERY TO EXPLORE.

*T*RULY YOUR LIFE IS A MYSTERY and, yes, truly it requires that you explore it if you wish to comprehend its purpose, its meaning and its true direction. This is essential for your happiness and fulfillment in the world, for if you have been looking carefully at your life, you will realize you have not been satisfied by little things. For you who seek Knowledge, something greater must be given. You must penetrate the mere surface of things, which seems to adequately stimulate most people. You must accept your deeper yearning or you will cause yourself unnecessary grief and conflict. It is not important what other people value. It is important what you value. If you are seeking for greater meaning, which is true meaning, you must penetrate the surface of your mind.

IN YOUR TWO PRACTICE PERIODS TODAY, again concentrate in meditation upon feeling the presence of your Spiritual Teachers. This is not something you have to try to do. It simply means relaxing, breathing and allowing your mind to open. The quality of your relationship with your Teachers is essential to give you strength and encouragement, for you may justly doubt your own skills, but you have good cause to fully trust the skills of your Teachers who have passed this way before on their way to Knowledge. They know the way, which they are seeking now to share with you.

PRACTICE 36: *Two 15-minute practice periods.*

Step 37

THERE IS A WAY TO KNOWLEDGE.

*H*OW CAN THERE NOT BE A WAY TO KNOWLEDGE when it is your True Self? How can there not be a way for Knowledge to express itself when it is the most natural form of expression? How can there not be a way for Knowledge to guide you in relationships when Knowledge is the perfect source of all your relationships? There is a way to Knowledge. It requires skill and desire. Both will take time to develop. You must learn to value the true and not to value the false, and it takes time to learn to separate the two and to recognize them. It takes time to learn that the false does not satisfy you and that the true does satisfy you. This must be learned through trial and error and through contrast. As you approach Knowledge, your life becomes more full, more certain and more direct. As you go away from it, you re-enter confusion, frustration and anger.

IN YOUR TWO PRACTICE PERIODS TODAY, which will not be meditation practices, spend at least 15 minutes thinking of all the ways to gain access to Knowledge. Write down on a piece of paper all the ways to get to Knowledge. Spend both practice periods doing this and exhaust all the possibilities that you can think of. Try to be very specific. Use your imagination, but chart out routes that appear to be quite real and meaningful to you. In this way, you will know what you think about how to find a way to Knowledge, and from this you will realize that God knows the way to Knowledge.

PRACTICE 37: *Two 15-minute practice periods.*

Step 38

GOD KNOWS THE WAY TO KNOWLEDGE.

How CAN YOU FIND YOUR WAY WHEN YOU ARE LOST? How can you know certainty when you value the temporary so greatly? How can you know the power of your own life when you are so intimidated by threats of loss and destruction? Life is kind to you, for it offers not only the reward but the way to the reward. If it were left up to you, it would be cruel indeed, for you would have to attempt every single possibility that you could conceive of, and then you would have the possibilities that others have conceived of and even the opportunities to reach Knowledge that others have used successfully but which may not in fact work well for you. In your brief span of time in the world, how can you accomplish all of these and still maintain your vitality? How can you maintain your encouragement for Knowledge when so many ways will disappoint you?

TAKE FAITH TODAY IN KNOWING THAT GOD knows the way to Knowledge, and you need only follow the way that is being given. In this way, Knowledge simply emerges in you because it is acknowledged, for only God knows Knowledge in you, and only Knowledge in you knows God. As the two resonate together, they both become more apparent. In this, you find peace.

IN YOUR TWO PRACTICE PERIODS TODAY, each of a 30-minute duration, practice feeling the presence of God, silently, in stillness. Not thinking about God, not speculating, not wondering, not doubting, but simply feeling. It is no fantasy that you are concentrating upon now, though you are used to concentrating upon fantasy. In stillness and quiet, everything becomes apparent. God is very still, for God is not going anywhere. As you become still, you will feel the power of God.

PRACTICE 38: *Two 30-minute practice periods.*

Step 39

THE POWER OF GOD IS WITH ME.

THE POWER OF GOD IS WITH YOU. It is within your Knowledge. Learn, then, to reclaim your Knowledge, and you will learn to reclaim the power that God has given you, and you will reclaim your power as well, for your power will be necessary for you to approach God's power. Thus, all that is genuinely powerful and all that which is genuinely good will be affirmed within you and within God. Let this day, then, be a day given to experiencing this presence and this power in your life. You need not imagine God in fantasy. You need not have pictures or images to reinforce your understanding or belief. You need only utilize the practices that are given here.

IN YOUR TWO DEEP MEDITATION PRACTICES OF 30 MINUTES EACH, once again enter into stillness and allow yourself to feel the power of God. Utilize your own power to direct your mind, and do not let doubts or fears dissuade you. The power of God represents the mystery of your life, for it represents the power that you have brought with you from God to be utilized properly in the world according to the Greater Plan. Allow yourself, then, to enter into practice with dedication, with simplicity and with humility so that you may feel the power of God.

PRACTICE 39: *Two 30-minute practice periods.*

Step 40

TODAY I WILL FEEL THE POWER OF GOD.

*G*OD'S POWER IS SO COMPLETE AND SO INCLUSIVE that it infuses everything. Only those minds that are separated and lost in valuing their own thoughts can possibly be separated from the great benevolence of God. Those who have responded to God become God's Messengers in time so that they may bestow the gifts of Grace upon those who remain behind in confusion. All the seeming powers of your world—the forces of nature, the inevitability of your death, the ever present threat of illness, loss and destruction and all appearances of conflict—are all temporary movements in the great stillness of God. It is this great stillness that calls you to return to the peace and full enjoyment of God, but you must prepare.

TODAY YOU PREPARE IN YOUR TWO 30-MINUTE PRACTICE PERIODS. In silent meditation, attempt to feel the power of God. You do not need to conjure up magical images, for this power is something that you can feel, for it is everywhere. No matter what your circumstances or condition, whether favorable for your development or not, today you can feel the power of God.

PRACTICE 40: *Two 30-minute practice periods.*

Step 41

I AM NOT AFRAID OF THE POWER OF GOD.

THIS AFFIRMATION IS SO IMPORTANT FOR YOUR HAPPINESS, for you must learn again to trust the power of love and the power of God. For this you must relinquish your former ideas, assumptions and evaluations of past painful experiences. It is painful to be separated from that which you love beyond all things, and the only way to maintain this separation is to malign that which you love, to give it an evil intent and then to engender guilt within yourself. To feel and accept the power of God, evil and guilt must leave you. You must venture forth to explore that which is most natural. It is like breaking new ground and coming home all at once.

IN STILLNESS, THEN, PRACTICE TWICE TODAY feeling the power of God. Do not seek for answers from God. You need not speak at all but only be present, for as you learn to be in relationship with that which is the source of all your relationships, the information that you need can come easily to you to guide you, comfort you and correct you when necessary. But first you must feel the power of God, and in this you will find your own strength.

PRACTICE 41: *Two 30-minute practice periods.*

Step 42

REVIEW

*I*N YOUR REVIEW TODAY, review all of the instructions given in the past week and your experiences of practice. Take special care today to see how deeply and how carefully you are practicing. Make sure that you are not changing or adjusting the lessons to meet your tastes or expectations. Remember that you need only follow the curriculum to receive its true rewards. Your part is small. Our part is great. We give the means. You need only follow them, in faith and in true expectation. In doing this, you will develop patience, discernment, trust, consistency and self-worth. Why self-worth? Because you must value yourself highly to allow yourself to approach the great gifts of Knowledge. Nothing else will undo self-hatred and self-doubt more expediently and more completely than receiving the gifts that are meant for you.

THEREFORE, IN YOUR ONE LONG PRACTICE PERIOD TODAY, review the past week of practice. Without judgment look and see what has been offered, what you have done and what can possibly be done to deepen your practice so that you may receive its benefits more directly. If you are having difficulty, recognize the problems and attempt to correct them. Give the week ahead greater involvement. In doing so, you will correct self-doubt and confusion merely by directing your will.

PRACTICE 42: *One long practice period.*

Step 43

MY WILL IS TO KNOW GOD.

*Y*OUR WILL IS TO KNOW GOD. That is your true will. Any other desire or motivation is to escape this, which represents your will. It is your will that has become fearful to you. You are afraid of what you know and most deeply feel. This leads you to find refuge in other things that do not represent you, and in this you lose your identity and attempt to construct an identity that is related to those things which you have sought for escape. In isolation you are miserable, but in relationship happiness is regained.

YOUR WILL IS TO KNOW GOD. Do not be afraid of your will. You are created by God. God's will is to know you. Your will is to know God. There is no other will. All motivations other than this are born merely of confusion and fear. To know God gives God power and gives you power as well.

IN YOUR TWO PRACTICE PERIODS TODAY, in silent meditation, practice feeling the strength of your own will. Do not let fear and doubt cloud your mind. You need not try to feel the will of God. It is simply there. It only requires your attention for you to recognize it. Therefore, practice deeply by simply being present to this experience.

PRACTICE 43: *Two 30-minute practice periods.*

Step 44

I WISH TO KNOW MY OWN STRENGTH.

*T*HIS AFFIRMATION YOU MAY FIND VERY ACCEPTABLE because of your immediate need for it in your current circumstances, but the affirmation is far deeper than you may at first realize. You have far more strength than you have claimed, but it cannot be fully realized until its application is directed in a manner that truly regenerates you and brings forth your true abilities.

HOW CAN YOU APPROACH YOUR STRENGTH when you feel weak and helpless, when you feel unworthy, if you are burdened by guilt or confusion or in anger blame others for your own apparent failures? To claim your strength means to release all that holds you back. You do not release your obstacles by claiming they do not exist. You release them because you value something greater. Their obstruction is merely the sign that you must pass through them. Your own strength is then cultivated. You seek your strength, and you use it to find your strength. We wish for you to know your strength and to utilize it on your own behalf.

IN YOUR TWO MEDITATION PRACTICES TODAY, in silence and in stillness, attempt to feel your own strength. Do not let thoughts alone dissuade you, for fears and doubts are only thoughts—vaporous things that cross your mind like clouds. Beyond the clouds of your mind is the great universe of Knowledge. Therefore, do not let the clouds obstruct your view of the stars beyond.

PRACTICE 44: *Two 30-minute practice periods.*

Step 45

ALONE I CAN DO NOTHING.

A LONE YOU CAN DO NOTHING. Nothing has ever been accomplished alone, even in your world. Nothing has ever been created alone, even in your mind. There is no credit to be received by doing something alone. Everything is a joint effort. Everything is the product of relationship.

DOES THIS DEMEAN YOU AS AN INDIVIDUAL? Most certainly not. It gives you the environment and the understanding to realize your true accomplishments. You are greater than your individuality, and thus you may be free of its limitations. You work through the individual that is you personally, but you are greater than this. Accept the limitations of a limited self, and do not require a limited self to be God or you will give it great burdens and great expectations and will then punish it for its failures. This leads to self-hatred. This leads you to resent your physical life and to abuse yourself personally, emotionally and physically. Accept your limitations so that you may accept greatness within your life.

THEREFORE, IN YOUR TWO PRACTICE PERIODS TODAY, with your eyes open, concentrate now on your limitations. Recognize them. Do not judge them as good or bad. Simply recognize them. This gives you humility, and in humility you are in a position to receive greatness. If you are defending your limitations, how can you receive that which transcends them?

PRACTICE 45: *Two 15-minute practice periods.*

Step 46

I MUST BE SMALL TO BE GREAT.

*I*S IT A CONTRADICTION THAT YOU MUST BE SMALL to be great? It is not a contradiction if you understand its meaning. Recognizing your limitations allows you to work in a limited context very successfully. This demonstrates a greater reality than you could have realized before. Your greatness must not be based merely on hope or high expectation. It must not be founded on idealism but on true experience. Allow yourself to be small, and you will experience that greatness is with you and that greatness is part of you.

IN YOUR TWO PRACTICE PERIODS TODAY, allow yourself to be limited but without judgment. There is no condemnation. Actively engage your mind in focusing on your limitations. Focus without condemnation. Look objectively. You are meant to be a vehicle for a Greater Reality to express itself in this world. Your vehicle for expression is quite limited, but it is fully adequate to accomplish the task that is yours to accomplish. In accepting its limitations, you can understand its mechanism and learn to work with it constructively. Then it is no longer a limitation but a form of joyful expression for you.

PRACTICE 46: *Two 15-minute practice periods.*

Step 47

WHY DO I NEED TEACHERS?

*Y*OU WILL ASK THIS QUESTION SOONER OR LATER and perhaps on many occasions. It is born of your expectations of yourself that you would ask this question. Yet, when you look carefully at your life, you will see that you have required instruction for everything that you have learned. Perhaps things that you felt inside yourself appeared to be created by you, but they, too, are the result of instruction. You have been prepared through relationships for everything that you have learned, whether it be a practical skill or a deeper insight. To realize this engenders great appreciation for relationships and a full affirmation of the power of contribution in the world.

IF YOU WERE INTENDING TO HONESTLY APPROACH LEARNING any skill, first you must recognize how much you do not know, then you must recognize how much you need to learn, and then you must seek the best form of instruction possible. This must apply to the reclamation of Knowledge. You must realize how little you know, how much you need to know and then receive the instruction that is provided. Is it a weakness to need a teacher? No. It is an honest recognition based upon an honest evaluation. If you realize how little you know and how much you need to know and the power of Knowledge itself, you will understand how obvious this is. How can you give to those who think they already have, when in reality they are poor? You cannot. And their poverty will be self-inflicted and self-maintained.

WHY DO YOU NEED A TEACHER? Because you need to learn. And you need to unlearn that which you have learned that is holding you back. In your two practice periods today, with your eyes closed in meditation, consider why you need a Teacher. Observe any thoughts that seem to indicate that you could do it on your own if you were smart enough or strong enough or met some other qualification.

If these expectations arise, recognize them for what they are. They are an insistence that you remain ignorant by proclaiming yourself an adequate instructor. You cannot teach yourself what you do not know, and the attempt to do so merely recirculates old information and binds you closer to where you are now.

THEREFORE, IN PRACTICE TODAY RECOGNIZE your need for true instruction and your resistance, if it is there, to the presence of true instruction which is available to you now.

PRACTICE 47: *Two 30-minute practice periods.*

Step 48

TRUE INSTRUCTION IS AVAILABLE TO ME.

*T*RUE INSTRUCTION IS AVAILABLE. It has been waiting for you to reach the point of maturity where you realize its necessity in your life. This engenders true motivation for learning. It is born of recognizing your limitations in light of that which is your true need. You must love yourself to become a student of Knowledge and continually love yourself to proceed. There is no other obstacle to learning but this. Without love there is fear, for nothing else can replace love. But love has not been replaced, and true assistance is available to you.

IN YOUR TWO MEDITATION PRACTICES TODAY, attempt to feel the presence of that true assistance. In stillness and in silence, feel this within your life and around you. These meditation practices will begin to open a greater sensitivity within you, a whole new sense. You will begin to discern things that are present, even though you cannot see them. You will be able to respond to ideas and information, even though you cannot hear the source of the message yet. This is the actual process in creative thinking, for people receive ideas; they do not create them. You are part of a greater life. Your personal life is the vehicle for its expression. Your individuality, then, becomes more highly cultivated and more joyful, a prison no longer for you, but the form of your joyful expression.

TRUE ASSISTANCE IS AVAILABLE TO YOU. Practice this day feeling its abiding presence in your life.

PRACTICE 48: *Two 30-minute practice periods.*

Step 49

REVIEW

THIS MARKS THE COMPLETION OF YOUR SEVENTH WEEK of practice. In this Review, it is asked of you to review all seven weeks of practice, reviewing all instructions and recalling your experience of using each one. This may require several longer practice periods, but it is quite essential for you to gain a comprehension of what it means to be a student and how learning is actually accomplished.

BE VERY CAREFUL NOT TO JUDGE YOURSELF AS A STUDENT. You are not in a position to judge yourself as a student. You do not have the criteria, for you are not a teacher of Self Knowledge. You will find as you proceed that some of your failures will lead to greater successes, and that some of what you thought of as successes may lead to failures. This will underscore your whole system of evaluation and will lead you to a greater recognition. This will make it possible for you to be compassionate towards yourself and towards others whom you now judge for their successes and their failures.

REVIEW, THEN, THE FIRST FORTY-EIGHT LESSONS OF PRACTICE. Try to recall how you responded to each step and how deeply you involved yourself. Try to look at your successes, your accomplishments and your obstacles. You have come this far. Congratulations! You have passed the first test. Be encouraged now to proceed, for Knowledge is with you.

PRACTICE 49: *Several long practice periods.*

Step 50

TODAY I WILL BE WITH KNOWLEDGE.

*B*E WITH KNOWLEDGE TODAY so that you may have the certainty and the power of Knowledge available to you. Allow Knowledge to give you stillness. Allow Knowledge to give you strength and competency. Allow Knowledge to teach you. Allow Knowledge to reveal the universe as it truly exists, not as you judge it to be.

IN YOUR TWO PRACTICE PERIODS, practice in stillness feeling the power of Knowledge. Do not ask questions. That is not necessary now. Do not argue with yourself about the reality of your pursuit, for that is wasteful and meaningless. You cannot know until you receive, and to receive you must trust your inclination to know.

TODAY BE WITH KNOWLEDGE. In your practice periods, let nothing dissuade you. You need only relax and be present. From these practices a greater presence will be recognized, and this will begin to allay your fears.

PRACTICE 50: *Two 30-minute practice periods.*

Step 51

LET ME RECOGNIZE MY FEARS SO THAT I MAY SEE THE TRUTH BEYOND THEM.

*Y*OUR OBSTACLES MUST BE RECOGNIZED in order for you to see beyond them. If they are ignored or denied, if they are protected or called by other names, you will not realize the nature of your restraint. You will not understand that which oppresses you. Your life is not born of fear. Your Source is not born of fear. To be able to recognize your fear means that you must realize that you are part of something greater. Realizing this you can learn to become objective about your life and to understand your present circumstances without self-condemnation, for it is within these circumstances that you must cultivate yourself. You must start from where you are. To do this you must take inventory of your strengths and weaknesses.

IN YOUR TWO PRACTICE PERIODS TODAY, evaluate the existence of your fears and remind yourself that your reality is beyond them, but that you must recognize them to understand their damaging presence in your life. Close your eyes and repeat the idea for today; then consider each fear that arises in your mind. Remind yourself that the truth is beyond that specific fear. Allow all fears to arise and be evaluated in this way.

TO BE WITHOUT FEAR, YOU MUST UNDERSTAND FEAR—its mechanism, its influence on people and its result in the world. You must recognize this without deception and without preference. You are a great being working in a limited context, in a limited environment. Understand the limitations of your environment and understand the limitations of your vehicle, and you will no longer hate yourself for being limited.

PRACTICE 51: *Two 30-minute practice periods.*

Step 52

I AM FREE TO FIND THE SOURCE OF MY KNOWLEDGE.

THE SOURCE OF YOUR KNOWLEDGE EXISTS WITHIN YOU and beyond you as well. There is no distinction to the source of Knowledge where it exists, for it is everywhere. Your life has been saved because God has planted Knowledge within you. But you will not realize your salvation until Knowledge has been allowed to emerge and to bestow its gifts upon you. What other freedom is free except that which enables you to receive the gift of your true life? All other freedom is the freedom to be chaotic, the freedom to harm yourself. The great freedom is to find your Knowledge and to allow it to express itself through you. Today you are free to find the source of your Knowledge.

IN YOUR TWO PRACTICE PERIODS IN STILLNESS, receive the source of your Knowledge. Remind yourself that you are free to do this. Regardless of fear or anxiety, regardless of any sense of guilt or shame, allow yourself to receive the source of your Knowledge. You are free to receive the source of your Knowledge today.

PRACTICE 52: *Two 30-minute practice periods.*

Step 53

MY GIFTS ARE FOR OTHERS.

*Y*OUR GIFTS ARE MEANT TO BE GIVEN TO OTHERS, but first you must recognize your gifts and separate them from the ideas which restrain them, alter them or deny them. How can you understand yourself except in the context of contribution to others? Alone you can do nothing. Alone you have no meaning. This is because you are not alone. This will be viewed as a burden and as a threat until you realize the great meaning that it has and the gift that it really is. It is the salvation of your life. When life reclaims you, you reclaim life and receive all of its rewards, which far exceed anything that you could give yourself. The value of your life is consummated and fully demonstrated through your contribution to others because until contribution exists, you can only partially realize yourself—your value, your purpose, your meaning and your direction.

IN YOUR TWO PRACTICE PERIODS TODAY, feel your desire to contribute to others. You do not need now to determine what you wish to contribute. That is not as important as your desire to contribute, for the form of contribution will become evident to you in time and will evolve as well. It is your desire to contribute born of true motivation that will give you joy this day.

PRACTICE 53: *Two 30-minute practice periods.*

Step 54

I WILL NOT LIVE IN IDEALISM.

*W*HAT IS IDEALISM BUT IDEAS OF THINGS THAT ARE HOPED FOR based on disappointment? Your idealism includes yourself, your relationships and the world in which you live. It includes God and life and all realms of experience that you can imagine. Without experience, there is idealism. Idealism can be helpful at the beginning, for it can start you moving in a true direction, but you must not rest your conclusions or your identity upon it, for only experience can give you that which is true to you and that which you can fully accept. Let not idealism guide you, for Knowledge is here to guide you.

IN YOUR TWO PRACTICE PERIODS TODAY, recognize the extent of your own idealism. Observe carefully what you want yourself to be, what you want your world to be and what you want your relationships to be. Repeat today's idea and, with eyes closed, examine each of your ideals. Even though your ideals may look beneficial and seem to represent your desire for love and harmony, they in effect hold you back, for they replace that which would truly give you the gifts that you seek.

PRACTICE 54: *Two 30-minute practice periods.*

Step 55

I WILL ACCEPT THE WORLD AS IT IS.

*I*DEALISM IS THE ATTEMPT NOT TO ACCEPT THE WORLD AS IT IS. It justifies blame and condemnation. It establishes expectations of a life that does not yet exist and thus renders you vulnerable to grave disappointment. Your idealism fortifies your condemnation.

ACCEPT THE WORLD TODAY AS IT IS, not as you want it to be. With acceptance comes love, for you cannot love a world that you want to exist. You can only love a world that exists as it is. Accept yourself now as you exist, and true desire for change and advancement will naturally emerge within you. Idealism justifies condemnation. Recognize this great truth, and you will begin to have a more immediate and profound experience of life and of that which is genuine and not based upon hope or expectation but upon true engagement.

THEREFORE, IN YOUR TWO 30-MINUTE PRACTICE PERIODS TODAY, concentrate on accepting things exactly as they are. You are not condoning violence, conflict or ignorance in doing this. You are merely accepting the conditions that exist so that you may work with them constructively. Without this acceptance, you have no starting place for true engagement. Allow the world to be exactly as it is, for it is this world that you have come to serve.

PRACTICE 55: *Two 30-minute practice periods.*

Step 56

REVIEW

*I*N TODAY'S REVIEW, REVIEW THE PAST WEEK OF LESSONS and your involvement with them. Try to understand that though progress may appear to be slow at first, that which is slow and even will progress greatly. Involvement that is consistently applied will give you the straight line to your accomplishment.

IN YOUR REVIEW, WE AGAIN REMIND YOU to refrain from self-judgment if you have not met your expectations. Merely realize what is required to follow the instructions as they are given and involve yourself with them as fully as possible. Remember that you are learning to learn, and remember that you are learning to reclaim your self-worth and your true abilities.

PRACTICE 56: *One long practice period.*

Step 57

FREEDOM IS WITH ME.

*F*REEDOM ABIDES WITHIN YOU, waiting to be born within you, waiting to be claimed and accepted, waiting to be lived and applied and waiting to be honored and followed. You who have lived under the weight of your own imagination, you who have been a prisoner to your own thoughts and to the thoughts of others, you who have been intimidated and threatened by the appearances of this world now have hope, for true freedom abides within you. It awaits you. You have brought it with you from your Ancient Home. You carry it with you each day, each moment.

WITHIN THIS PROGRAM OF DEVELOPMENT, you are now learning to turn towards freedom and away from fear and the darkness of your own imagination. In freedom you will find stability and consistency. This will give you the foundation upon which to build your love and sense of self-worth, and this foundation shall not be shaken by the world, for it is greater than the world. It is not born of the misgiving of separation. It is born of the truth of your total inclusion in life.

UPON THE HOUR REPEAT TODAY'S IDEA and take a moment to feel that freedom is with you. As you come closer to freedom throughout the day, you will be able to recognize more and more clearly what holds you back. You will realize that it is but your adherence to your own thoughts that holds you back. It is your interest in your own imagination that holds you back. This will lighten your burden, and you will realize that a true choice is available. This realization will give you the strength to come to freedom today.

IN YOUR TWO DEEP MEDITATION PRACTICES, repeat today's idea and attempt to allow your mind to be still, which is the beginning of its freedom. This practice in stillness will enable your mind to shake loose the chains that bind it—its unforgiveness from the past, its anxiety over the future and its avoidance of the present. In stillness your mind rises

above all that keeps it small, hidden and isolated within its own darkness. How close is freedom to you today who need but be still to receive it. And how great is your reward, you who have come into the world, for freedom is with you.

PRACTICE 57: *Two 30-minute practice periods.*
Hourly practice.

Step 58

KNOWLEDGE IS WITH ME.

*T*ODAY WE AFFIRM THE PRESENCE OF KNOWLEDGE in your life. Upon each hour claim this affirmation and then take a moment to attempt to feel this presence. You must feel it. You cannot conceive of it alone, for Knowledge must be experienced. In whatever circumstance you find yourself in today, repeat this affirmation once upon the hour and attempt to feel its meaning. You will find that there are many situations that you thought were inappropriate for practice where you can practice. In this way, you will find that you have the power to govern your experience to meet your true inclinations, and you will find that any circumstance is an adequate environment for true preparation and self-application.

TRY TO PRACTICE EACH HOUR. Remain conscious of your time. If an hour is missed, do not worry, but rededicate yourself to practice in the remaining hours as you proceed. Knowledge is with you today. Today be with Knowledge.

PRACTICE 58: *Hourly practice.*

Step 59

TODAY I WILL LEARN PATIENCE.

*I*T IS VERY DIFFICULT FOR A MIND THAT IS TORMENTED to be patient. It is very difficult for a mind that is restless to be patient. It is very difficult for a mind that has sought all of its worth from temporary things to be patient. Only in the pursuit of something greater is patience necessary because it requires a greater application. Think of your life in terms of long-term development, not in terms of immediate sensation and gain. Knowledge is not merely stimulation. It is the depth of power that is universal and eternal, and its greatness is given to you to receive and to give.

PRACTICE EACH HOUR TODAY affirming that you will learn to be patient and that you will become observant of your life rather than critical of your life. Affirm that you will become objective about your abilities and your circumstances so that you may apply a greater certainty to them.

LEARN PATIENCE TODAY AND PATIENTLY LEARN. In this way, you will move more quickly, more certainly and more lovingly.

PRACTICE 59: *Hourly practice.*

Step 60

I WILL NOT JUDGE THE WORLD TODAY.

*W*ITHOUT YOUR JUDGMENTS, Knowledge can indicate what you must do and what you must understand. Knowledge represents a greater judgment, but it is a judgment that is very different from your own, for it is not born of fear. It does not possess anger. It is always meant to serve and to nourish. It is just, in that it gives true recognition to every person's current state without belittling their meaning or their destiny.

DO NOT JUDGE THE WORLD TODAY so that you may see the world as it is. Do not judge the world today so that you may accept the world as it is. Allow the world to be exactly as it is so that you can recognize it. Once the world has been recognized, you will realize how much it needs you and how much you will want to give to it. The world does not need blame. It needs service. It needs truth. And above all, it needs Knowledge.

EVERY HOUR TODAY, TAKE A MOMENT and look at the world without judgment. Repeat the affirmation for today and spend a moment looking at the world without judgment. Regardless of what appearance you may see, whether it pleases you or displeases you, whether you find it beautiful or ugly, whether you think it is worthy or unworthy, look at it without judgment.

PRACTICE 60: *Hourly practice.*

Step 61

LOVE GIVES OF ITSELF THROUGH ME.

*L*OVE GIVES OF ITSELF THROUGH YOU when you are ready to be its vehicle of expression. You do not need to try to be loving to appease a sense of self-inadequacy or guilt. You do not need to try to be loving to win the approval of others. Do not fortify your sense of helplessness or sense of unworthiness by attempting to place a happy or benevolent sentiment upon them. Love within you will express itself, for it is born of Knowledge within you, of which it is a part.

EACH HOUR TODAY AS YOU LOOK UPON THE WORLD, recognize that love within you will speak for itself. If you are without judgment, if you are capable of being with the world as it truly is and if you are capable of being present with others as they truly are, love within you will speak for itself. Do not try to make love speak for you. Do not try to make love express your wishes or your needs, for love itself will speak through you. If you are present to love, then you will be present to the world, and love will speak through you.

PRACTICE 61: *Hourly practice.*

Step 62

TODAY I WILL LEARN TO LISTEN TO LIFE.

*I*F YOU ARE PRESENT TO THE WORLD, you will be able to hear the world. If you are present to life, you will be able to hear life. If you are present to God, you will be able to hear God. If you are present to yourself, you will be able to hear yourself.

THEREFORE, TODAY PRACTICE LISTENING. Upon each hour practice listening to the world around you and the world within. Repeat the affirmation and then practice this. It only takes a moment. You will find that regardless of your circumstances, there will be a way for you to practice this today. Do not let your circumstances dominate you. You can practice within them. You can find a way to practice that does not produce embarrassment or inappropriateness with others. Whether you are alone or engaged with others, you may practice today. Practice upon the hour. Practice listening. Practice being present. To truly listen means that you are not judging. It means that you are observing. Remember, you are developing a faculty of mind that will be necessary for you to be able to give and to receive the greatness of Knowledge.

PRACTICE 62: *Hourly practice.*

Step 63

REVIEW

*A*S BEFORE, IN YOUR REVIEW review the past week of practice and learn the extent of your involvement and how it can be increased and enhanced. This week your practice has been expanded. It has been taken into the world with you to be applied in all manner of situations, regardless of your emotional states, regardless of the emotional states of those who influence you and regardless of where you are and what you are doing. In this way, everything becomes part of your practice. The world, then, instead of being a fearful place that oppresses you, becomes a useful place to cultivate Knowledge.

REALIZE THE STRENGTH THAT YOU ARE GIVEN when you are able to practice regardless of your emotional states, for you are greater than your emotions, and you need not repress them to realize this. To become objective with your own internal states, you must operate from a position where you can observe them and where you are not dominated by them. This will allow you to become present to yourself and will give you true compassion and understanding. Then you will not be a tyrant with yourself, and tyranny in your life will come to an end.

IN YOUR ONE LONG PRACTICE PERIOD, evaluate this prior week as carefully as possible without condemnation. Remember that you are learning how to practice. Remember that you are learning to develop your skills. Remember that you are a student. Be a beginning student, for a beginning student makes few assumptions and wishes to learn everything.

PRACTICE 63: *One long practice period.*

Step 64

TODAY I WILL LISTEN TO ANOTHER.

*O*N THREE SEPARATE OCCASIONS TODAY, practice listening to another. Listen without evaluation and without judgment. Listen without your mind being distracted by anything else. Simply listen. Practice with three different individuals today. Practice listening. Be still when you listen. Attempt to hear beyond their words. Attempt to look beyond their appearance. Do not project images upon them. Just listen.

PRACTICE TODAY LISTENING TO ANOTHER. Do not become engaged with what they are saying. You need not respond inappropriately to them, if they are speaking directly to you, in order to practice with them. You will be engaging your whole mind in your conversation. Take time, then, to practice listening without speaking. Allow others to express themselves to you. You will find that they have a greater communication for you than you might at first have anticipated. You do not need to figure this out. Simply practice listening today so that you may hear the presence of Knowledge.

PRACTICE 64: *Three practice periods.*

Step 65

I HAVE COME TO WORK IN THE WORLD.

*Y*OU HAVE COME TO THE WORLD TO WORK. You have come to the world to learn and to contribute. You have come from a place of rest to a place of work. When the work is done, you go home to a place of rest. This can only be known, and your Knowledge will reveal this to you when you are ready.

FOR NOW, PRACTICE UPON THE HOUR. Tell yourself that you have come to the world to work, and then take a moment to feel the reality of this. Your work is greater than your current employment. Your work is greater than what you are currently attempting to do with people and for people. Your work is greater than what you are attempting to do for yourself. Understand that you do not know what your work is. That will be revealed to you and it will evolve for you, but understand today that you have come to the world to work. This will affirm your strength, your purpose and your destiny. This will affirm the reality of your True Home, from which you have brought your gifts.

PRACTICE 65: *Hourly practice.*

Step 66

I WILL STOP COMPLAINING ABOUT THE WORLD.

COMPLAINING ABOUT THE WORLD MEANS that it is not meeting your idealism. Complaining about the world means that you do not recognize that you have come here to work. Complaining about the world does not help you understand its predicaments. Complaining about the world means you do not understand the world as it is. Your complaints indicate that some expectation has been disappointed. These disappointments are necessary for you to begin to understand the world as it is and to understand yourself as you truly are.

UPON THE HOUR TODAY GIVE THIS AFFIRMATION to yourself and then practice it. Each hour spend a minute not complaining about the world. Do not let the hours go by unattended, but be present for practice. Recognize the extent to which others are complaining about the world and how little it gives them and how little it gives the world. The world has already been condemned by those who dwell within it. If it is to be loved and cultivated, its predicaments must be recognized and its opportunities must be accepted. Who can complain when an environment is given where Knowledge can be reclaimed and contributed? The world only needs Knowledge and the expressions of Knowledge. How can it be worthy of condemnation?

PRACTICE 66: *Hourly practice.*

Step 67

I DO NOT KNOW WHAT I WANT FOR THE WORLD.

*Y*OU DO NOT KNOW WHAT YOU WANT FOR THE WORLD because you do not understand the world, and you have not yet been able to see its predicament. When you realize that you do not know what you want for the world, this gives you the motivation and the opportunity to observe the world, to look again. This is essential for your understanding. It is essential for your well-being. The world will only disappoint you if it is misunderstood. You will only disappoint yourself if you are misunderstood. You have come to the world to work. Recognize the opportunity that this gives to you.

PRACTICE UPON THE HOUR TODAY IN ALL CIRCUMSTANCES. Say the affirmation and then attempt to realize its truth. You do not know what you want for the world, but your Knowledge knows what it must contribute. Without your attempting to replace Knowledge with your own designs for the world, Knowledge will express itself freely without obstruction, and you and the world will be the great beneficiaries of its gifts.

PRACTICE 67: *Hourly practice.*

Step 68

I WILL NOT LOSE FAITH IN MYSELF TODAY.

*D*O NOT LOSE FAITH IN YOURSELF TODAY. Maintain your practice. Maintain your intention to learn. Be without conclusions. Have this openness and this vulnerability. Truth exists without your attempting to fortify yourself. Allow yourself to be a recipient of it.

UPON EACH HOUR TODAY PRACTICE REMINDING YOURSELF that you will not lose faith in yourself today. Do not lose faith in Knowledge, in the presence of your Teachers, in the beneficence of life or in your mission in the world. Allow all these things to be affirmed so that they may fully reveal themselves to you in time. If you are present to them, they will become so obvious to you that you will see and feel them in all things. Your vision of the world will be transformed. Your experience of the world will be transformed. And all of your power and energy will unite to express itself.

DO NOT LOSE FAITH IN YOURSELF TODAY.

PRACTICE 68: *Hourly practice.*

Step 69

TODAY I WILL PRACTICE STILLNESS.

*I*N YOUR TWO 30-MINUTE PRACTICE PERIODS TODAY, practice stillness. Allow your meditation to be deep. Give yourself to it. Do not enter meditation with demands and requests. Enter meditation to give yourself to it. It is the temple of the True Spirit within you to which you bring yourself. In your practice periods, then, be present and be still. Allow yourself to bathe in the luxury of emptiness. For the presence of God is first experienced as emptiness because it lacks movement, and then within this emptiness, you begin to feel the presence that permeates all things and gives all meaning in life.

PRACTICE STILLNESS TODAY so that you may know.

PRACTICE 69: *Two 30-minute practice periods.*

Step 70

REVIEW

*T*ODAY CULMINATES TEN WEEKS OF PRACTICE. Congratulations! You have come this far. To be a true student means that you are following the steps as they are given. To do this you must learn to honor yourself, to honor the source of your instruction, to recognize your limitations and to value your greatness. Thus it is that this is a day of honor and a day of acknowledgment for you.

REVIEW THE LAST THREE WEEKS OF PRACTICE. Reread the instructions and recall each practice period. Recall what you gave and what you did not give. Honor your participation and attempt to strengthen it today. Deepen your resolve to have Knowledge and deepen your experience of being a true follower so that in the future you may learn to be a true leader. Deepen your experience of being a true recipient so that you may be a true contributor.

LET THIS DAY OF REVIEW, then, be a day of honor for you and a day that strengthens your commitment. Honestly evaluate your participation. Assess your apparent successes and failures. Your successes will encourage you, and your failures will teach you what you need to do to deepen your experience. This is a day of honor for you who are honored.

PRACTICE 70: *Several long practice periods.*

Step 71

I AM HERE TO SERVE A GREATER PURPOSE.

*Y*OU ARE HERE TO SERVE A GREATER PURPOSE, beyond mere survival and the gratification of the things you may think you want. This is true because you have a spiritual nature. You have a spiritual origin and a spiritual destiny. Your failure in this life is the failure to respond to your spiritual nature, which has been distorted and maligned by the religions of your world, which has been neglected and denied by the science of your world. You have a spiritual nature. You have a greater purpose to serve. When you trust your inclination for this purpose, you will be able to come closer to it. When you feel confident that it represents a genuine source of love, then you will begin to open yourself to it, and this will be a great homecoming for you.

IN YOUR TWO MEDITATION PRACTICE PERIODS TODAY, allow yourself to open to the presence of love in your life. Sitting silently and breathing deeply, let yourself truly feel the presence of love, which signifies the presence of a greater purpose in your life.

PRACTICE 71: *Two 30-minute practice periods.*

Step 72

I WILL TRUST MY DEEPEST INCLINATIONS TODAY.

*T*RUST YOUR DEEPEST INCLINATIONS for they are trustworthy, but you must learn to discern them and distinguish them from the many other desires, compulsions and wishes that you feel and that affect you. You can only learn this through experience. You can learn this because your deepest inclinations always lead you into meaningful relationships and away from isolation or divisive engagements. You must practice this to learn it, and it will take time, but every step you make in this direction will bring you closer to the source of love in your life and will demonstrate to you the Greater Power that abides with you which you must serve and which you must learn to receive.

IN YOUR TWO PRACTICE PERIODS TODAY, in silence and in stillness, receive this Greater Power and trust your deepest inclinations as you do so. Allow yourself to give these two practice periods your full attention, putting all other things aside for later consideration. Allow yourself to recognize your deepest inclinations, which you must learn to trust.

PRACTICE 72: *Two 30-minute practice periods.*

Step 73

I WILL ALLOW MY ERRORS TO TEACH ME.

*A*LLOWING YOUR ERRORS TO INSTRUCT YOU will give them value. They would have no value without this and would be a mark against you in your own estimation. Using errors for instruction, then, is taking advantage of your own limitations to have them point the way to greatness. God wishes for you to learn from your errors so that you may learn of the greatness of God. This is done not to belittle you but to raise you up. There are many errors you have committed, and there are some errors you will still make. It is in order to guard against the repetition of damaging error and to learn from error that we wish to instruct you now.

UPON EACH HOUR OF THIS DAY, repeat to yourself that you wish to learn from your errors and feel for a moment what this means. Thus, through many periods of practice today, you will begin to understand the statement you are making and will perhaps then perceive how it can be brought about. If you are willing to learn from your errors, you will not be so afraid to recognize them. Then you will wish to understand them, not to deny them, not to bear false witness against them, not to call them by other names, but to admit them for your own benefit. From this recognition, you will be able to assist others in the reclamation of Knowledge, for they too must learn how to learn from their errors.

PRACTICE 73: *Hourly practice.*

Step 74

PEACE ABIDES WITH ME TODAY.

*T*ODAY PEACE ABIDES WITH YOU. Abide with peace and receive its blessings. Come to peace with all that troubles you. Come with your heavy burden. Come not seeking answers. Come not seeking understanding. Come seeking its blessings. Peace cannot intervene into a life of conflict, but you can enter into a life of peace. You come to peace, which is waiting for you, and in this your burdens will be released.

IN YOUR TWO LONG PRACTICE PERIODS TODAY, practice, in stillness, receiving peace. Allow yourself to have this gift, and if any thought comes to dissuade you, remind yourself of your great worth—the worth of your Knowledge and the worth of your self. Know now that you are willing to learn from your errors and that you need not identify with them but use them only as a valuable resource for your development, for such they can become for you.

PRACTICE, THEN, RECEIVING. Open a little further today. Set all things aside that preoccupy you for later consideration if necessary. Peace abides with you today. Today abide with peace.

PRACTICE 74: *Two 30-minute practice periods.*

Step 75

TODAY I WILL LISTEN TO MY SELF.

*T*ODAY LISTEN TO YOUR SELF, not the small self in you which complains and worries and wonders and wants, but the Greater Self in you. Listen to the Greater Self in you, which is Knowledge, which is united with your Spiritual Teachers, which is united with your Spiritual Family and which contains your purpose and your calling in life. Do not listen to ask questions, but to learn to listen. And as your listening becomes deeper in time, your True Self will speak to you whenever it is necessary, and you will then be able to hear and to respond without confusion.

IN YOUR TWO PRACTICE PERIODS TODAY, practice listening to your Self. There are no questions to be asked. That is not necessary. There is listening to be developed. Listen to your True Self today so that you may learn of that which God knows and loves.

PRACTICE 75: *Two 30-minute practice periods.*

Step 76

TODAY I WILL NOT JUDGE ANOTHER.

*W*ITHOUT JUDGMENT YOU CAN SEE. Without judgment you can learn. Without judgment your mind becomes open. Without judgment you understand yourself. Without judgment you can understand another.

UPON EACH HOUR TODAY, repeat this statement as you witness yourself and the world around you. Repeat this statement and feel its impact. Release your judgments for a few moments, and then feel the contrast and the experience that this will provide for you. Do not judge another today. Allow others to reveal themselves to you. Without judgment you will not suffer under your own crown of thorns. Without judgment you will feel the presence of your Teachers assisting you.

ALLOW YOUR HOURLY PRACTICES TO BE CONSISTENT. If an hour is missed, forgive yourself and rededicate yourself. Errors are to teach you, strengthen you and show you what you need to learn.

REGARDLESS OF WHAT ANOTHER IS DOING, regardless of how he or she may offend your sensitivities, your ideas or your values, do not judge another today.

PRACTICE 76: *Hourly practice.*

Step 77

REVIEW

*I*N YOUR REVIEW TODAY, once again review the past week of practices and instruction. Once again examine the qualities within yourself which aid you in your preparation and the qualities within yourself that make your preparation more difficult. Observe these things objectively. Learn to strengthen those aspects of yourself that encourage and strengthen your participation in the reclamation of Knowledge, and learn to adjust or correct those qualities that interfere. You must recognize both to have Wisdom. You must learn of truth and you must learn of error. You must do this to progress, and you must do this to serve others. Unless you have learned of error and can look at it objectively and understand how it has arisen and how it can be relieved—until you have learned these things—you will not know how to serve others, and their errors will anger you and frustrate you. With Knowledge your expectations will be in harmony with the nature of another. With Knowledge you will learn how to serve and you will forget how to condemn.

PRACTICE 77: *One long practice period.*

Step 78

I CAN DO NOTHING ALONE.

*Y*OU CAN DO NOTHING ALONE, for you are not alone. A greater truth you will not find. Yet, you will not find a truth that will require greater thought and examination. Do not take it at face value, for this truth is very great. It is necessary that you study it.

UPON EACH HOUR TODAY REPEAT THIS STATEMENT and consider its impact. Do this in all circumstances, for in time you will find how to learn in every circumstance, how to practice in every circumstance, how every circumstance can benefit your practice and how your practice can benefit every circumstance.

YOU CAN DO NOTHING ALONE, and in your practice today you will receive the assistance of your Spiritual Teachers, who will lend their strength to you. You will feel this as you lend your own strength. You will realize a greater strength than your own will enable you to move forward, to penetrate the great veil of misunderstanding and to realize the source of your Knowledge and the source of your relationships in life. Accept your limitations, for alone you can do nothing, but with life all things are given you to serve. With life, your true nature is valued and glorified in its service to others.

PRACTICE 78: *Hourly Practice.*

Step 79

I WILL ALLOW UNCERTAINTY TO EXIST TODAY.

*A*LLOWING UNCERTAINTY TO EXIST means there is great faith. This means that another form of certainty is arising. When you allow uncertainty to exist, it means that you are becoming honest, for in truth you are uncertain. In allowing uncertainty to exist, you are becoming patient, for it requires patience to regain your certainty. In allowing uncertainty to exist, you are becoming tolerant. You are stepping back from judgment and becoming a witness of life within you and of life around you. Accept uncertainty today so that you may learn. Without presumption, you will seek Knowledge. Without judgment, you will realize your own true need.

UPON EACH HOUR TODAY, repeat today's statement and examine what it means. Examine this from your own feelings and examine this in light of what you see in the world around you. Uncertainty exists until you are certain. If you allow this to exist, you can allow God to serve you.

PRACTICE 79: *Hourly Practice.*

Step 80

I CAN ONLY PRACTICE.

*Y*OU CAN ONLY PRACTICE. Life is practice. We are merely redirecting your practice so that it serves you and so that it may serve others. You practice all the time, repetitively, over and over. You practice confusion, you practice judgment, you practice projection of blame, you practice guilt, you practice disassociation and you practice inconsistency. You strengthen your judgments by continuing to exert them. You strengthen your uncertainties by continuing to emphasize them. You practice your self-hatred by continuing to influence it.

IF YOU LOOK AT YOUR LIFE OBJECTIVELY but for a moment, you will see that your whole life is practice. Therefore, you will practice regardless of whether you have a curriculum for your benefit or not. Therefore, we give the curriculum which you may now practice. It will replace the practices that have confused and belittled you, that have conflicted you and that have led you into error and into danger. We give you a greater practice so you will not practice those things which undermine your value and your certainty.

IN YOUR TWO MEDITATION PRACTICE PERIODS TODAY, repeat the statement that you can only practice, and then practice stillness and receptivity. Strengthen your practice, and you will confirm what we are saying. You can only practice. Therefore, practice for good.

PRACTICE 80: *Two 30-minute practice periods.*

Step 81

I WILL NOT DECEIVE MYSELF TODAY.

*U*PON THE HOUR PRACTICE MAKING THIS STATEMENT and feeling its impact. Strengthen your commitment to Knowledge. Do not fall into the apparent ease of self-deception. Do not be comfortable merely with assumptions or the beliefs of others. Do not accept generalities as truth. Do not accept appearances as representative of the reality of another. Do not accept the mere appearance of yourself. Doing these things demonstrates that you do not value yourself or your life and that you are too indolent to carry forth effort on your own behalf.

YOU MUST ENTER UNCERTAINTY TO FIND KNOWLEDGE. What does this mean? It simply means you are giving up false assumptions, self-comforting ideas and the luxury of self-condemnation. Why is self-condemnation a luxury? Because it is easy and does not require you to examine the truth. You accept it because it is acceptable in this world, and it gives you a great deal to talk about with your friends. It evokes sympathy. Therefore, it is easy and weak.

DO NOT DECEIVE YOURSELF TODAY. Allow yourself to examine the mystery and the truth of your life. Upon the hour today repeat today's idea and feel what it means. Also today, in two longer practice periods, repeat the statement and then dedicate yourself to stillness and receptivity. By now, you are beginning to learn how to prepare yourself for stillness—using your breath, concentrating your mind, relinquishing thoughts and reminding yourself that you are worthy of such an effort. Remind yourself of the goal that you are attempting to reach. Do not deceive yourself today. Do not give in to what is easy and painful.

PRACTICE 81: *Two 30-minute practice periods.*
Hourly practice.

Step 82

I WILL NOT JUDGE ANOTHER TODAY.

A GAIN WE PRACTICE THIS LESSON, which we will repeat at certain intervals as you proceed. Judgment is a decision not to know. It is a decision not to look. It is a decision not to listen. It is a decision not to be still. It is a decision to follow a convenient form of thinking that keeps your mind asleep and keeps you lost within the world. The world is full of error. How could it be otherwise? Therefore, it does not require your condemnation but your constructive assistance.

DO NOT JUDGE ANOTHER TODAY. Remind yourself of this upon each hour and consider it briefly. Remind yourself of this in your two meditation practices, where you make this statement and then enter into stillness and receptivity. Do not judge another today so that you may be happy.

PRACTICE 82: *Two 30-minute practice periods.*
Hourly practice.

Step 83

I VALUE KNOWLEDGE BEYOND ALL THINGS.

*I*F YOU COULD EXPERIENCE THE DEPTH AND POWER of this statement, it would free you from all forms of bondage. It would erase all conflicts in your thinking. It would end completely all that troubles you and perplexes you. You would not view relationships either as a form of domination or as a form of punishment. This would give you an entirely new basis of understanding in your participation with others. It would give you a frame of reference within which you would be able to develop yourself mentally and physically, keeping a greater perspective as you do so. What has disappointed you but the misappropriation of your abilities? What grieves and angers you but the misappropriation of other people's abilities.

VALUE KNOWLEDGE. It is beyond your understanding. Follow Knowledge. It guides you in ways that you have never experienced. Trust Knowledge. It gives you back to yourself. Trust comes before understanding, always. Participation comes before trust, always. Therefore, participate with Knowledge.

REMIND YOURSELF OF YOUR AFFIRMATION UPON THE HOUR. Try to be very consistent. Do not forget today to emphasize that you value Knowledge above all other things. In your two meditation practices, give this statement as an affirmation and then, in stillness, allow yourself to receive. Do not use these practices to gain answers or information, but allow yourself to become quiet, for a quiet mind can learn all things and know all things. Words are but one form of communication. You are now learning to communicate, for your mind is now opening to a greater association.

PRACTICE 83: *Two 30-minute practice periods.*
Hourly practice.

Step 84

REVIEW

*R*EVIEW THE PRACTICES AND THE INSTRUCTIONS for the preceding week. Review your progress objectively. Realize how great your learning must be. Your steps now are small, but substantive. Small steps lead you all the way. You are not expected to take great leaps, yet each small step will seem like a great leap, for it will give you so much more than you have ever had before. Allow your external life to become rearranged as your inner life begins to emerge and to shine its light upon you. Maintain your focus and accept change in your outer life, for it is for your benefit. Only if Knowledge is violated will the indication of error be evident to you. This will lead you to effective action. If Knowledge is not offended by the change around you, then you need not be. In time, you will achieve the peace of Knowledge. You will share in its peace, its certainty and its true gifts.

THEREFORE, CONDUCT YOUR REVIEW in one long practice period today. Review with great emphasis and discrimination. Do not allow yourself to miss the recognition of your learning process.

PRACTICE 84: *One long practice period.*

Step 85

I FIND HAPPINESS IN SMALL THINGS TODAY.

*Y*OU WILL FIND HAPPINESS IN SMALL THINGS because happiness is with you. You will find happiness in small things because you are learning to be still and observant. You will find happiness in small things because your mind is becoming receptive. You will experience happiness in small things because you are being present to your current circumstances. Small things can carry great messages if you are attentive to them. Then small things will not aggravate you.

A STILL MIND IS AN AWARE MIND. A still mind is a mind that is learning to be at peace. Peace is not a passive state. It is a state of the greatest activity, for it engages your life with great purpose and intensity, activating all of your powers and giving them uniform direction. This comes from peace. God is still, but everything from God is generated into constructive and uniform action. This is what gives form and direction to all meaningful relationships. This is why your Teachers are with you, for there is a Plan.

PRACTICE STILLNESS TWICE TODAY IN DEEP MEDITATION. State your lesson's affirmation upon the hour and consider it briefly. Allow your day to be given to practice, so practice can infuse itself into all of your other activities.

PRACTICE 85: *Two 30-minute practice periods.*
Hourly practice.

Step 86

I HONOR THOSE WHO HAVE GIVEN TO ME.

TO HONOR THOSE WHO HAVE GIVEN TO YOU will generate gratitude, which is the beginning of true love and appreciation. Today in your two deep practice periods, you are asked to think of those people who have given to you, to think of them and nothing else during your period of practice. You are asked to consider very deeply what they have done for you. With those with whom you are angry and upset, try to see how they, too, have given service to you in the reclamation of Knowledge. Do not bear false witness against your feelings, but in spite of your feelings towards them, if there are ill feelings, attempt also to recognize their service to you. For you can indeed be angered or upset by someone that you recognize has served you, and this is often the case. Perhaps you will even be angry at this curriculum which seeks only to serve you. Why would you be angry at this curriculum? Because Knowledge flushes out everything that stands in its way. That is why at times you are angry and do not even know why.

ALLOW YOUR TWO PRACTICE PERIODS TO BE QUITE FOCUSED. Concentrate. Use the power of your mind. Think of those individuals who have served you. If individuals come to mind whom you had not considered having served you, think how they have served you as well. Let this day be a day of recognition. Let this be a day of restitution.

PRACTICE 86: *Two 30-minute practice periods.*

Step 87

I WILL NOT BE AFRAID OF WHAT I KNOW.

*U*PON THE HOUR TODAY PRACTICE REPEATING THIS STATEMENT and consider its meaning. Upon the hour you will learn to release fear from your life, for Knowledge will dispel all fear, and you will dispel fear to give Knowledge its right to express itself. Trust what you know. It is for the greatest good. You may bear great anger and distrust towards yourself, but this is not directed at Knowledge. This is directed at your personal mind, which cannot possibly understand your greater purpose. It cannot possibly answer your greatest questions or provide certainty, purpose, meaning and direction in your life. Forgive what is fallible. Honor what is infallible. And learn to tell the two apart.

IN YOUR TWO LONGER PRACTICE PERIODS TODAY, practice letting go of fear so that you may know. Allowing your mind to be still and receptive without making demands will be a demonstration that you are trusting Knowledge. It will give you reprieve from the afflictions and the animosities of this world. With this, you will begin to see a different world.

PRACTICE 87: *Two 30-minute practice periods.*
Hourly practice.

Step 88

MY HIGHER SELF IS NOT AN INDIVIDUAL.

*T*HERE IS OFTEN CONFUSION CONCERNING YOUR HIGHER SELF and your Spiritual Teachers. This is very hard to resolve from the point of view of separation. But when you think of life as an inclusive network of evolving relationships, you then begin to experience and recognize that your Higher Self is indeed part of a greater fabric of relationship. It is the part of you that is not separate but is meaningfully bonded with others. Therefore, your Higher Self is bonded to the Higher Self of your Teachers. They are without duality now, for they have no other self. You have two selves: the Self that has been created and the self that you have created. To bring the self that you have created into service to your True Self joins them together into a meaningful marriage of purpose and service and ends internal conflict forever.

TODAY UPON THE HOUR REPEAT YOUR AFFIRMATION and feel its impact. In your two longer practice periods, use your affirmation as an introduction to your practice in stillness and receptivity.

PRACTICE 88: *Two 30-minute practice periods.*
Hourly practice.

Step 89

MY EMOTIONS CANNOT DISSUADE MY KNOWLEDGE.

EMOTIONS DRAW YOU LIKE THE STRONG WINDS. They pull you from place to place. Perhaps in time you will be able to understand their mechanism more thoroughly. Our practice today is to emphasize that they do not control Knowledge. Knowledge does not need to destroy your emotions. It only wishes to contribute to them. In time, you will come to understand a great deal more about your emotions, and you will realize that your emotions may serve a greater purpose, as may your mind and your body. All things that have been a source of pain, discomfort and disassociation, when brought into service to one power—which is the One Power—will then become vehicles of expression serving a greater purpose. Even anger serves a greater purpose here, for it shows you that you have violated Knowledge. Though your anger may not be directed towards another, it is simply a sign that something has gone wrong and that correction has to be made. You will understand the source of grief, and you will understand the source of all emotions in time.

PRACTICE UPON THE HOUR and at the beginning of your two longer meditation periods, repeat today's idea and then enter into stillness. Today learn to value that which is certain and to understand that which is uncertain, to recognize that which is cause and that which obstructs cause but which may in time serve cause itself.

PRACTICE 89: *Two 30-minute practice periods.*
Hourly practice.

Step 90

TODAY I WILL MAKE NO ASSUMPTIONS.

*M*AKE NO ASSUMPTIONS TODAY as you devote one more day to the reclamation of Knowledge. Make no assumptions about your progress in learning. Make no assumptions about your world. Practice this day having an open mind that bears witness to events and that seeks to learn. Enjoy the freedom that comes without assumptions, for mystery will be a source of grace for you rather than a source of fear and anxiety as you learn to receive it.

IN YOUR HOURLY PRACTICE and in your two longer meditation practices today, where you practice stillness and receptivity, you can experience the value and the power of these words. Make no assumptions this day. Remind yourself of this all through the day, for making assumptions is merely a habit and when the habit is released, the mind may exercise its natural function without its former restraints.

PRACTICE 90: *Two 30-minute practice periods.*
Hourly practice.

Step 91

REVIEW

*O*UR REVIEW WILL ONCE AGAIN CONCENTRATE upon the instructions and your practices for the past week. Give this time to re-experience what happened each and every day and to see this from your current experience as well. Learn how to learn. Learn about the process of learning. Do not use learning as a form of showmanship. Do not use learning to try to prove your worth to yourself. You cannot prove your worth. It is beyond your efforts to prove it. Your worth will demonstrate itself when you allow it, which you are now learning to do. Practice to practice. Some days will be easier. Some days will be harder. Some days you will want to practice. Other days you may not want to practice. Each day you practice because you are representing a Greater Will. This demonstrates consistency, which is a demonstration of power. This demonstrates a greater dedication. This gives you certainty and stability and allows you to deal compassionately with all things of lesser strength.

YOUR LONG REVIEW TODAY will be an examination of your learning process. Remember not to judge yourself so that you may learn.

PRACTICE 91: *One long practice period.*

Step 92

THERE IS A ROLE FOR ME TO PLAY IN THE WORLD.

*Y*OU HAVE COME INTO THE WORLD AT A CRUCIAL TIME. You have come to serve the world in its present needs. You have come to prepare for future generations. Can all of this be meaningful to you personally now? Perhaps not, because you are working for the present and for the future. You are working for the life that you will live and for lives that will follow yours. This is fulfilling to you now, for this is your gift that you have come to give. Without pretense and without uncertainty, this will arise from you naturally and will give itself into the world. Weaving your life with other lives in a very specific way, it is meant to uplift you and all with whom you come in contact. The Plan is greater than your personal ambition, and only your personal ambition can cloud your vision of what you must do. Be thankful, then, today that there is a role for you to fulfill in the world. You have come into the world to fulfill this role—for your own fulfillment, for the advancement of your world and for service to your Spiritual Family.

IN YOUR TWO PRACTICE PERIODS TODAY, concentrate and affirm that there is a role for you to play. Do not attempt to fill in that role according to your ideas or your wishes, but allow that role to fulfill itself, for Knowledge within you will fulfill it once you are prepared. In stillness and acceptance, affirm that there is a role for you to play in the world and experience the power and the truth of this great idea.

PRACTICE 92: *Two 30-minute practice periods.*

Step 93

I AM SENT HERE FOR A PURPOSE.

*Y*OU ARE SENT TO THE WORLD FOR A PURPOSE, to contribute your gifts which will emanate from Knowledge. You have come here for a purpose, to remember your True Home while you are in the world. The great purpose that you carry is with you at this moment, and it will arise in stages as you undergo the preparation that we are providing for you. This purpose is greater than all the purposes you have imagined for yourself. It is greater than all the purposes you have attempted to live for yourself. It does not need your imagination or your creations, for it will fulfill itself through you and will integrate you perfectly as it does so. There is a purpose for you to fulfill in the world. You are now preparing step by step to experience and to learn to accept this so that it may yield its great gifts to you.

IN YOUR TWO PRACTICE PERIODS, affirm the reality of this statement. In stillness and receptivity, allow your mind to settle into its true function. Allow yourself to be a student, which means allowing yourself to be receptive and responsible for utilizing that which is provided for you. Let this day be an affirmation of your true life in the world, not the life that you have made for yourself.

PRACTICE 93: *Two 30-minute practice periods.*

Step 94

MY FREEDOM IS TO FIND MY PURPOSE.

*W*HAT VALUE CAN FREEDOM POSSIBLY HAVE except to enable you to find your purpose and to fulfill it? Without purpose, freedom is merely the right to be chaotic, the right to live without external restraint. But without external restraint, you will merely act out the harshness of your internal restraint. Is this an improvement? Overall it is not an improvement, though it can lead to opportunities for self-discovery.

DO NOT CALL CHAOS FREEDOM, for this is not freedom. Do not think that because others do not limit you that you are in an exalted state. Realize that your freedom is to enable you to find your purpose and to fulfill it. Understanding freedom in this way will enable you to utilize all aspects of your life—your current situation, your relationships, your involvements, your successes, your errors, your attributes and your limitations—everything on behalf of discovering your purpose. For when a greater purpose begins to express itself through you in a manner that you can recognize and accept, you will feel at last that your life is being completely integrated. You will no longer be separate individuals within yourself, but one person, whole and unified, with all aspects of yourself engaged in serving this one purpose.

THE FREEDOM TO COMMIT ERRORS WILL NOT REDEEM YOU. Errors can be committed under any circumstances, and freedom can be found under any circumstances. Therefore, seek to learn about freedom. Knowledge will express itself when it is unfettered and when you as a person have developed sufficiently to be able to carry its great mission in the world. Your Spiritual Teachers, who abide with you beyond your visual sight, are here to initiate you into Knowledge. They have their own method for doing this, for they understand the true meaning of freedom and its true purpose in the world.

THEREFORE, IN YOUR PRACTICE PERIODS we once again affirm the power of this statement and give you two opportunities to experience it deeply within yourself. You do not need to try to speculate about this mentally, but simply relax so that it can be experienced. Focus your mind completely to allow it to experience the greatness of the presence of God that is with you and that is within you, for this is looking in the direction of freedom where freedom truly exists.

PRACTICE 94: *Two 30-minute practice periods.*

Step 95

HOW CAN I POSSIBLY FULFILL MYSELF?

*H*OW CAN YOU POSSIBLY FULFILL YOURSELF when you do not know who you are, when you do not know where you have come from or where you are going, when you do not know who has sent you and who will be waiting for you when you return? How can you possibly fulfill yourself alone when you are part of life itself? Can you fulfill yourself apart from life? Only in fantasy and imagination can you possibly even entertain the idea of fulfilling yourself. There is no fulfillment here, only increasing confusion. As the years progress, you will feel a growing darkness within you, as if a great opportunity has been lost. Do not lose this opportunity to realize life as it truly exists and to receive fulfillment as it is truly offered to you.

ONLY IN IMAGINATION CAN YOU FULFILL YOURSELF otherwise, and imagination is not reality. Accepting this may at first seem like a limitation and a disappointment, for you already have designs and motives for your own personal fulfillment, whether they have been experienced or not. Your entire agenda for your fulfillment must now be brought into question, not to deprive you of anything of value, but to release you from a bondage which could only deceive and disappoint you in time. Therefore, accepting the hopelessness of your attempt to fulfill yourself opens you finally to receive the great gift which is available to you and which is awaiting you. This great gift is meant to be given through you into the world in a way that is specific for your happiness and for the happiness of those who will naturally be drawn to you.

HOW CAN YOU POSSIBLY FULFILL YOURSELF? Upon the hour today, repeat this question and give it a moment of serious consideration, regardless of your circumstances. As you practice upon the hour, look out into the world and see how people are trying to fulfill themselves, both in situations that now exist and in situations that are hoped for. Understand how much this separates them from life as it truly exists.

Understand how this separates them from the mystery of their own existence and the wonder of life that they are free to encounter every moment of every day. Do not allow yourself to be so deprived. Fantasy will always paint a grand picture for you, but it has no foundation in reality. Only those who attempt to fortify each other's fantasies will attempt relationship with each other for this purpose, and their disappointment will be mutual, for which they will be inclined to blame each other. Do not seek, then, that which can only bring you unhappiness and only destroy the great opportunity for relationship for you.

UPON THE HOUR REPEAT THIS STATEMENT. In your two practice periods, enter stillness and receptivity so that you may learn to receive fulfillment as it truly exists.

PRACTICE 95: *Two 30-minute practice periods.*
Hourly practice.

Step 96

GOD'S WILL IS FOR ME TO BE UNBURDENED.

*G*OD'S FIRST STEP IN YOUR REDEMPTION and your empowerment is to unburden you from things that are not necessary for your happiness, to unburden you from things which cannot possibly satisfy you, to unburden you from things which only cause you pain and to lift from your head the crown of thorns that you wear, which represents your attempt at fulfillment in the world. A Greater Will exists within you that wishes to express itself. When you experience this, you will finally feel that you are known to yourself. You will finally experience true happiness, for your life at last will be integrated. You must be unburdened to make this discovery. Nothing of value will be taken from you. It is not God's intent to make you lonely and forlorn, but to give you the opportunity to realize your true promise so that you may proceed with strength and true motivation.

THEREFORE, ACCEPT THIS FIRST GREAT OFFER to unburden you from the hopeless conflicts that you attempt to resolve, from meaningless pursuits which lead you nowhere, from false promises of this world and from your own idealism which paints a picture the world cannot possibly support. In simplicity and humility the greatness of life will dawn upon you, and you will know that you have given away nothing for something of the greatest value.

UPON THE HOUR REPEAT THIS STATEMENT and think about it. Observe its meaning in terms of your current circumstances. Observe its demonstration in the lives of people all around you. Observe its reality in terms of your own existence, which you are now learning to witness objectively.

IN YOUR TWO LONGER PRACTICE PERIODS TODAY, attempt to concentrate on this idea and apply it to your life specifically. Actively engage your mind and try to think of the meaning of this statement in terms of your current ambitions, your current plans, and so forth.

Many things may be cast in doubt as you do this, but realize that Knowledge is not affected by your schemes and plans or by your hopes and disappointments. It is only awaiting the time when it can emerge naturally within you, and you will be the first recipient of its great gifts.

PRACTICE 96: *Two 30-minute practice periods.*
Hourly practice.

Step 97

I DO NOT KNOW WHAT FULFILLMENT IS.

*I*S THIS STATEMENT AN ADMISSION OF WEAKNESS? Is it a resignation to hopelessness? No, it is not. It is the beginning of true honesty. When you realize how little you understand and yet realize at the same time the great offer of Knowledge that is available to you, only then will you seize upon this opportunity with great encouragement and dedication. You can only imagine fulfillment, but within you the Knowledge of fulfillment lives and burns. This is a fire that you cannot put out. This is a fire that exists within you now. This represents your greater yearning for fulfillment, for union and for contribution. Far beneath all of your hopes and fears, beneath your plans and ambitions, this fire is burning now. Relinquish, then, your ideas concerning fulfillment, but do not be hopeless, for you are placing yourself in a position to receive the gifts that are intended for you. You have brought these gifts with you into the world. They are hidden within you where you cannot find them.

YOU DO NOT KNOW WHAT FULFILLMENT IS. Happy stimulation alone cannot be fulfillment, for fulfillment is a state of quietude. It is a state of inner acceptance. It is a state of total integration. It is a timeless state expressing itself in time. How can even the happiest stimulation give you that which can abide in any circumstance and which does not cease when the stimulation is over? We do not wish to deprive you of happy stimulations, for they can be very good, but they are momentary and can only give you a glimpse of the greater possibility. Here we wish to take you directly to the greater possibility by cultivating the great resources within your mind and by teaching you a way of seeing the world so that you may learn of its true purpose.

THEREFORE, UPON THE HOUR TODAY, repeat today's idea and consider it seriously in view of yourself and the world around you. Today, in your two long practice periods, once again spend time seriously considering this idea. Remember to think of your own life in

these practice periods and apply today's idea to the plans that you are aware of concerning your own fulfillment. These thinking meditations require mental work. Here you will not be still. You will be investigating. You will be exploring. You will be actively using your mind to penetrate things that you recognize exist there. This is a time for serious introspection. When you realize that what you thought you knew is only a form of imagination, then you will realize your great need for Knowledge.

YOU MUST UNDERSTAND WHAT YOU HAVE in order to learn to receive more. If you think you have more than you actually have, then you are impoverished without even being aware of it and will not understand the Great Plan that has been created on your behalf. You must start from where you are, for in this way you may proceed, each step certain, each step forward, built upon the step before. There will be no falling back here, for you will be firmly established on your path to Knowledge.

PRACTICE 97: *Two 30-minute practice periods.*
Hourly practice.

Step 98

REVIEW

*I*N YOUR REVIEW ONCE AGAIN REVIEW all of the instructions of the lessons and everything that you have experienced thus far in the past week of practice. Honestly evaluate your engagement with these lessons and recognize what they have yielded for you in terms of understanding. Try to be very fair in your assessment. Remember that you are a student. Do not claim that you have realized more than you have actually experienced.

THE SIMPLICITY OF THIS APPROACH may seem obvious, but for many people it is very difficult to achieve, for they are so used to thinking that they have more than they have or less than they have that it is very difficult for them to assess their actual circumstances even though their circumstances are quite obvious.

IN YOUR ONE LONG PRACTICE PERIOD, then, review your lessons and consider each one in depth, recalling your activity with them on the day that they were given and your understanding of them at this moment. Review each of the six previous steps very carefully and beware of making conclusions that do not represent your true experience. It is better to be uncertain than to have false conclusions.

PRACTICE 98: *One long practice period.*

Step 99

I WILL NOT BLAME THE WORLD TODAY.

*T*ODAY PRACTICE NOT BLAMING THE WORLD, not judging its obvious errors and not claiming or giving responsibility to others for these errors as well. Look on the world silently. Allow your mind to be still.

PRACTICE THIS UPON THE HOUR and view the world with your eyes open. In your two longer practice periods, also practice with eyes open looking upon the world. It does not matter what you look at, for it is all the same. Your concentration today will be to look without judgment, for this will develop your real faculties of mind.

THEREFORE, IN YOUR PRACTICE PERIODS, practice looking with your eyes open, looking without judging. Look about your immediate environment. Look only upon things that are actually there. Do not engage in imagination. Do not let your thoughts wander to the past or to the future. Witness only what is there. As thoughts arise that are judgments, simply dismiss them without considering them, for today you are practicing seeing—seeing without judgment so that you may see what is actually there.

PRACTICE 99: *Two 30-minute practice periods.*
Hourly practice.

Step 100

TODAY I AM A BEGINNING STUDENT OF KNOWLEDGE.

*Y*OU ARE A BEGINNING STUDENT OF KNOWLEDGE. Accept this starting place. Do not claim more for yourself, for you do not understand the road to Knowledge. On the road to greater assumptions you may have garnered great rewards for yourself, but that leads in another direction from the road to Knowledge, where all things that are unreal are relinquished and all things that are genuine are embraced. The road to Knowledge is not a road that people have imagined for themselves, for it is not born of imagination.

THEREFORE, BE A BEGINNING STUDENT OF KNOWLEDGE. Upon the hour repeat this statement and give it serious consideration. Regardless of your view of yourself, whether it is exalted or diminished, no matter what you have done before, no matter what you consider your accomplishments to be, you are a beginning student of Knowledge. As a beginning student you will want to learn everything that can be learned, and you will not have the burden of defending that which you think you have claimed already. This will ease your burden in life considerably and give you the possibility for true motivation and enthusiasm, which are lacking now.

BE A BEGINNING STUDENT OF KNOWLEDGE. Begin your two longer practice periods with this affirmation and allow yourself to sit in stillness and to receive. Without petitions, without questions and without expectations or demands, allow your mind to be quiet, for you are a beginning student of Knowledge and do not yet know what to ask for or what to expect.

PRACTICE 100: *Two 30-minute practice periods.*
Hourly practice.

Step 101

THE WORLD NEEDS ME, BUT I WILL WAIT.

*W*HY WAIT WHEN THE WORLD NEEDS YOU? Does this not seem inconsistent with the teaching that we are presenting? It is actually not inconsistent at all, if you understand its meaning. Since the world needs you, waiting would seem to be an injustice and an irresponsibility. Is this not inconsistent with what we are teaching? No, it is not inconsistent if you understand its meaning. If you have seriously considered what we have given you thus far in your preparation, you will realize that on its own, Knowledge within you will respond to the world, and you will feel moved to give in certain places and not moved to give in others. This great response within you will not be born of personal weakness, personal insecurity or the need for acceptance or recognition. It will not be a form of avoidance or guilt. In fact, it will have nothing to do with you at all. That is why it is very great, for it is not meant to remedy your littleness, but to demonstrate the power of Knowledge that exists in the world so that you may bear witness to it and be a vehicle for its expression.

WHY WAIT WHEN THE WORLD NEEDS YOU? Because you are not yet ready to give. Why wait when the world needs you? Because you do not understand its need yet. Why wait when the world needs you? Because you will give for the wrong reasons and will only fortify your dilemma. The time of giving will come, and your life will give of itself, and you will be prepared to accept this, to respond to it and to follow the guidance of Knowledge that is within you. If you are to be of true service to the world, you must be prepared, and that is what we are undertaking now.

LET NOT THE TRIBULATIONS OF THE WORLD give you great anxiety. Let not the threats of destruction arouse your fear. Let not the injustices of this world stimulate your anger, for if they do, you are looking without Knowledge. You are seeing your own failed idealism. This is not the way of seeing, and so it is not the way of giving. You

were sent to give, and your giving is intrinsic to you. You do not need to control it, for it will give of itself when you are prepared. Therefore, your service to the world at this moment is your preparation to be a contributor, and though this will not give you instant gratification for your need to give, it will pave the way for a greater service to be rendered.

IN YOUR TWO PRACTICE PERIODS TODAY, actively think about today's idea and consider it in light of your behavior, your inclinations, your ideas and your beliefs.

PRACTICE 101: *Two 30-minute practice periods.*

Step 102

THERE IS MUCH I MUST UNLEARN.

*Y*OUR LIFE IS FULL OF YOUR OWN NECESSITIES AND IDEAS, full of your own requirements and ambitions, full of your own fears and full of your own complications. Thus, your vehicle for giving is burdened and cluttered, and your energy is largely misappropriated. That is why it is God's first step to unburden you. Until this happens you will simply attempt to resolve your situation without knowing what to do, without understanding your predicament and without accepting the assistance that you will surely need in time. Therefore, accept your unlearning, for it will unburden you and give you reassurance that a greater life is possible and inevitable for you who have come here to give.

UPON THE HOUR REPEAT THIS STATEMENT and consider it. View its reality in terms of your perception of the world. In your two longer practice periods, once again practice mental stillness in silence, where nothing is attempted and where nothing is avoided. You are only engaging your mind to be still so that it may learn to respond upon its own to that which calls to it. With each step you make in your unlearning, Knowledge will fill in that which had replaced it. This is instantaneous, for you are only moving yourself into a position to receive so that your giving may be generous, genuine and fulfilling to you.

PRACTICE 102: *Two 30-minute practice periods.*
Hourly practice.

Step 103

I AM HONORED BY GOD.

*Y*OU ARE HONORED BY GOD, and yet this statement can inflame your sense of uncertainty, arouse your sense of guilt, confuse your sense of pride and stimulate all manner of conflict that actually exists within you now. In the past you have attempted to be something unreal, and it has failed you. Now you are afraid to be anything for fear that failure will pursue you once again. Thus, greatness appears to be littleness and littleness appears to be greatness, and all things are seen backwards or reversed from their true meaning.

YOU ARE HONORED BY GOD whether you can accept this or not. It is true regardless of human evaluation, for only things that are beyond evaluation are true. We are taking you to that which is beyond evaluation, which will be the greatest discovery possible in this life or in any life.

UPON THE HOUR REPEAT THIS STATEMENT and consider it seriously. In your two practice periods, allow your mind once again to be still and receptive so that you may learn to receive the honor that God has for you. Surely, this honor must be directed towards a part of you that you are barely aware of. It is not your behavior that is honored. It is not your idealism that is honored. It is not your beliefs, your assumptions, your demands or your fears. These may be for good or for ill. These may serve you or betray you. But honor is reserved for something greater, which you are now learning to recognize.

PRACTICE 103: *Two 30-minute practice periods.*
Hourly practice.

Step 104

GOD KNOWS MORE ABOUT ME THAN I DO.

*G*OD DOES KNOW MORE ABOUT YOU THAN YOU DO. That must be obvious if you have considered yourself honestly. And yet, consider the implications of this. If God knows more about you than you do, then would not God's evaluation be something that you would want to learn to investigate? Of course it would. And would not your evaluations of yourself be necessarily in error? In this alone you have sinned, for sin is only error. Error calls for correction, not condemnation. You would condemn yourself and think that God would then follow your example and render to you a greater condemnation. That is why people have made God in their image, and that is why you must unlearn what you have made, so that you may find what you know and so that your creations in this world may be for good and have lasting value.

GOD KNOWS MORE ABOUT YOU THAN YOU DO. Do not pretend you can create yourself, for you have already been created and that which has been genuinely created is far greater and happier than the life that you have realized thus far. It is your unhappiness that is bringing you to truth, for it is driving you to a genuine resolution. This, of course, is true.

ON THE HOUR REPEAT THIS STATEMENT and consider it seriously. As you do so, observe the world around you in order to attempt to learn of the meaning of today's idea in the world. In your longer practice sessions in stillness, allow your mind to become quiet so that it may learn to enjoy its greatness. Give it this opportunity for freedom, and it will give freedom to you in return.

PRACTICE 104: *Two 30-minute practice periods.*
Hourly practice.

Step 105

REVIEW

*I*N YOUR REVIEW, FOLLOW THE PAST EXAMPLES and review the week of instructions and the week of practices. Give special consideration today to the ideas that we have presented. Understand that these ideas must be entertained and experienced through many stages of development. Their meaning is too deep and too great to be entirely obvious to you now, yet they will serve as a reminder that Knowledge is with you and that you have come to give Knowledge in the world.

OUR TEACHING WILL THUS SIMPLIFY ALL THINGS, which will resolve the conflicts that you carry now and which will make conflict in the future unnecessary. For to the extent that you are with Knowledge, conflict does not exist. An unconflicted life is the greatest contribution that can be given into the world, for this is a life that will spark the beginning of Knowledge in all, a spark that can carry itself into the future far beyond your individual life. It is this great spark that you are intended to give into the world, for then your giving will have no end and will serve your current generation and the generations to come.

THE BLESSINGS THAT YOU ARE NOW EXPERIENCING TODAY in your world are the result of these reverberations which are passed from generation to generation as Knowledge is kept alive in the world. The opportunity for you to have Knowledge is born of the giving of those who have lived before, as your giving will provide the opportunity for freedom for those who will follow. This is your greater purpose in life: to keep Knowledge alive in the world. But first you must learn of Knowledge—learn how to recognize it, learn how to accept it, learn how to discern it from the other impulses in your mind and learn the many stages of development that will be required in following Knowledge towards its great fulfillment. That is why you are a beginning student of Knowledge.

IN YOUR ONE LONG PRACTICE, undertake your Review in as much detail as possible. Allow confusion and uncertainty to exist, for this is necessary in this stage of investigation. Be happy, then, for all the things that can be truly recognized and know that Knowledge is with you, so you are free to be uncertain.

PRACTICE 105: *One long practice period.*

Step 106

THERE ARE NO MASTERS LIVING IN THE WORLD.

*T*HERE ARE NO MASTERS LIVING IN THE WORLD, for Mastery is attained beyond the world. There are advanced students. There are students of great accomplishment. But there are no Masters living in the world. Perfection is not found here, only contribution. Whoever remains in the world remains to learn the lessons of the world. The lessons of the world must be learned not only in your individual life, but in a life of contribution as well. Your genuine education far exceeds what you have realized thus far. It is not merely the correction of errors. It is the contribution of gifts.

THERE ARE NO MASTERS LIVING IN THE WORLD. Therefore, you may relieve yourself of the great burden of attempting or requiring Mastery for yourself. You yourself cannot be a Master, for life is the Master. That is the great difference that will make all of the difference for you when you come to understand its true meaning and benefit.

IN YOUR TWO PRACTICE PERIODS TODAY, think of all the individuals that you have considered to be Masters — individuals you have met, heard of or imagined, individuals in the past and individuals living presently. Think of all the qualities that have made them Masters and how you have used them to judge yourself and to evaluate your life and your behavior. It is not the purpose of advanced students to become the criteria for self-condemnation by those of lesser capabilities. That is not their gift, though they must understand in time that their gifts will be so misconstrued.

ACCEPT YOUR UNBURDENING as we remind you that there are no Masters living in the world. In your two longer practice periods, try to realize this. Try to realize the relief that is being given to you. But do not make the mistake of thinking that this leads to passivity on your part, for greater than ever will be your involvement in the reclamation of Knowledge. Greater than ever will be your commitment to the

emergence of Knowledge. Now your involvement and commitment may move forward more rapidly, for they are becoming unburdened by your idealism, which can only lead you astray.

PRACTICE 106: *Two 30-minute practice periods.*

Step 107

TODAY I WILL LEARN TO BE HAPPY.

*L*EARNING TO BE HAPPY IS SIMPLY LEARNING TO BE NATURAL. Learning to be happy is learning to accept Knowledge today. Knowledge is happy today. If you are not happy, you are not with Knowledge. Happiness does not always mean having a smile on your face. It is not a behavior. Genuine happiness is a sense of self, a sense of wholeness and satisfaction. If a loss has occurred in your life, a loss of a loved one, you may still be happy, though you may shed tears. It is all right to shed tears, for this does not need to betray a greater happiness within you, for these also may be tears of happiness. Happiness is not a form of behavior. Let us remind you of this. It is a sense of inner satisfaction. Knowledge will give this to you because it will simplify your life and allow your mind to concentrate on that which it is given to do in reality. This will empower you, simplify you and provide a greater harmony than you could have known before.

THEREFORE, IN YOUR TWO PRACTICE PERIODS TODAY, allow your mind to enter stillness once again. This is a time of quietude. This is not a practice of mental investigation, but a practice of mental stillness.

PRACTICE 107: *Two 30-minute practice periods.*

Step 108

HAPPINESS IS SOMETHING I MUST LEARN AGAIN.

*A*LL THINGS MUST NOW BE RE-EVALUATED. All things must now be seen anew, for there is looking with Knowledge and there is looking without Knowledge. They yield different results. They encourage different evaluations and different responses. We have said that happiness is not a form of behavior, for it is much deeper than this. Therefore, do not attempt to use this idea to win favor with others or to demonstrate to yourself that you are happier than you actually are. We do not want to put a veneer of behavior upon your current experience. We want to guide you to that experience which is genuine to your nature, which expresses your nature and which contributes your nature to life.

LEARN, THEN, AGAIN ABOUT HAPPINESS. In your two practice periods, engage your mind in investigation. Consider your ideas about happiness and the forms of behavior you think they must represent. Think of all the ways you have attempted to be happier than you are. Think of all the expectations and requirements you have placed upon yourself to be happy and to prove to yourself and to others your worth. As you recognize these things, realize that without this attempt happiness will arise upon its own, for you are naturally happy. Without restraint, your happiness will arise upon its own, without your imposing it upon your mind and upon your body. Without your imposition, happiness will arise on its own. Think upon this today, but do not be content with simple conclusions, for you are a beginning student of Knowledge and great conclusions come later.

PRACTICE 108: *Two 30-minute practice periods.*

Step 109

I WILL NOT BE IN A HURRY TODAY.

TODAY TAKE EACH STEP GRACEFULLY. Do not be in a hurry. You need not be in a hurry because you are with Knowledge. You may keep your appointments in the world and keep them on schedule, but within yourself do not be in a hurry. You may seek Knowledge, fulfillment and contribution, but do not be in a hurry. When you are in a hurry, you are neglecting your current step for steps you find more preferable, and how can steps be more preferable except when you are ignoring the step in front of you? You need only take the step in front of you, and the next step will arise naturally. Do not be in a hurry. You cannot go faster than you can go. Do not miss all that we are giving you to practice, which will require that you not be in a hurry.

THROUGHOUT THE DAY TODAY REMIND YOURSELF upon the hour not to be in a hurry. Say to yourself, "I will not be in a hurry today," and think a moment upon this. You may meet your worldly responsibilities without being in a hurry. You may meet your greater goals without being in a hurry. Take comfort in the fact that you are a beginning student, for beginning students do not know where they are going because they are in a position to receive, not to govern. This is a great blessing for you now and will give you the power in time to govern your mind and your affairs with Knowledge. You will be a kind ruler who will not condemn error and will not punish sinners, as you now imagine God to do.

KNOWLEDGE IS NOT IN A HURRY. Why should you be? Knowledge may move you quickly or slowly. You may then move quickly or slowly, but within yourself you are not in a hurry. This is part of the mystery of life which you can now learn to discover.

PRACTICE 109: *Hourly practice.*

Step 110

I WILL BE HONEST WITH MYSELF TODAY.

*T*ODAY I WILL BE PERFECTLY HONEST, recognizing what I actually know and what I only believe or hope for. I will not pretend I know things I do not know. I will not pretend I am richer than I am or poorer than I am. I will try to be exactly where I am today.”

TRY TO BE EXACTLY WHERE YOU ARE TODAY. Be simple. Be at ease. Observe the world around you. Carry out your worldly tasks. Do not exalt yourself. Do not demean yourself. This day allow everything to function as it actually does, without attempting to govern or manipulate yourself. The only exception to this is to utilize your self-discipline so that you may carry out your practices for this day.

IN YOUR TWO LONGER PRACTICE PERIODS, repeat the affirmation for today and enter into stillness. Here you must exert the power of your mind. Here you are not attempting anything that is deceptive or anything that is unreal. You are allowing your mind to enter into its natural state, into a state of peace.

PRACTICE 110: *Two 30-minute practice periods.*
Hourly practice.

Step 111

TODAY I WILL BE AT EASE.

*B*E AT EASE TODAY KNOWING THAT KNOWLEDGE IS WITH YOU, knowing that your Teachers are with you and knowing that your Spiritual Family is with you. Let not anxieties or the burden of concern take you away from your practice today.

AS YOU MOVE THROUGH THE DAY, practicing upon the hour, remind yourself to be at ease, for Knowledge is your guide now. If it is untroubled, you need not be troubled. Release yourself from habitual preoccupations, from habitual bondage. Strengthen your resolve to do this and it will become easier in time. Then it will happen all by itself most naturally. Your mind has habits of thought. That is all they are. As they are replaced with new habits, Knowledge will begin to shine through the structure that you have imposed upon it. Here Knowledge will begin to shine forth, to guide your actions, to lead you to insight and important discovery and to give you a greater strength and certainty than you have ever known.

IN YOUR HOURLY PRACTICES, therefore, utilize your self-discipline on your own behalf. In your two meditation practices, remain very alert but with a still mind.

PRACTICE 111: *Two 30-minute practice periods.*
Hourly practice.

Step 112

REVIEW

*T*ODAY FOR YOUR REVIEW we shall do something a little different. Upon the hour remind yourself to remember Knowledge. Repeat to yourself, “I will remember Knowledge. I will remember Knowledge,” keeping in mind throughout the day that you do not yet know what Knowledge is, yet being assured that it is with you. It is born of God. It is God’s Will within you. It is your True Self. Thus, you learn to follow that which is great. Within your limited state, you gain access to that which has no limits. Thus, you become a bridge to Knowledge today.

THEREFORE, REPEAT UPON THE HOUR that you will remember Knowledge. Do not forget your practice today so that you may strengthen and empower yourself.

PRACTICE 112: *Hourly practice.*

Step 113

I WILL NOT BE PERSUADED BY OTHERS.

*A*NY MIND THAT IS MORE RESOLVED THAN YOURS can persuade you and cast an influence upon you. There is nothing very mysterious about this. It is simply the result of one mind being more concentrated or focused than another. Minds have relative degrees of influence upon one another, depending upon their concentration and depending upon the kind of influence they exert. Let Knowledge persuade you, for that is the greatness that you carry. Let not the opinions or will of others persuade you. Let only their Knowledge influence you, for only this can influence your Knowledge. This will be quite different from feeling dominated, manipulated or persuaded by others.

THEREFORE, KEEP TO YOURSELF. Follow Knowledge. If another stimulates your Knowledge, then give that individual your attention so that you may learn of the true powers of persuasion. Yet, let not the persuasions of this world—its grievances, its cherished ideals, its morality, its demands or its compromises—influence you, for you are following Knowledge, and you need not follow the persuasions of the world.

REMIND YOURSELF OF TODAY'S IDEA upon the hour and practice stillness deeply in your two meditation practices today. Allow only Knowledge to persuade you, for this is all that you need to follow in the world.

PRACTICE 113: *Two 30-minute practice periods.*
Hourly practice.

Step 114

MY TRUE FRIENDS ARE WITH ME. I AM NOT ALONE.

How CAN YOU BE ALONE WHEN YOUR TEACHERS ARE WITH YOU? What truer friend do you have than he or she who abides with your Knowledge? These friendships are not born of this world. They have been created beyond the world, and they exist to serve you now. You will feel the presence of those who are with you once your mind settles down. Once you cease to be preoccupied with your own fervent wishes and fears, you will begin to feel this presence which is so graceful, so gentle and so reassuring.

UPON THE HOUR TODAY, remind yourself that your friends are with you. In your two deep practice periods, allow your mind to receive their presence so that you may understand the true nature of relationship in the world. With practice, this understanding will become so strong that you will be able to receive the ideas, the encouragement and the correction from those who are more potent than you, who exist to serve you in your true function in the world. They are your initiators into Knowledge, and they are in relationship with your Knowledge, for your Knowledge contains your true relationships with all of life.

PRACTICE 114: *Two 30-minute practice periods.*
Hourly practice.

Step 115

TODAY I WILL LISTEN TO THE POWER OF KNOWLEDGE.

*T*ODAY LISTEN TO THE POWER OF KNOWLEDGE. It requires your attention. It requires your desire. It requires the relinquishment of things which preoccupy and concern you, things you cannot resolve on your own. Listen to Knowledge today so that it may comfort you and abide with you. In its silence, you will find solid reassurance and confidence as well. For if Knowledge is silent, you need not have anxiety about your life, and if Knowledge speaks, you need only follow so that you may learn the power of Knowledge for you.

YOU BECOME STILL BECAUSE KNOWLEDGE IS STILL. You become capable of action because Knowledge is capable of action. You learn to speak with simplicity because Knowledge speaks with simplicity. You learn to be at ease because Knowledge is at ease. You learn to give because Knowledge gives. It is to re-engage you in relationship with your Knowledge that you are now engaged in this program of development.

UPON THE HOUR TODAY, remind yourself to listen to Knowledge and take a moment to do so in whatever circumstance you find yourself. Your first activity in listening is stillness. Practice this in greater depth in your two meditation practices today, where you practice stillness and receptivity because you wish to listen to Knowledge today.

PRACTICE 115: *Two 30-minute practice periods.*
Hourly practice.

Step 116

TODAY I SHALL BE PATIENT WITH KNOWLEDGE.

*B*E PATIENT WITH KNOWLEDGE so that you may follow Knowledge. Knowledge is far more still than you are. It is far more powerful than you are. It is far more certain than you are, and all of its actions are profound and meaningful. There is only a contrast between you and Knowledge because you live in the self that you have made for yourself, and you have temporarily lost your contact with Knowledge. But Knowledge abides with you, for you can never leave it. It will always be there to redeem you, to save you and to reclaim you unto itself, for it is your True Self. Let not beliefs and assumptions masquerade as Knowledge. Allow your mind to become increasingly quiet and still as you undertake the activities of the day.

REPEAT THE IDEA UPON THE HOUR and in your two deep meditation practices, allow yourself to enter the stillness and the certainty that Knowledge possesses for you. In this way, your mind will resonate with the Mind of the universe and you will begin to reclaim your ancient abilities and ancient memories. Here the idea of Spiritual Family will begin to have meaning for you, and you will realize that you have come into the world to serve.

PRACTICE 116: *Two 30-minute practice periods.*
Hourly practice.

Step 117

IT IS BETTER TO BE SIMPLE THAN TO BE POOR.

*S*IMPLICITY ALLOWS YOU TO GAIN ACCESS TO LIFE and to enjoy its beneficence in every moment. Complexity is a state of self-disassociation which renders you incapable of enjoying life and perceiving your role within it. This is the source of all great poverty, for no worldly accomplishment and no worldly possession can banish the sense of isolation and destitution that accompanies such a disassociation.

THEREFORE, TODAY PRACTICE STILLNESS MORE DEEPLY than before so that you may experience the power of Knowledge that is with you. Allow yourself to be simple, for in simplicity all things may be given to you. If you are considering yourself to be complex, or your problems to be complex, it is because you are viewing yourself and your problems without Knowledge and are thus lost in your evaluations. Here you are confusing things of greater value with things of lesser value, things of greater priority with things of lesser priority. Truth must always bring simplicity, for simplicity brings resolution and right understanding and establishes peace and confidence in those who can receive it.

PRACTICE DEEPLY TODAY. Repeat today's idea upon the hour, and in your two deep meditation practices, remind yourself that Knowledge is with you and then enter into stillness. Allow yourself to be simple and trust that Knowledge will guide you in all ways.

PRACTICE 117: *Two 30-minute practice periods.*
Hourly practice.

Step 118

I WILL NOT AVOID THE WORLD TODAY.

THERE IS NO NEED TO AVOID THE WORLD because the world cannot dominate you when you are with Knowledge. When you are with Knowledge, you are here to serve the world. The world, then, is not a prison anymore. It is not a continual source of discomfort and disappointment. It provides for you an opportunity to give and an opportunity to re-establish your true understanding. Do not seek refuge in spiritual things, for your purpose is to give to the world. Allow the world to be as it is, and your condemnation of it will not come back to haunt you. For without condemnation, there is only the opportunity to give. This will draw upon your Knowledge, which will give of its own, and you will be the vehicle for its giving.

THINK OF THIS NOW. Allow yourself in your two practice periods to experience the presence of Knowledge in your life. Demand nothing of it. Seek not to question it. Only allow yourself to experience it, for with this all that you seek returns to you naturally without your effort. Utilize your self-discipline only to direct your mind in the proper direction. Once it is so engaged, it will return to Knowledge of its own accord. For that is its destination, that is its love, that is its true companion and that is its true marriage in life.

PRACTICE 118: *Two 30-minute practice periods.*

Step 119

REVIEW

*I*N THIS SPECIAL REVIEW, review the past two weeks of practice, reviewing each instruction and recalling each day of practice. Try to remember how seriously you thought about each day's practice and how well you utilized that practice. Do not think you can complain rightfully about this preparation unless you are utilizing it to its fullest extent. Your role here is only to follow the steps as they are given and not to alter them according to your preferences. In this way, you place yourself in a position to receive, which is the position you now need to acquire for yourself.

IN YOUR TWO LONG PRACTICE PERIODS TODAY, each one given to one week of practice, review the past two weeks. Try to be very kind with yourself, but recognize if you are falling short of the requirements and do not deceive yourself in this regard. Rededicate yourself to deepening your practice and your resolve, reminding yourself of the simplicity of your life and the true value that is being given to you. In this way, you will learn a new way of living. You will learn how to receive and how to give, and your life will be free of the darkness of complexity. For simplicity must always be of the light; it must always be of the good.

THEREFORE, GIVE YOURSELF TO THIS REVIEW so that you may understand how you learn. These Reviews will demonstrate to you your own learning faculties and your own learning predispositions. They will teach you the necessary things that you will need to know in the future when you will be able to help others learn as well.

PRACTICE 119: *Two long practice periods.*

Step 120

I WILL REMEMBER MY KNOWLEDGE TODAY.

*R*EMEMBER YOUR KNOWLEDGE TODAY. Remember that it abides with you regardless of where you go or what you are doing. Remember that it is given to you to serve you, to nurture you and to elevate you as well. Remember that you need not be aggravated with the world because you can accept the world as it is. Remember that you accept the world as it is so that you will be able to give to it, for the world is developing as you are. Remember that Knowledge is with you, and you need only be with Knowledge to realize its full impact.

REMINDE YOURSELF UPON THE HOUR TODAY that Knowledge is with you and give this a moment of thought. Do not let raging emotions or deep depression cast a shadow upon your practice, for your practice is greater than your emotional states, which change like the winds and the clouds but cannot mask the universe above them.

THEREFORE, REALIZE THE LITTLENESS OF YOUR EMOTIONAL STATES and the greatness of Knowledge. In this way, Knowledge will balance your emotional states and will reveal to you the source of your own emotions, which is the source of your expression in the world. This is the mystery of life which you are now learning to explore.

PRACTICE 120: *Hourly practice.*

Step 121

TODAY I AM FREE TO GIVE.

*Y*OU ARE FREE TO GIVE TODAY because your life is becoming simple and your needs are being met. This frees you to give, for once you have received, you will only want to give.

YOU WILL HAVE A SPECIAL PRACTICE two times today where you are to think of someone in need and then give them a quality that you wish to receive yourself. Send that individual that quality. Send them love or strength or faith or encouragement or determination or surrender or acceptance or self-discipline—whatever they need to bring about resolution in their lives. You are free to give this today, for your own needs are being met.

THEREFORE, IN EACH OF YOUR TWO PRACTICES, with your eyes closed, bring to mind individuals and give to them what you know they need. Do not try to solve their problems for them. Do not try to strengthen a preferred outcome, for you cannot usually know the right outcome for any other person. But you can always give strength of character and strengthen their faculties of mind. This will give you your own sense of purpose and will reassert these qualities within yourself, for you must possess them to give them, and in giving them you realize that they are in your possession already.

AS YOU PRACTICE TODAY, have no doubt that what you exert for others will be received by them on their own behalf.

PRACTICE 121: *Two 30-minute practice periods.*

Step 122

I GIVE WITHOUT LOSS TODAY.

*W*HAT YOU ARE BEING ASKED TO GIVE can only increase as you give it. It is not a physical thing that you give, though physical things can be given for good. It is not something that you can quantify, for you have no idea of its extent. You are giving strength and encouragement.

TODAY IN YOUR TWO PRACTICE PERIODS, continue your giving to others. This is an active form of prayer. Think not that the power of it is not received by those whom you have concentrated upon. Remember today not to try to determine the outcome of their dilemma or their need, but only encourage and empower them to carry forth with their own abilities. You wish to stimulate Knowledge within them as Knowledge is now being stimulated within you. This giving, then, will not have an expectation of a return, for you are giving that which enables others to be strong in their lives. You are not in a position to judge the outcome, for the outcome of your giving will not be revealed until later when the gift has been accepted and has found its place in the receiver. Therefore, give freely without expectation and give in order to experience the power of your gift this day.

PRACTICE 122: *Two 30-minute practice periods.*

Step 123

I WILL NOT PITY MYSELF TODAY.

*H*OW CAN YOU PITY YOURSELF when Knowledge is with you? Pity must only reassert an old idea of yourself, which is bereft of truth, bereft of hope and bereft of any meaningful foundation. Do not pity yourself today, for you are not pitiful. If this day is sad or confused, it is only because you have lost contact with Knowledge, which you may practice today to regain.

AS YOU PRACTICE TODAY, be aware of the many subtle forms of self-pity that you entertain. Be aware of the many subtle forms of manipulation of others as you attempt to make them like or accept you according to a view of yourself that you are attempting to claim. When you are with Knowledge, you do not need to proclaim yourself; you do not need to show yourself; you do not need to control others to like or accept you, for Knowledge is with you.

THEREFORE, DO NOT PITY YOURSELF, for you are not pitiful. Today be a beginning student of Knowledge, for that is anything but pitiful. A greater vantage point you cannot imagine.

UPON THE HOUR, THEN, REPEAT THIS IDEA. Allow it to enter your mind and consider it for a moment. In your two practice periods, repeat this affirmation and then enter into stillness. No being who is pitiful can enter into silence, for silence is the experience of profound relationship, and stillness is the acceptance of profound love. Who can be pitiful under such circumstances?

PRACTICE 123: *Two 30-minute practice periods.*
Hourly practice.

Step 124

TODAY I WILL NOT PRETEND I AM HAPPY.

*Y*OU DO NOT NEED TO PRETEND THAT YOU ARE HAPPY, for this will only mask a sense of self-pity, compound your confusion and deepen your dilemma. Today be yourself, but be self-observant, keeping in mind that Knowledge is with you as you vacillate to and from, towards and away from Knowledge itself. Because Knowledge does not vacillate, it is a source of certainty, consistency and stability for you. Because it is unafraid of the world, it is a source of fearlessness for you. You are not pitiful, so you need not pretend.

DO NOT PRETEND TO BE HAPPY TODAY, for he or she who is truly satisfied may cast any expression upon the world, but within their expression will be the power of Knowledge. This is what is most important. Knowledge is not a form of behavior. It is an intense experience of life. Therefore, do not attempt to persuade yourself or others with a demonstration of behavior, for this is unnecessary.

REPEAT THIS STATEMENT UPON THE HOUR and feel its power and its gift of freedom. Allow yourself to be exactly as you are today. In your two deep meditation practices, allow yourself to enter stillness, for when you are not trying to be someone, you may have the luxury of stillness, which is the luxury of love.

PRACTICE 124: *Two 30-minute practice periods.*
Hourly practice.

Step 125

I DO NOT NEED TO BE SOMEONE TODAY.

*Y*OU ALREADY ARE SOMEONE, so why try to be someone? It is better to be the person you already are. The person you already are is the power of Knowledge carried in the vehicle of the nature of an individual. This is already established, and it is under development right now. Why try to be something today when you are something already? Why not be what you are? Find out what you are. This takes great courage, for you must risk disappointing your own idealistic view of yourself and the world. This takes encouragement because you must risk giving up your self-hatred, which is a way that you separate yourself from life.

THEREFORE, THIS DAY BE EXACTLY AS YOU ARE. Remind yourself upon the hour. And in your two meditation practices today, allow yourself to be still and to receive, for you are not trying to be someone today.

PRACTICE 125: *Two 30-minute practice periods.*
Hourly practice.

Step 126

REVIEW

*T*ODAY'S REVIEW WILL CONCENTRATE UPON THE PAST WEEK of training. It will emphasize once again that you are learning to learn. You are learning to understand how you learn. You are learning to understand your strengths and your weaknesses. You are learning to understand your predispositions—those qualities in yourself that you must cultivate and those qualities which you must arrest and bring under conscious control. You are learning to be observant of yourself. Thus, you are learning at last to be objective with yourself. This objectivity is especially important, for it allows you to utilize that which is there to serve you without your condemnation. In this way, your service to yourself becomes immediate and effective.

IF YOU CAN LEARN TO BE OBJECTIVE WITH YOURSELF, you can learn to be objective with the world. This will allow Knowledge to shine through you, for you will not be attempting to make the world into what you wish it to be, and you will not be attempting to make yourself into what you wish yourself to be. This is the beginning of true resolution and true happiness, but even greater than this, it is the beginning of genuine contribution.

IN YOUR ONE LONG PRACTICE PERIOD TODAY review the past week, keeping these things in mind. Strengthen your experience of Knowledge today by supporting its outward manifestations and doubt not the power of this preparation to bring you to Knowledge itself.

PRACTICE 126: *One long practice period.*

Step 127

TODAY I WILL NOT TRY TO GET EVEN WITH GOD.

*D*O NOT TRY TO GET EVEN WITH GOD by being a miserable person, for God only knows you as part of Creation. Do not try to get even with God by making the world destitute, for God created a world of beauty and opportunity. Do not try to get even with God by refusing to love or accept yourself, for God still knows you as you are. Do not try to get even with God today by ruining your relationships for your own selfish purposes, for God understands your relationships as they truly exist and understands their greater promise as well. You cannot get even with God. You can only harm yourself.

THEREFORE, ACCEPT THAT YOU HAVE LOST THE BATTLE against God. In your defeat is your greatest victory, for God has never lost you, though you have lost God temporarily in your imagination. Your love for God is so profound that you are as yet afraid of it, for it represents the greatest power within you that you can possibly possess. You must learn of this through direct experience. Therefore, do not try to get even with God today by reinforcing an idea about yourself based solely upon error and assumption, for Knowledge is with you. You are the happy victor in your own defeat.

IN YOUR TWO PRACTICE PERIODS TODAY, repeat this idea and then attempt to think about it. Our practices today will be engaging the mind in exploration and analysis. This is a useful application of your mind. Think about this message and all of your ideas surrounding it, and you will begin to understand your own current belief system. You will be able to understand this objectively. Then, you will be able to work with it, for the mind is fixed in a certain structure until it is utilized for other purposes. Do not accept this structure as your reality, for the outward manifestation of your mind is a structure that you have imposed upon it. Yet, its real inward harmony and nature seek only to be expressed. To enable this to happen you must have an

adequate structure in the mind to enable the mind to express itself in the physical world without restraint or distortion. It is towards this, then, that we will work today.

PRACTICE 127: *Two 30-minute practice periods.*

Step 128

MY TEACHERS ARE WITH ME. I NEED NOT FEAR.

*Y*OUR INNER TEACHERS ARE WITH YOU, and you need not fear. If you have sufficient confidence in Knowledge, based upon actual experience, and sufficient confidence in the presence of your Teachers, based upon actual experience, this will give you a certainty and a faith in life that will counteract all fear that is unnecessary. This will leave your mind at ease.

ONLY CONCERN THAT YOUR KNOWLEDGE is being violated will emanate from Knowledge, and then only to indicate that you need to reassess your actions and ideas. Knowledge has a self-correcting principle. That is why it is your Inner Guidance. If you are going against your Knowledge, you will be ill at ease with yourself, and this will give rise to anxiety. Much of the fear that you experience moment to moment is simply a matter of your own creation, your own negative imagination. But, then, there is fear that is born of the violation of Knowledge. This is more a discomfort than a fear, for it rarely carries with it any kind of imagery at all, though ideas can come into your mind as a form of warning should you be attempting a behavior or a line of thinking that is dangerous or destructive.

FEAR THAT IS BORN OF NEGATIVE IMAGINATION comprises the vast majority of the fear with which you entertain yourself. This you must learn to counteract, for it is an inappropriate use of your mind. Here you create an experience for yourself, experience it and then call it reality. Meanwhile, you have not been present with life at all. You have merely been in fantasy within yourself. Negative imagination drains you emotionally, physically and mentally. It can be escalated to such heights that it can dominate your thinking altogether. For how else can you be separate in the universe except in your own thoughts? You cannot actually be separate from God. You cannot actually be separate from Knowledge. You can only hide in your own thoughts and weave

them together to create a separate identity and experience for yourself which, though quite demonstrative, are in fact completely an illusion.

IN YOUR TWO MEDITATION PRACTICES TODAY, once again enter into stillness. Today there will be no mental speculation or activity, for the mind will once again come to rest so that it may experience its reality. Let not fear or anxiety dissuade you. Remember, this is your negative imagination only. Only Knowledge can indicate if you are doing something inappropriate, and that will only be in the face of immediate events. You will find that this is quite different from negative imagination and will require a different response from you.

PRACTICE 128: *Two 30-minute practice periods.*

Step 129

MY TEACHERS ARE WITH ME. I WILL BE WITH THEM.

*Y*OUR TEACHERS ARE WITH YOU. They are not speaking to you except on very rare occasions, and then only if you are capable of hearing. From time to time they will send their thoughts into your mind, and you will experience this as your own spark of inspiration. You are as yet unaware of how your mind is joined with all other minds, but in time you will begin to experience this in the context of your own world. The demonstration of this will become so obvious that you will wonder how you could ever have doubted it.

YOUR TEACHERS ARE WITH YOU and today in your two longer practice periods, practice being with them. You do not need to create an image of them in order to have this experience. You do not need to hear a voice or see a face, for their presence is enough to give you a complete experience that you are in fact together. If you will be still, breathe deeply and not weave fantasies — neither happy fantasies nor fearful fantasies — you will begin to experience what is actually there. Your Teachers are actually there. And today you can practice being with them.

PRACTICE 129: *Two 30-minute practice periods.*

Step 130

RELATIONSHIPS WILL COME TO ME WHEN I AM PREPARED.

*W*HY STRIVE FOR RELATIONSHIPS IN THE WORLD when genuine relationships will come to you as you are prepared? To understand this, you must have great faith in the power of Knowledge within yourself and within others. As this awareness grows, the basis for your striving and desperate pursuits will fall away, making true peace and accomplishment possible for you.

INDIVIDUALS WILL COME TO YOU through mysterious means because you are cultivating Knowledge. As you have relationships with one another on a personal level, you also have relationships on the level of Knowledge. It is this level that you will begin to experience, in small increments at first. Eventually, if you pursue your preparations appropriately, this experience will grow and become quite profound for you.

YOU DO NOT NEED TO SEEK FOR RELATIONSHIPS. You need only give yourself to your preparation and have confidence that people will come to you when you need them. This will require that you assess your needs in contrast to your wishes. If your wishes do not represent your genuine needs, then you will confuse your life terribly. You will place a burden upon yourself and upon those with whom you are engaged that can only oppress them, and you as well. Without this oppression, people will be free to come to you as you truly need them.

REMINDE YOURSELF OF THIS UPON THE HOUR TODAY, and in your two longer practice periods allow your mind to enter receptivity. Allow yourself to feel the presence of your Teachers. Do not exacerbate yourself with desires for relationship and your requirements for individuals or for what they may possess. Have confidence today that Knowledge will draw all people to you as you truly need them.

PRACTICE 130: *Two 30-minute practice periods.
Hourly practice.*

Step 131

TODAY I WILL SEEK THE EXPERIENCE OF TRUE PURPOSE IN LIFE.

SEEK THE EXPERIENCE OF TRUE PURPOSE. This provides the foundation for all meaningful relationships. Do not seek relationships outside of this context, for they will lack foundation and, though perhaps very alluring, will prove to be very difficult for you. Whether you are seeking marriage, great friendship or someone to help you in your work, remember that Knowledge will draw to you all individuals as you truly need them.

THEREFORE, TODAY CONCENTRATE ON PURPOSE and not on relationship. The greater your experience of purpose, the greater your comprehension of relationship. Though you will see that people come together for enjoyment and stimulation, there is a far greater component in their meeting. Few people recognize this, but it is given you to recognize this through practice and experience. You can be certain that if you are not trying to fit people into your own idea of purpose, you will be opening yourself to the genuine experience of purpose itself. As you begin to observe yourself objectively, you will begin to see the manifestations of your own will in contrast to Knowledge, and this will be very essential for your learning.

TODAY REMIND YOURSELF UPON THE HOUR of your intent to realize your purpose. Let today be a step in that direction—a step that will save you years and years of time, a step that will advance you forever towards your goal of Knowledge, for Knowledge is drawing you. In your two deeper practice periods, allow Knowledge to draw you. Feel the greater attraction within you, which you will naturally feel if you are not preoccupied with little things.

PRACTICE 131: *Two 30-minute practice periods.
Hourly practice.*

Step 132

LET ME LEARN TO BE FREE SO THAT I MAY JOIN.

*Y*OUR INDEPENDENCE FROM THE PAST — your past judgments, past associations, past pains, past wounds and past difficulties — gives you independence in the present. This is not to solidify your separation or to make it more complete, but instead to enable you to join meaningfully in relationship. Let this be a tacit understanding: You can do nothing in the world without relationship. You can accomplish nothing; you can advance in no direction; you can realize no truth; you can contribute nothing of value without relationship. So as your independence from the past grows, thus does your promise for inclusion in the present and the future grow as well. For freedom is meant to empower you to join.

REMEMBER THIS IDEA UPON THE HOUR and give it consideration in light of all of your experiences today. In your two meditation practices, allow the attraction of Knowledge to pull you deeper within yourself. Allow yourself to have this experience of freedom.

PRACTICE 132: *Two 30-minute practice periods.*
Hourly practice.

Step 133

REVIEW

*T*ODAY WE SHALL REVIEW THE PAST WEEK OF PREPARATION.

Review this objectively without condemnation, once again realizing your advancements and your limitations and strengthening your resolve. For it is your desire for Knowledge that we wish to cultivate as well as your capacity. It is right thinking, right action and true motivation that will advance you naturally in the direction in which you are meant to go. Each step forward will give you a greater sense of purpose, meaning and direction in life and will free you from attempting to resolve matters that do not require resolution and from attempting to understand things out of fear and anxiety. The more at peace you are with your nature, the more your nature can express the greatness that you have brought with you. Thus, you will become a light unto all around you, and you will marvel at the events of your own life, which in itself will be a miracle.

IN YOUR LONG PRACTICE PERIOD TODAY, undertake your review with depth and sincerity. Do not let anything dissuade you from your practice today. It is your practice that is your gift to God, for you give yourself in your practice, and you receive your gift as well.

PRACTICE 133: *One long practice period.*

Step 134

I WILL NOT DEFINE MY PURPOSE FOR MYSELF.

*Y*OU DO NOT NEED TO DEFINE YOUR PURPOSE when in time your purpose will merely arise and be known by you. Do not live by definitions. Live by experience and understanding. You do not need to define your purpose, and if you attempt to do so, always remember that it is only a temporary expedient. Do not give it great credibility. In this way, the world cannot anger you, for what can the world do to you but undermine your definition of yourself? If you are not living upon your definitions, the world cannot harm you, for it cannot touch the place of Knowledge that is within you. Only Knowledge can touch Knowledge. Only Knowledge in another can touch Knowledge within you. Only Knowledge within you can touch Knowledge in another.

THEREFORE, DO NOT DEFINE YOUR PURPOSE TODAY. Be without definitions so that the experience of purpose may grow. And as it grows, it will give you the content of your purpose, without distortion or deception. You will not need to defend this in the world, but only carry it like a jewel in your heart.

UPON THE HOUR REMIND YOURSELF not to define your purpose, and begin to think of the cost of doing so in terms of your own past experience. In your two meditation practices, allow yourself to be still. Upon each exhale, speak the word RAHN. RAHN. RAHN. You only need speak the word RAHN upon the exhale in your meditation. Let this be your total focus. This word will serve to stimulate Ancient Knowledge within you and give you the strength that you most need at this time.

PRACTICE 134: *Two 30-minute practice periods.*
Hourly practice.

Step 135

I WILL NOT DEFINE MY DESTINY TODAY.

*L*IKE YOUR PURPOSE, YOUR DESTINY remains beyond your definition. You need only take a step in its direction to feel the growing presence of Knowledge in your life. The closer you are to Knowledge, the more you will experience it. The more that you experience it, the closer you will want to become because this is a natural attraction. This is true love, the attraction of like to like. This is what gives the universe all of its meaning. This is what joins life together completely. Be free this day of definitions, and allow your mind to take its natural formation. Allow your heart to follow its natural course. Allow Knowledge to express itself through your mind, whose outward structure is now becoming open and free.

REMINDE YOURSELF OF YOUR PRACTICE UPON THE HOUR. In your two deep meditations today, continue with your RAHN practice, speaking the word RAHN on each exhale. Allow yourself to feel the presence of your own life, the presence of your Teachers and the depth of your own Knowledge. Allow your self-discipline to be exerted meaningfully today, to engage your mind in this way. For as the mind is brought into proximity of its true destination, it will respond accordingly and everything will follow its natural course. Then you will feel that Grace is with you.

PRACTICE 135: *Two 30-minute practice periods.*
Hourly practice.

Step 136

MY PURPOSE IS TO RECLAIM MY KNOWLEDGE AND TO ALLOW IT TO EXPRESS ITSELF IN THE WORLD.

*T*HIS WILL ANSWER YOUR QUESTIONS concerning your purpose. As you follow this purpose, your calling in life—which is a specific role that you will be asked to take—will naturally emerge step by step. It will not require your definition. It will simply emerge, and you will understand it more deeply and more completely with each step, for each step will fulfill it even more.

YOUR KNOWLEDGE IS YOUR PURPOSE. Remind yourself of this upon the hour, and be glad that an answer has been given. But the answer is not merely an idea. It is an opportunity for preparation, for all true answers to all genuine questions are some form of preparation. It is the preparation that you require and not answers alone. Your mind is full of answers already, and what have they done but add to the burden of your thinking? Follow, then, the preparation given this day and each day within our program so that you may receive the answer to your question. Your purpose is to reclaim your Knowledge, and that is what we will undertake today.

AGAIN, REMIND YOURSELF OF YOUR AFFIRMATION upon the hour. Give it thought throughout the day so that it may be the sole focus of your understanding today. In your two longer meditation practices, continue to repeat the word RAHN, which will stimulate Ancient Knowledge within you. You do not need to understand the potency of this practice to receive its full benefit. To receive its full benefit you need only practice it as it is given.

PRACTICE 136: *Two 30-minute practice periods.
Hourly practice.*

Step 137

I WILL ACCEPT THE MYSTERY OF MY LIFE.

*Y*OUR LIFE IS A MYSTERY. Your origin, your purpose here and your destination when you leave are very mysterious. They can only be experienced to be comprehended. How can you, at this given moment, understand the mystery of your life? You would have to be at the end of your life to understand what has transpired thus far, and you are not at the end of your life in the world. You would have to see the world from your Ancient Home to understand the true meaning of the world. You are in the world now, so you must be present to the world. Yet, this mystery can be experienced and must be experienced. You cannot understand it at this moment, but in this moment you can experience it fully. Within this experience, it will yield to you all of the things that you now need to take the vital step that is waiting for you to take.

THEREFORE, DO NOT BURDEN YOUR MIND with the requirement of understanding, for you will seek the impossible and will only confuse yourself and add to the burden of your thinking. Rather, give yourself to experience the mystery of your life with wonder and appreciation that the world is far greater than what your senses have reported thus far and that your life is far greater than what your judgments have determined.

REPEAT THIS IDEA UPON THE HOUR and practice your RAHN meditation twice today with great depth and sincerity. Allow your practice today to reaffirm your commitment to Knowledge, for you need only follow the steps as they are given.

PRACTICE 137: *Two 30-minute practice periods.*
Hourly practice.

Step 138

I NEED ONLY FOLLOW THE STEPS AS THEY ARE GIVEN.

THE TRUTH OF THIS IS SO VERY OBVIOUS, if you will think of the many things that you have learned by simply following the steps in preparation. To not participate and to attempt to understand is utterly fruitless, utterly frustrating and without a happy or satisfying result of any kind. We are preparing you to participate in life, not to judge it, for life will hold a greater promise than your judgments could ever reveal. Your understanding is born of participation and is the result of participation. Thus, learn to participate and then to understand, for this is the true sequence of things.

THIS DAY REMEMBER YOUR HOURLY PRACTICES and allow your two meditations in stillness to become deeper. Allow no thoughts of fear, anxiety or self-doubt to dissuade you from your greater activity. Your ability to practice regardless of your emotional state demonstrates that the presence of Knowledge is within you, for Knowledge is beyond all emotional states and is unfettered by them. If you wish to see the stars, you must look beyond the clouds. What are your fears but clouds that pass through your mind? They only change the character of the surface of your mind, but the depth of your mind remains unchanged forever.

PRACTICE 138: *Two 30-minute practice periods.*
Hourly practice.

Step 139

I HAVE COME TO THE WORLD TO SERVE.

*Y*OU HAVE COME TO THE WORLD TO SERVE, but first you must receive. First, you must unlearn what you have taught yourself so that you may reclaim that which you have brought with you. This preparation is essential for your success and for your happiness as well. Do not think that through understanding alone you will be able to recognize and give your true gifts. Your participation is your preparation, for you are being prepared to participate in life. Thus, we draw you more and more into the mystery of life and the manifestation of life. In this way, you will be able to treat the mystery as mysterious with wonder and you will be able to treat the manifestation of life practically and with objectivity. With this, you will be able to be a bridge from your Ancient Home to the manifest world. Across this bridge the Wisdom of Knowledge may express itself, and you may find your greatest fulfillment.

PRACTICE YOUR RAHN MEDITATION TWICE TODAY with great depth and concentration, and remember your idea upon the hour so that you may utilize all occurrences today on your own behalf.

PRACTICE 139: *Two 30-minute practice periods.*
Hourly practice.

Step 140

REVIEW

*T*ODAY YOU COMPLETE TWENTY WEEKS OF PRACTICE. You have come this far, and from here you will proceed on with greater strength and certainty, for Knowledge will begin to guide you and to motivate you increasingly as you become attentive to it. You wish to be the servant and the Master all at once because the servant is in you and the Master is in you. You personally are not the Master, but the Master is in you. You personally are a servant, but you are in relationship with the Master, and so your union is complete. Thus, all aspects of yourself find their rightful place. All things are brought into alignment and harmony with one purpose and one goal. Your life is simple because it is in harmony and in balance. Knowledge will indicate all things that must be done for you—physically, emotionally and mentally—to develop this balance and to maintain it in your current circumstances. Think not that any vital aspect will be overlooked or left undone.

CONGRATULATIONS FOR YOUR ACCOMPLISHMENT thus far. Review the past six days of practice and gauge your understanding of your progress appropriately. Allow yourself to be a beginning student of Knowledge so that you may receive the very most. You will proceed on from here with greater certainty and speed and greater involvement as well as you learn to utilize all things for your benefit.

PRACTICE 140: *One long practice period.*

Step 141

I WILL BE CONFIDENT THIS DAY.

*T*ODAY BE CONFIDENT THAT YOU ARE IN PREPARATION on the path to Knowledge. Be confident today that Knowledge is with you and abides with you and that you are now learning step by step to receive its grace, its certainty and its direction. Be confident this day that you are born of God's love and that your life in this world, this brief visit here, is but an opportunity to re-establish your true identity in a place where it has been forgotten. Be confident today that the efforts that you are now making on your own behalf will lead you to the great goal that you have come here to seek because this preparation comes from your Ancient Home to serve you while you are in the world, for you have come to the world to serve.

REPEAT THIS AFFIRMATION UPON THE HOUR and consider it in light of all things that happen today. In your two longer practice periods, repeat the statement and then allow yourself to enter peace and stillness. Allow your confidence to dispel fear, doubt and anxiety. Support your efforts today, for they require your support on behalf of a greater certainty that you are now learning to receive.

PRACTICE 141: *Two 30-minute practice periods.*
Hourly practice.

Step 142

I WILL BE CONSISTENT TODAY.

*P*RACTICE CONSISTENTLY TODAY regardless of what is occurring within you or without. This consistency represents a Greater Power within you. This consistency will give you certainty and stability in the face of all disturbances, in the face of all external events and in the face of all emotional states within you. This consistency will stabilize and balance you and in time will bring everything into right order within you. You practice consistency so that you may learn it and experience it. As you do this, it will bestow upon you the empowerment that you will need to be a contributor in this world.

THEREFORE, TODAY PRACTICE CONSISTENTLY. Practice upon the hour, reminding yourself to be consistent. In your two meditations, practice keeping your mind steady and focused, allowing it to settle into itself so that it may experience its own nature. Do not repress what is occurring within you. Do not control what is occurring without. Simply maintain consistency, and all things will find a right balance and relationship to this. Thus, you are bringing forth Knowledge into the world, for Knowledge is entirely consistent. This will render you a person of great presence and power. Others will come to experience your consistency in time as it is more fully received by you and more fully developed. They will find refuge in your consistency, and this will remind them of their purpose as well, which waits to be discovered.

PRACTICE 142: *Two 30-minute practice periods.*
Hourly practice.

Step 143

TODAY I WILL BE STILL.

*B*E STILL TODAY IN YOUR TWO MEDITATION PRACTICES so that you may receive the presence of Knowledge within you. Take a moment of stillness in your hourly practice so that you may recognize where you are and what you are doing. In this way, you may access the greater aspect of mind so that it may serve you upon each hour so that you may carry it forth into the world. Be still today so that you may observe the world. Be still today so that you may see the world. Be still today so that you may hear the world. Carry forth your daily duties, but within yourself be still. In this way, Knowledge will present itself and then will begin to guide you as it is intended to do.

PRACTICE 143: *Two 30-minute practice periods.*
Hourly practice.

Step 144

I WILL HONOR MYSELF TODAY.

*H*ONOR YOURSELF BECAUSE OF YOUR HERITAGE, because of your destiny and because of your purpose. Honor yourself because life honors you. Honor yourself because God is honored in God's Creation in you. This eclipses all the evaluations that you have made upon yourself. This is greater than any criticism that you have levied against yourself. This is greater than any pride that you have used to offset your pain.

IN SIMPLICITY AND HUMILITY REMIND YOURSELF upon the hour to honor yourself. In your two deeper practices today, allow yourself to experience the presence of Knowledge, for this honors you and honors Knowledge as well. Honor yourself this day so that Knowledge may be honored, for in reality you are Knowledge. This is your True Self, but it is a Self that you are only now beginning to reclaim.

PRACTICE 144: *Two 30-minute practice periods.*
Hourly practice.

Step 145

I WILL HONOR THE WORLD TODAY.

*H*ONOR THE WORLD TODAY, for it is the place you have come to reclaim Knowledge and to bestow its gifts. Thus, the world in its beauty and in its tribulation provides the right environment for you to fulfill your purpose. Honor the world because God is in the world honoring the world. Honor the world because Knowledge is in the world honoring the world. Honor the world because without your judgment you will realize it is a place of grace, a place of beauty and a place that blesses you as you learn to bless it.

REPEAT YOUR LESSON UPON THE HOUR. In your two longer practice periods, experience loving the world. Allow Knowledge to give its grace. You do not have to try to be loving here, but merely to be open and to let Knowledge express its great affection.

HONOR THE WORLD TODAY so that you may be honored for being in the world, for the world honors you as you honor yourself. The world is acknowledged as you acknowledge yourself. The world needs your love and your blessings. It needs your good works as well. In this way, you are honored, for you have come here to give.

PRACTICE 145: *Two 30-minute practice periods.*
Hourly practice.

Step 146

I WILL HONOR MY TEACHERS TODAY.

*Y*OUR TEACHERS, WHO ARE MYSTERIOUS and who live beyond the visible, abide with you while you are in the world. Now that you have begun the steps towards the reclamation of Knowledge, their activity in your life will become stronger and more evident. You will begin to give your attention to this, and their need for you to develop will be greater, as your need for them will be greater.

UPON THE HOUR AND IN YOUR TWO LONGER PRACTICES, remember your Teachers and actively think about them. Honor your Teachers, then, for this proclaims that your ancient relationships are indeed alive and are present now to give you hope, certainty and empowerment. Honor your Teachers so that you may experience the depth of your own relationship with them. In your relationship with your Teachers is the spark of memory that reminds you of your Ancient Home and of your true destiny. Honor your Teachers so that you may be honored, for it is your honor that you must reclaim. In spite of whatever errors you have committed, it is your honor that you must reclaim. If this is done truly, it will be done in humility and simplicity, for as you honor yourself, you honor the greatness of life, of which you are a small but integral part.

PRACTICE 146: *Two 30-minute practice periods.*
Hourly practice.

Step 147

REVIEW

*I*N YOUR REVIEW THIS WEEK allow yourself to realize the lessons that are being presented to you. Take special care to recognize the empowerment that is being offered to you as you exert your will for good. Note as well the requirement that you accept yourself beyond your current understanding, that you honor yourself beyond your current evaluation of yourself and that you experience life beyond your own thoughts and prejudices. Recognize the opportunity that is being given to you, and realize that each moment that you spend in sincere application furthers your progress tremendously and establishes a permanent advancement for you. If you think of what you would want to give to the world, give your advancement. From this all good things which you have come to give, according to your nature and your design, will be given completely. Thus, your gift to the world now is your preparation so that you may learn to give.

IN YOUR LONG PRACTICE PERIOD, review the past week — your lessons, your practices, your experiences, your accomplishments and your difficulties. View this objectively and determine how you may give yourself to your practices more completely in the future.

PRACTICE 147: *One long practice period.*

Step 148

MY PRACTICE IS MY GIFT TO GOD.

*Y*OUR PRACTICE IS YOUR GIFT TO GOD, for God wills that you receive Knowledge so that you may give it to the world. Thus, you are honored as the recipient and as the vehicle for Knowledge, God is honored as the source of Knowledge, and all who receive it will be honored as well. This is your gift now—to undertake the true preparation that you are involved in currently.

THEREFORE, TREAT EACH PRACTICE PERIOD TODAY as a form of giving. Upon the hour, give yourself in each circumstance in which you find yourself. In your two deep meditation practices, give yourself completely. Do not come begging for ideas or information, but come to receive and come to give. As you give yourself, you will receive and in this you will learn the ancient law that to give is to receive. This must be born completely in your experience so that you may fully comprehend its meaning and its application in the world.

YOUR PRACTICE IS YOUR GIFT TO GOD. Your practice is your gift to yourself. Come to your practice today to give, for in your giving you will realize the depth of your own resources.

PRACTICE 148: *Two 30-minute practice periods.*
Hourly practice.

Step 149

MY PRACTICE IS MY GIFT TO THE WORLD.

*Y*OU GIVE TO THE WORLD THROUGH YOUR OWN DEVELOPMENT at this time, for you are preparing to give a greater gift than you have ever given before. Thus, each day that you undertake the practice according to each step that is given, you give a gift to the world. Why is this? It is because you acknowledge your value and your worth. You acknowledge your Ancient Home and your Ancient Destiny. You acknowledge those who sent you and those who will receive you when you leave this world. All this is given to the world each time you practice sincerely, upon each day, upon each hour. This is a greater gift to the world than you can yet understand, but in time you will see the total need that it fulfills.

THEREFORE, YOUR PRACTICE IS A GIFT TO THE WORLD, for it gives that which you are affirming within yourself. What you affirm within yourself you affirm for all individuals, in all circumstances, in all worlds and in all dimensions. Thus, you affirm the reality of Knowledge. Thus, you affirm your Ancient Home while you are here.

UPON THE HOUR, GIVE TO THE WORLD through your practice of giving. Remind yourself of this. In your two longer practice periods, give yourself completely into stillness and silence. Give of your heart and give of your mind. Give all that you realize you can give, for this is a gift to the world. Though you cannot as yet see the result, have confidence that this giving will extend beyond your own mind and will touch all minds in the universe, for all minds are truly joined in reality.

PRACTICE 149: *Two 30-minute practice periods.*
Hourly practice.

Step 150

TODAY I WILL LEARN TO LEARN.

*T*ODAY YOU LEARN TO LEARN. You learn to learn because you need to learn. You need to learn how to learn so that your learning may be effective and expedient, have depth and consistency and produce a sound advancement that you can rely upon in all circumstances in the future. Do not think that you already understand the process of learning, for you are learning about this now as you understand the meaning of advancement, the meaning of failure, the meaning of encouragement, the meaning of discouragement, the meaning of enthusiasm and the meaning of a lack of enthusiasm. That is why at the end of each week you review your practices so that you may understand your progress and understand the mechanism of learning. This is essential for you to realize, for until you do, you will misinterpret your steps, you will misconstrue your actions, you will not understand how to follow a curriculum and you will never learn how to teach a curriculum yourself.

THEREFORE, TODAY YOU LEARN TO LEARN. This places you as a beginning student of Knowledge, which gives you all rights and all encouragement to learn everything that is necessary, without presumption, without conceit, without denial and without falsity of any kind. As you learn to learn, you will realize the mechanism of learning. This will give you Wisdom and compassion in your dealings with people. You cannot teach people from idealism, for then you place upon them the burden of your own expectations. You require of them what even life cannot provide. But the certainty of your experience and your Knowledge, which you will give to others, will be sound, and they will be able to receive it and utilize it in their own way. Then, you will not place any personal demands upon them in their learning, but will allow Knowledge within you to give to Knowledge in them. You will then be a witness to the instruction and to the learning as well.

THEREFORE, TODAY BEAR WITNESS TO YOUR OWN LEARNING and learn to learn. Upon the hour, remind yourself that you are learning to learn. In your two meditation practices, allow yourself to enter stillness and peace. Observe yourself as you move forward and as you hold yourself back. Exert your will on your own behalf compassionately and firmly, and judge not your advancement because you are not in a position to judge, because you are learning to learn.

PRACTICE 150: *Two 30-minute practice periods.*
Hourly practice.

Step 151

I WILL NOT USE FEAR TO SUPPORT MY JUDGMENTS.

*D*O NOT USE FEAR TO SUPPORT YOUR JUDGMENTS of yourself and the world, for these judgments are born of your uncertainty and anxiety. Thus, they lack the foundation of Knowledge. Thus, they lack the meaning and value that only Knowledge can bestow. Do not rely upon your judgments of yourself and the world. As you withdraw from them, you will realize that their source is fear, for you have only been trying to comfort yourself with your judgments, to provide a false security, stability and identity which you feel you are lacking. Therefore, be without a substitute for Wisdom and Knowledge, and allow Wisdom and Knowledge to arise naturally.

UPON THE HOUR REPEAT YOUR STATEMENT, and consider it in light of all things that are occurring today. In your two deeper practices, consider the meaning of today's idea as you think about it carefully. Apply your mind in a state of work as you attempt to penetrate the meaning of today's lesson. Do not be comforted by premature conclusions. Investigate deeply with your mind in your practice periods. Use your mind actively. Consider many things within yourself while maintaining a concentration on today's idea. If you do this, you will understand many things about Wisdom and ignorance, and your understanding will be born of compassion and true self-appreciation. For only from a place of self-love can you offer correction to yourself and to others.

PRACTICE 151: *Two 30-minute practice periods.*
Hourly practice.

Step 152

I WILL NOT FOLLOW FEAR WITHIN THE WORLD.

*H*UMANITY IS GOVERNED BY WAVES OF FEAR that draw people here and there, waves of fear that dominate their actions, their thinking, their conclusions, their beliefs and their assumptions. Do not follow the waves of fear that move across the world. Instead, remain steadfast and still in Knowledge. Allow yourself to observe the world from this point of stillness and certainty. Do not be swayed by the waves of fear. In this way, you will be able to contribute to the world and not be its victim only. You are here to give, not to judge, and in stillness you are without judgment upon the world. Recognize, then, the waves of fear, but do not let them touch you, for in Knowledge they cannot touch you because Knowledge is beyond all fear.

REPEAT YOUR IDEA FOR THE DAY UPON THE HOUR, and consider it in light of all that you experience today. In your two longer practice periods, apply your mind actively in attempting to understand today's lesson. Again, this is a form of mental application. We shall not practice stillness and mental silence today but mental application so that you may learn to think constructively. For when your mind is not still, it should be thinking constructively. It should be investigating. Do not rely upon early conclusions. Do not rely upon self-comforting ideas. Allow yourself to be vulnerable today, for you are only vulnerable to Knowledge. Yet, Knowledge will shield you from all things of harm within this world and will provide a comfort and a stability that the world can never change. Learn of this today so that you may be a source of Knowledge within the world so that your Source may express itself through you.

PRACTICE 152: *Two 30-minute practice periods.*
Hourly practice.

Step 153

MY SOURCE WISHES TO EXPRESS ITSELF THROUGH ME.

*Y*OU WERE CREATED TO BE AN EXPRESSION OF YOUR SOURCE.
You were created to be an extension of your Source. You were created to be a part of your Source. Your life is communication, for communication is life. Communication is the extension of Knowledge. It is not merely the sharing of little ideas from one separated mind to another. Communication is far greater, for communication creates life and extends life, and within this is all joy and fulfillment. Within this is the depth of all meaning. Here darkness and light mix together and cease their separation. Here all opposites blend and melt into each other. This is the unity of all life.

ALLOW YOURSELF, THEN, TO EXPERIENCE YOURSELF as a vehicle of communication, and know what you truly wish to communicate will be fully expressed as well, for the self that you genuinely are is an extension of the Self that is life itself. In this, you will be completely affirmed and life will be affirmed around you. Your gifts will be received and integrated by life, for giving of this nature can only yield a greater result, beyond the comprehension of humanity.

REMIND YOURSELF UPON THE HOUR that you were meant to express the will of your Source. Within your two practice periods today, allow yourself to enter stillness and peace once again. Allow yourself to be an open vehicle through which life may flow freely, through which life may express itself today.

PRACTICE 153: *Two 30-minute practice periods.*
Hourly practice.

Step 154

REVIEW

*R*EVIEW THE PAST WEEK'S PRACTICE. Review all the instructions that were given and your practices as well. Consider how deeply you have entered peace. Consider how deeply you have used your mind for investigation. Remember that your practice is a form of giving. Therefore, give yourself to review your practices. See how your giving can become more complete and deeper so that you may receive greater and greater rewards, for yourself and for the world.

IN YOUR ONE LONG PRACTICE PERIOD TODAY, review the week of training that has just been completed. Remember not to judge yourself. Remember to be a witness to your learning. Remember that your practice is a form of giving.

PRACTICE 154: *One long practice period.*

Step 155

THE WORLD BLESSES ME AS I RECEIVE.

*Y*OU ARE LEARNING NOW TO RECEIVE. The world blesses you as you learn to receive, for Knowledge will flow into you as you become an open receptacle for Knowledge. And you will draw that which is life into yourself, for life is always attracted to those who give.

UNDERSTAND THIS IN ITS FULL DEPTH THIS DAY as you remind yourself upon the hour that life gives to you as you are still. In your two meditation practices, enter stillness once again and feel life being drawn into you. This is a natural attraction. As your giving and stillness become greater, you will feel life being drawn into you, for you will in time become a source of nourishment for life.

PRACTICE 155: *Two 30-minute practice periods.*
Hourly practice.

Step 156

I WILL NOT BE CONCERNED ABOUT MYSELF TODAY.

SELF-CONCERN IS A FORM OF HABITUAL THINKING, born of negative imagination and of errors that have not been corrected. This compounds your sense of failure, thus influencing your lack of self-trust and self-appreciation. Our lesson for today, then, is to fortify that which is genuine within you. If you are with Knowledge, Knowledge will care for all things that require your attention. Think not that anything will be left unattended to that is for your own behalf. All needs of a greater spiritual nature and of the most mundane nature as well will be met and understood by you, for there is no neglect in Knowledge. You who are accustomed to neglect, who have not used your mind properly in the past, who have not been able to see or hear the world, can now be comforted, for you need not have concern for yourself today.

FOR THIS YOU MUST EXTEND YOUR FAITH and your trust that Knowledge will provide for you. This in time will allow you to receive the gift of Knowledge which will dispel all doubt and confusion. You must prepare for this experience. In this, you must extend your faith and trust. Be confident this day. Recognize those things that require your attention, even if they be of a mundane nature, and attend to them well, for Knowledge is not seeking to take you out of the world but to bring you into the world, for you have come here to give.

FORTIFY YOUR UNDERSTANDING OF TODAY'S IDEA by repeating it upon the hour and giving it a moment of true consideration. Fortify your practice today by utilizing it in your deeper practices where you enter stillness and silence. You can only enter stillness and silence if you are without concern for yourself. Thus, your commitment to give yourself to your practice is an affirmation of the safety and the certainty that abide with you.

PRACTICE 156: *Two 30-minute practice periods.*
Hourly practice.

Step 157

I AM NOT ALONE IN THE UNIVERSE.

*Y*OU ARE NOT ALONE IN THE UNIVERSE because you are part of the universe. You are not alone in the universe because your mind is joined with all minds. You are not alone in the universe because the universe is with you. You are now learning to be with the universe so that your relationship with life may be fully reclaimed and so that it may express itself in your world. The world sets a poor example for this, for humanity has lost its relationship with life and now seeks desperately within the realms of imagination and fantasy to find that which has been lost. Be happy today, then, that the means for life's reclamation have been given to you so that you may give yourself to your practice and to your destiny. In this way, you are affirmed. You are not alone in the universe. The depth of this idea is far greater than what it appears to be at first. It is a statement of absolute truth, but it must be experienced to be comprehended.

THEREFORE, UPON THE HOUR REMIND YOURSELF of this statement. Attempt to feel it in whatever circumstance you find yourself. In your two longer meditation practices, attempt to experience your complete inclusion in life. You need not think of ideas or see images, but only feel the presence of life of which you are a part. You are within life. You are immersed in life. Life is embracing you. Beyond any images the world may present, beyond any actions the world may demonstrate, you are within the loving embrace of life.

PRACTICE 157: *Two 30-minute practice periods.*
Hourly practice.

Step 158

I AM RICH SO I CAN GIVE.

ONLY THE RICH CAN GIVE, FOR THEY ARE NOT DESTITUTE. Only the rich can give, for they are not comfortable with a possession unless it is given. Only the rich can give, for they cannot understand their possession until it is given. Only the rich can give, for they wish to experience gratitude as their only reward.

YOU ARE RICH AND YOU CAN GIVE. You possess a wealth of Knowledge already, and this is the greatest possible gift. Any other action, any other favor, any other object that is a gift is only meaningful insofar as it is imbued with Knowledge. This is the unseen essence of all true gifts and all true giving. You have a great storehouse of this essence, which you must learn to receive. You are rich beyond your own awareness. Even if you are financially poor, even if you think you are alone, you are rich. Your giving will demonstrate this today. Your giving will demonstrate the source, the depth and the meaning of your wealth and will imbue all of your giving with the essence of giving itself. You will find in time that you will give without trying and that your life itself will be a gift. Then, your life will demonstrate the wealth that each person possesses but which they have not yet learned to receive.

REPEAT THIS IDEA UPON THE HOUR, and in your two longer meditation practices, experience your own wealth. Experience the presence and the depth of Knowledge. Be the recipient of Knowledge and give yourself to Knowledge, for in giving yourself to your practice, you affirm your own wealth already, which only needs to be affirmed to be fully realized.

PRACTICE 158: *Two 30-minute practice periods.*
Hourly practice.

Step 159

THE POOR CANNOT GIVE. I AM NOT POOR.

THE POOR CANNOT GIVE, FOR THEY ARE DESTITUTE. They are required to receive. You are not destitute, for the gift of Knowledge is with you. Therefore, you are in a position to give, and in your giving you will realize your worth and any sense of destitution will leave you. Be confident that Knowledge will provide all material things that are truly needed by you. Though it may not provide what you wish, it will provide what you need and in the right amount. Thus, you will have what you need to contribute according to your nature and your calling in the world. But you will not be burdened with that which can only burden you. You will have exactly what you need, and the world will not burden you with its deprivation or its excesses. Thus, everything will have perfect balance. Knowledge will give to you what you need, and what you need is what you really want. You cannot yet assess your needs, for you are lost in what you want. But your needs will reveal themselves through Knowledge, and in time you will understand the nature of need and how it may be fulfilled.

YOU ARE NOT POOR, FOR THE GIFT OF KNOWLEDGE IS WITH YOU. Repeat today's statement upon the hour and consider it in light of your observations of others. In your deeper practice periods, allow yourself to experience the wealth of Knowledge that you now possess.

PRACTICE 159: *Two 30-minute practice periods.*
Hourly practice.

Step 160

THE WORLD IS POOR, BUT I AM NOT.

*T*HE WORLD IS POOR, BUT YOU ARE NOT POOR. Regardless of your circumstances, this is true because you are reclaiming the wealth of Knowledge. Understand, then, the meaning of impoverishment. Understand, then, the meaning of wealth. Do not think that those who possess more objects than you are in any way wealthier than you are, for without Knowledge they are impoverished and will acquire things only to offset their misery and uncertainty. Thus, their impoverishment is compounded by their acquisition.

THE WORLD IS POOR, BUT YOU ARE NOT, for you have brought Knowledge with you into the world where Knowledge has been forgotten and denied. Thus, in the reclamation of your own wealth, the world will reclaim its wealth as well, for you shall stimulate Knowledge in all, and their wealth will begin to reveal itself in your presence and in the presence of Knowledge which guides you.

THEREFORE, DO NOT ASK ANYTHING OF THE WORLD save what few material things you need to fulfill your function. This is a small request in light of what you have come to give. And if your demands are not in excess of what you need, the world will gladly render them to you in exchange for a greater gift which you possess.

CONSIDER THE IDEA FOR THE DAY UPON EACH HOUR. Do not let any hour pass without this recognition. Strengthen your resolution to use each practice in all circumstances of the day so that your life may be meaningful in all of its events. In your two longer practice periods today, enter into stillness and peace to learn more of the wealth that you possess.

PRACTICE 160: *Two 30-minute practice periods.*
Hourly practice.

Step 161

REVIEW

*I*N YOUR REVIEW TODAY, CONSIDER EACH LESSON and each practice of each day in the past week. Learn more of the process of learning. Realize that to learn this you cannot view your life with condemnation, for you are learning to learn. Realize that wealth is apparent in your life because of the practices that you are undertaking, which you could not do if you were without Knowledge. You are undertaking this preparation because of Knowledge, and each day you are committed to your practice because of Knowledge. Each day you accomplish your practice because of Knowledge. Thus, without your denial or interference, Knowledge itself will guide you in your preparation and will emerge as you undertake each step. How easy is success in this way. How simple it is to receive without denial or insistence on your part. For without imagination, life is evident. Its beauty is evident. Its grace is evident. Its purpose is evident. The work that it requires is evident. Its rewards are evident. Even the difficulties of this world are evident. Everything becomes evident as your mind becomes still and clear.

THEREFORE, IN ONE LONG PRACTICE PERIOD review the week's practices. Give this your full attention. Give yourself to your practice and know that Knowledge within you is motivating you.

PRACTICE 161: *One long practice period.*

Step 162

I WILL NOT BE AFRAID TODAY.

*T*ODAY LET NOT FEAR OVERTAKE YOUR MIND. Let not the habit of negative imagination capture your attention and emotions. Be involved with life as it truly is, which you may perceive without condemnation. Fear is like a disease that comes and takes you over. But you need not give in to fear because your source and your roots are deeply planted in Knowledge, and you are now becoming stronger in Knowledge.

REMINDE YOURSELF UPON THE HOUR not to let fear overtake you. When you begin to feel its effects, in whatever manner that it exerts its influence upon you, withdraw from it and claim your allegiance to Knowledge. Give your confidence to Knowledge. In your two deeper practice periods today, give yourself to Knowledge. Give your mind and your heart so that you may be strengthened in that certainty where fear can never enter. Your fearlessness in the future must not be born of pretense, but born of your certainty in Knowledge. In this way, you will be a refuge of peace and a source of wealth for others. This is what you are meant to be. This is why you have come into the world.

PRACTICE 162: *Two 30-minute practice periods.*
Hourly practice.

Step 163

I WILL FEEL KNOWLEDGE TODAY.

*F*EEL THE ABIDING QUALITY OF KNOWLEDGE, which is always available to you beyond your thoughts and self-preoccupations. Upon the hour, feel Knowledge today. Repeat the idea for the day and take a moment to feel its presence. The presence of Knowledge is something you can take with you everywhere you go, into each encounter, into each circumstance. It is appropriate everywhere. In this, you will be able to see each circumstance and event. You will be able to hear. You will be able to give. You will be able to comprehend. This stability is something the world greatly needs, and you who are rich with Knowledge have this to give.

FEEL KNOWLEDGE THIS DAY IN YOUR DEEPER PRACTICE PERIODS. Give yourself to this, for this is your gift to God and to the world. Let this day be a day of strengthening and a day of confirmation. Let not any small failure today dissuade you from your greater task. Realize that all setbacks can only stop you in your progress, and you need only step forward to continue. The response to any failure, then, great or small, is simply the decision to continue. For you need only follow the steps that are given here to achieve the results of this preparation for you. How simple is the path to Knowledge. How clear is its way when you follow its provision step by step.

PRACTICE 163: *Two 30-minute practice periods.*
Hourly practice.

Step 164

TODAY I WILL HONOR WHAT I KNOW.

*H*ONOR WHAT YOU KNOW TODAY. Hold to what you know. Allow your Knowledge to guide you specifically. Do not try to use Knowledge to fulfill yourself, for in this you will only use what you think of as Knowledge and once again you will weave an illusion for yourself that will entrap you and drain you of life, enthusiasm and certainty. Let Knowledge move you today. Carry on your normal activities. Follow all the procedures of life that are your duty, but let Knowledge abide with you so that it may bestow its mysterious gift everywhere you go and give you concrete direction when that is actually needed.

REPEAT THIS STATEMENT UPON THE HOUR and consider it in light of your immediate circumstances. In your deeper practice periods today, once again give yourself to stillness and to peace. Honor Knowledge today by giving yourself to Knowledge and by abiding with Knowledge.

PRACTICE 164: *Two 30-minute practice periods.*
Hourly practice.

Step 165

MY DUTIES ARE SMALL. MY MISSION IS GREAT.

*Y*OUR DUTIES IN THE WORLD ARE SMALL. They are meant to secure provisions which you need physically and to maintain those alliances with others that are beneficial for your well-being and for their well-being as well. These duties are important, but your mission is greater. Do not undermine your ability to receive your mission by being in failure concerning your duties. This is only a form of self-avoidance. Carry out your duties specifically this day regarding your employment and your engagement with others. Do not confuse this with your mission, which is something far greater that you are only now beginning to receive and to experience. Thus, your duties will provide a foundation for you as you undertake the preparation for the reclamation and the contribution of Knowledge.

REMEMBER THAT ALL CONFUSION is the confusion of different levels. Do not confuse mission with duty. This is a very important distinction for you to make. Your tasks in the world are specific, but your mission is far greater. As your mission begins to express itself within you who are learning to receive it, it will create a more specific influence upon your duties as well. This is gradual and entirely natural for you. This merely requires that you be self-disciplined, consistent and trusting enough to follow its steps.

THEREFORE, CARRY OUT YOUR DUTIES TODAY so that you may be a beginning student of Knowledge. Remind yourself of your practice upon the hour, and in your two longer practice periods, actively engage your mind in considering the idea for today. Its true meaning is not superficial, and you must investigate it to understand its full value. Do not be complacent with premature conclusions. Do not stand on the outside of Knowledge and attempt to judge it for yourself. Enter into it so that you may be a student today, for you are now a student of Knowledge. You are now giving yourself to the world in your preparation.

PRACTICE 165: *Two 30-minute practice periods.*
Hourly practice.

Step 166

MY MISSION IS GREAT. THEREFORE, I AM FREE TO DO SMALL THINGS.

*I*T IS ONLY IN YOUR GRANDIOSE IDEAS, which are a cover for fear, anxiety and despair, that you would avoid the small things that are required of you to do in the world. Again, do not confuse the greatness of your mission with the smallness of your duties. Greatness expresses itself in the smallest thing, in the tiniest action, in the most fleeting thought, in the simplest gesture and in the most mundane circumstances. Thus, maintain your small actions in the world so that Knowledge in time may express itself through them. Actions in the world are small in contrast to the greatness of Knowledge. Prior to your preparation, the world was considered great and Knowledge small, but you are now learning that the opposite is true—that Knowledge is great and the world is small. This also means that your activities in the world are small, but they are vehicles through which Knowledge may express itself.

THEREFORE, BE CONTENT DOING SMALL THINGS IN THE WORLD. Be simple and humble in the world so that greatness may flow through you without obstruction.

THIS PRACTICE WILL REQUIRE REPETITION upon the hour and deep consideration in your two longer practice periods, where you will engage your mind actively in comprehending the meaning of today's idea. Use your mind for investigation. Allow yourself to consider these things. Do not rely on conclusions but continue your exploration. This is the right use of your mind which will lead you to a greater understanding. Here the mind is not merely weaving visions and illusions to take itself away from its own anxiety. Here the mind is examining its own content. Here the mind is working on behalf of Knowledge, as it was intended to do.

PRACTICE 166: *Two 30-minute practice periods.*
Hourly practice.

Step 167

WITH KNOWLEDGE I AM FREE IN THE WORLD.

*W*ITH KNOWLEDGE YOU ARE FREE IN THE WORLD. You are free to join. You are free to leave. You are free to make agreements. You are free to complete and change agreements. You are free to surrender yourself. You are free to extricate yourself. In Knowledge you are free.

IN ORDER FOR YOU TO COMPREHEND THE TRUE MEANING of this and to realize its immediate value to you in your current circumstances, you must understand that you cannot use Knowledge to fulfill yourself. That must be a tacit understanding. Never lose sight of this, for if you think you are using Knowledge to fulfill yourself, you will misinterpret Knowledge and will not experience it. You will merely attempt to fortify your illusions and your attempts at escape. This can only darken the clouds that are now cast over you. This can only disappoint you as a form of temporary stimulation and compound your sense of isolation and misery.

IN KNOWLEDGE YOU ARE FREE. There is no restraint now, for Knowledge will merely give you where you are intended to be given and express itself through you where it is intended to be expressed. This will free you from all inappropriate involvements and engagements and will lead you to those individuals who are waiting for you. This will lead you to those circumstances that are for your greatest benefit and for the benefit of others who are involved. Here Knowledge is the guide. Here you are the recipient. Here you are the contributor. There is no greater freedom than this, for in this you are free.

REMINDE YOURSELF OF THIS IDEA UPON THE HOUR, and in your two deeper meditation practices, once again enter into stillness and silence. Once again allow your mind to be quiet, for in this you are free. Prepare yourself for your practices by repeating the idea and dedicating

yourself to your practice. Without your domination, your mind will be free and will experience its own depth in Knowledge.

PRACTICE 167: *Two 30-minute practice periods.*
Hourly practice.

Step 168

REVIEW

*R*EVIEW THE WEEK THAT HAS PASSED. Review each lesson as it was given and each practice that you experienced. Review the entire week so that you may fortify the learning that you are now undertaking. Remember that you are learning to learn. Remember that you are a beginning student of Knowledge. Remember that your evaluation, if it is not born of Knowledge, will not be helpful. Without this evaluation, it will be apparent how to strengthen your involvement, how to strengthen your preparation and how to make adjustments in your outer life to support you in your endeavor. This can be done without self-condemnation. It can be done because it is necessary, and you are able to respond to that which is necessary without punishing yourself or the world. This preparation is necessary, for it represents your will.

IN YOUR LONG PRACTICE PERIOD TODAY, review the week with sincerity and depth. Give this your full attention so that you may receive the gifts that you are now preparing to receive.

PRACTICE 168: *One long practice period.*

Step 169

THE WORLD IS WITHIN ME. THIS I KNOW.

*T*HE WORLD IS WITHIN YOU. You can feel it. Through Knowledge you can feel the presence of all relationships. This is the experience of God. This is why your meaningful relationships with other individuals hold such great promise, for in genuine union with another you can begin to experience union with all life. This is why you genuinely seek relationships. This is your true motivation in relationships—to experience union and to express your purpose. People think that their relationships are to fulfill their fantasies and to fortify themselves against their own anxiety. This must be unlearned so that the true purpose of relationships may be revealed and comprehended. Thus, unlearning comes first in the process of learning. In this, you learn how to learn. In this, you learn how to receive.

PRACTICE UPON THE HOUR THIS DAY, remembering your idea. Today in your deeper meditations, once again use the word RAHN to take you deeper into the depth of Knowledge. Repeat the idea at the beginning of your practice and then, upon each exhale, repeat the word RAHN quietly to yourself. Allow this to center your mind. Allow this to connect you with the depth of Knowledge. Here you go deeper than you have gone before. In this, you will find all that you seek, and there will be no confusion about the world.

PRACTICE 169: *Two 30-minute practice periods.*
Hourly practice.

Step 170

I AM FOLLOWING THE ANCIENT RITE OF PREPARATION TODAY.

*T*HIS PREPARATION THAT YOU ARE UNDERTAKING is ancient in its origin. It has been used for centuries, in this world and in other worlds as well. It is only adapted in its language and in its relevancy to your current time, yet it prepares the mind in the way that minds have always been prepared in The Way of Knowledge, for Knowledge does not change and the preparations only adapt themselves to current events and current understanding so that they may be relevant for the recipients. Yet, the true mechanism for preparation is unchanged.

YOU ARE UNDERTAKING AN ANCIENT RITE in the reclamation of Knowledge. Born of the Great Will of the Universe, this preparation has been constructed for the advancement of students of Knowledge. You are working in tandem now with many other individuals, both within this world and within other worlds as well. For Knowledge is being taught in all worlds where intelligent life exists. Thus, your efforts are supported and embellished by the efforts of those who are preparing with you. In this, you represent a community of learners. Think not, then, that your efforts are singular. Think not, then, that you are alone in the world undertaking the reclamation of Knowledge. Think not, then, that you are not part of a community of learners. This will be more evident to you in time as you begin to recognize those who are preparing with you. This will be more evident in time as your experience of the presence of your Teachers deepens. This will be more evident in time as the results of your Knowledge become evident even to you. This will be more evident in time as you consider your life as part of a Greater Community of Worlds.

REMINDE YOURSELF OF YOUR PRACTICE UPON THE HOUR. In your deeper practices in stillness, receive the benefit of all who practice with you. Remind yourself that you are not alone and that their rewards are

given to you as your rewards are given to them. Thus, you share in your accomplishments together. The power of your undertaking is so tremendously supported by the endeavor and the giving of others that it far exceeds your own abilities. When this is realized, it will give you all manner of encouragement and will banish forever the idea that you are inadequate to the tasks that are given to you. For your giving is supplemented by the giving of others, and this represents the Will of God in the universe.

PRACTICE 170: *Two 30-minute practice periods.*
Hourly practice.

Step 171

MY GIVING IS AN AFFIRMATION OF MY WEALTH.

*Y*OUR GIVING IS AN AFFIRMATION OF YOUR WEALTH because you give from your own wealth. It is not the giving of objects that we speak of here, for you may give away all your possessions and then have none left over. But when you give Knowledge, Knowledge increases. And when you imbue your gift of an object with Knowledge, Knowledge increases. That is why when you receive Knowledge, you will want to give it because this is the natural expression of your own receptivity.

HOW CAN YOU EXHAUST KNOWLEDGE when Knowledge is the power and the Will of the universe? How small your vehicle, how great the substance that expresses itself through you. How great your relationship with life, and how great, then, are you who are with life. There is no conceit here. There is no self-inflation here, for you realize that you are small and great all at once, and you acknowledge the source of your smallness and the source of your greatness. You acknowledge the value of your smallness and the value of your greatness. You acknowledge all life, then, and nothing is left out of your great evaluation of yourself, which is born of love and true understanding. This, then, is the understanding that you must cultivate over time, realizing again that your efforts to do so are embellished by the efforts of others, who are also students of Knowledge in your world. Even students in other worlds embellish your efforts, for in Knowledge there is no time and distance. Thus, you have great support available to you now, and in this you realize your true relationship with life.

PRACTICE UPON THE HOUR and in your deeper meditations, allow the word RAHN to take you into Knowledge. Silently and in stillness, as you sink into the depths of Knowledge, receive the peace and the confirmation that are your birthright.

PRACTICE 171: *Two 30-minute practice periods.*
Hourly practice.

Step 172

I MUST RECLAIM MY KNOWLEDGE.

*Y*OU MUST RECLAIM YOUR KNOWLEDGE. It is not merely a preference in competition with other preferences. The fact that it is a requirement in life gives it the necessity and the importance that it truly deserves. Think not that your freedom is in any way hindered by this necessity, for your freedom is the result of this necessity and will be born of this necessity. Here you enter a world of vital direction rather than casual choices. Here you become seriously engaged in life rather than a removed observer who can only witness your own ideas.

THE NECESSITY OF KNOWLEDGE, then, is the importance that it bears for you and for your world. Welcome necessity, then, for it frees you from the aggravation and the disability of ambivalence. It rescues you from meaningless choices and directs you to that which is truly vital for your well-being and for the well-being of the world. Knowledge is a necessity. Your life is a necessity. Its importance is not merely for you alone, but for the world as well.

IF YOU CAN COMPREHEND THIS IN TRUTH, this will override any sense of unworthiness or indolence that you may still possess. For if your life is a necessity, then it has purpose, meaning and direction. If your life is a necessity, then all other lives are a necessity as well. In this, you will wish to harm no one but instead will seek to affirm Knowledge in everyone. This necessity, then, bears with it the strength and the direction that you require and provides you with the grace and depth that you must receive for yourself. A necessary life is a meaningful life. Knowledge is a necessity. Give yourself to your necessity, and you will feel that you are a necessity yourself. This will dispel your sense of unworthiness and guilt and bring you back into relationship with life.

PRACTICE AGAIN UPON THE HOUR, and in your two meditation practices allow the word RAHN to take you deeper into the presence of Knowledge itself. The power of this word, a word unknown within your own language, will resonate with your Knowledge and will stimulate it. Thus, the means are mysterious, but the result is concrete.

PRACTICE 172: *Two 30-minute practice periods.*
Hourly practice.

Step 173

TODAY I WILL DO WHAT IS NECESSARY.

*D*OING WHAT IS NECESSARY WILL ENGAGE YOU with vitality in life, for life in the world, in all its forms, is engaged in what is necessary. This at first seems oppressive to human beings, for they are accustomed to living in fantasy, where everything is preferential and nothing is really necessary.

YET, IT IS WHEN SOMETHING IS REALLY NECESSARY IN LIFE, even if it is a dire circumstance, that people are able to liberate themselves momentarily from their fantasies and feel purpose, meaning and direction. This, then, is a gift to humanity, but people usually give themselves this gift only under dire circumstances.

IT IS UNDER HAPPIER CIRCUMSTANCES that you must now learn to receive this and welcome necessity as a saving grace in your life, for you wish to be needed, you wish to be included, you wish to be vital and you wish to be an essential part of community. This is all necessary. It is not merely a preference on your part. It cannot be born of a casual choice but of a deep conviction, for your greater giving must be born of a deep conviction if it is to be great and complete. Otherwise, at the sight of the first adversity or disappointment, you will be cast away and will withdraw back into fantasy and illusion.

WELCOME, THEN, THE NECESSITIES OF THIS DAY. Do small tasks without complaint, for they are small. Follow your procedure today in preparation, for it is necessary and it is great. Do not confuse the great and the small, for the small is only to express the great. Do not try to make the small great or the great small. Understand their true relationship with one another, for within you is both the great and the small. Within you, the great wishes to express itself through the small.

THEREFORE, CARRY OUT YOUR MUNDANE ACTIVITIES TODAY. Do what is necessary today. Remind yourself upon the hour of our idea

for today, and give yourself to your practice so that your day may be a day of giving and receiving. In your deeper meditation practices, enter into stillness using the word RAHN to take you deep into meditation. Do this because it is necessary. Do this with necessity and you will feel the power of your own will.

PRACTICE 173: *Two 30-minute practice periods.*
Hourly practice.

Step 174

MY LIFE IS NECESSARY.

*Y*OUR LIFE IS NECESSARY. It is not a biological accident. It is not a mere chance circumstance that you arrived in this world. Your life is necessary. If you could but recall what you went through to come into this world and the preparation that was required—both within this world and beyond—for you to emerge here, then you would realize the importance of your being here and the importance of the Knowledge that you carry within you. Your life is necessary. There is no form of conceit here. It is simply a recognition of truth. In your evaluation of yourself, your life is either pathetic or grandiose. Yet, the necessity of your life has nothing to do with your evaluations, though your evaluations can bring you closer to or take you farther from this one true recognition.

YOUR LIFE IS NECESSARY. Understand this and it will banish your sense of self-judgment and condemnation. Understand this and it will bring humility into your self-grandiose ideas. Understand this and your plans may then in time be adjusted to Knowledge itself, for your life is necessary.

REPEAT THIS STATEMENT UPON THE HOUR and consider it regardless of your emotions, your circumstances and whatever thoughts are prevailing in your mind, for Knowledge is greater than thoughts and is meant to govern thoughts. In your two meditation practices, allow the word RAHN to take you deep into practice. Feel the necessity of your own life—its value and its importance. This is something that you can experience directly. It does not require your evaluation. It does not require that you consider yourself to be greater than others. It is merely a profound experience of reality, for your life is necessary. It is necessary for you. It is necessary for your world. It is necessary for life itself.

PRACTICE 174: *Two 30-minute practice periods.*
Hourly practice.

Step 175

REVIEW

*I*N YOUR REVIEW OF THE PRACTICES OF THIS WEEK, once again realize the value of giving yourself to practice. Giving yourself to practice, then, is the first step in comprehending the true meaning of giving and the true meaning of purpose in the world.

IN YOUR ONE LONGER PRACTICE PERIOD, review the week that has just passed. Review your engagement with each day's practice and consider the meaning of each day's idea. Give this your total attention during your long practice period today, and realize as you witness your own development that you are preparing yourself to give to others.

PRACTICE 175: *One long practice period.*

Step 176

I WILL FOLLOW KNOWLEDGE TODAY.

*U*PON EACH HOUR OF THIS DAY experience yourself following Knowledge. Make small decisions about small things as it is necessary, but make no great decisions without Knowledge. You have a personal mind to make small, insignificant decisions. But greater decisions should be made with Knowledge.

FOLLOW KNOWLEDGE TODAY UPON THE HOUR. Allow its peace and its certainty to abide with you. Allow its overall direction to be discerned by you. Allow its potency to affect you. Allow it to give itself to you as you are now learning to give yourself to it.

IN YOUR TWO LONGER MEDITATION PRACTICES TODAY, using the word RAHN, enter deeply into Knowledge. Enter deeply into the presence of life. Enter deeply into this experience. Continue to direct your mind towards this accomplishment. Continue to set aside anything that affects you or holds you back. In this way, you train the mind and prepare it as well for that which is most natural to it to occur.

FOLLOW KNOWLEDGE THIS DAY. If Knowledge indicates something and you are very certain about this, follow it and be observant. See what happens and try to learn to distinguish Knowledge from your impulses, your wishes, your fears and your avoidances. This must be learned through experience. In this way, Knowledge and everything that pretends to be Knowledge are drawn apart in contrast. This will provide for you greater certainty and greater self-confidence, which you will need in the times to come.

PRACTICE 176: *Two 30-minute practice periods.*
Hourly practice.

Step 177

I WILL LEARN TO BE HONEST TODAY.

*T*HERE IS A GREATER HONESTY THAT IS WAITING for you to discover. There is a greater honesty that you must utilize on your own behalf. It is not enough merely to know how you feel. It is a greater requirement to feel what you know. This is a greater honesty and an honesty that is in harmony with life itself, an honesty that reflects the true advancement of all beings in the world. This is not merely expressing and demanding that your personal intent be carried out. It is demanding instead that the necessity of life within you may express itself in a way that is genuine to life itself. The form and the manner of this expression will be contained in the messages that you will need to deliver to others when the time comes for that to happen.

LEARN, THEN, TO FEEL WHAT YOU KNOW. This is a greater honesty. It requires both openness and restraint. It requires self-inspection. It requires objectivity about your life. It requires stillness and peace as well as the ability to engage your mind actively in exploration. Thus, all that you have learned so far is contributed and utilized in today's practice.

REMIND YOURSELF UPON THE HOUR OF TODAY'S PRACTICE and seriously consider it in the moment in which you find yourself. In the longer practices today, again enter stillness and engage your mind in this meaningful activity. The mind must be brought into the proximity of its Ancient Home for it to find comfort and peace. This requires self-discipline at the outset, but once the engagement is made, the process happens in and of itself naturally.

LEARN TO BECOME MORE HONEST TODAY. Learn to discern a greater level of honesty, a genuine level of honesty that affirms your very nature and does not betray your highest purpose.

PRACTICE 177: *Two 30-minute practice periods.*
Hourly practice.

Step 178

I WILL REMEMBER THOSE WHO HAVE GIVEN TO ME TODAY.

*T*HIS IS A SPECIAL DAY OF ACKNOWLEDGING THE PRESENCE of genuine relationships in your life. It is a special day of acknowledging the gifts that have been given to you. It is a day meant for gratitude.

UPON THE HOUR, THEN, REPEAT THIS STATEMENT and take a moment to recall those who have given to you. Try to think very carefully of the individuals who have given benefit to you, both by demonstrating their Wisdom and their error. Think of those who have illustrated the way to go and the way not to go. As you inquire further into this in your two longer practice periods today, try to think more carefully and allow any individual who comes to mind to be the subject of your investigation. This is an active practice time in your meditation periods.

IN YOUR LONGER PRACTICE PERIODS, repeat the statement at the beginning of practice and allow individuals to come to you. Learn to recognize their contribution to the reclamation of Knowledge. Learn to recognize their contribution to your physical and emotional well-being. Learn to recognize how they have served you. In this way, your entire concept of giving and receiving and of service in the world may be expanded and developed. This will give you a true vision of the world so that you may learn to be compassionate with yourself and with others.

THIS, THEN, IS A DAY OF AFFIRMATION and a day of gratitude. Allow your practices to be meaningful and effective so that you may receive their reward.

PRACTICE 178: *Two 30-minute practice periods.*
Hourly practice.

Step 179

TODAY I WILL THANK THE WORLD FOR TEACHING ME WHAT IS TRUE.

*T*HE WORLD IN ITS GRANDEUR AND IN ITS FOLLY teaches you what to value and to recognize what is true. Contrast must be evident in learning for you to make these distinctions. To distinguish what is true from what is false and what is meaningful from what is meaningless, you must have contrast in learning. You must taste the meaningless to find out its true nature and content, and you must taste the meaningful to find out its true nature and content. The world continuously provides you the opportunity to do both.

AT THIS TIME YOUR NEED IS TO TASTE THE TRUE INCREASINGLY, and that is why we emphasize this in your daily practice now. You have already indulged yourself in the false so sufficiently that it has dominated your mind and attention. Now we feed you the true, but you must also learn to benefit from what the false has given you. Then you will need to investigate the false no more. The false has already presented itself to you. Now you are learning to recognize its presentation and to utilize what benefit it can offer you. The only benefit the false can offer you is to learn to recognize its lack of substance so that you may desire to know what is true and have greater capacity to receive it.

THUS, THANK THE WORLD TODAY FOR SUPPORTING YOU, for its grandeur and for its folly, for its moments of inspiration and for its great display of illusion. The world you see so far is largely comprised of the fantasy of individuals, but there is a greater world for you to see, a world that is actually there, a world that will arouse in you Knowledge, appreciation and true self-application as well. For it is your purpose to serve the evolution of this world, as it is the world's purpose to serve your evolution.

IN YOUR TWO LONGER PRACTICE PERIODS TODAY, investigate this idea actively with your mind. Apply your mind to understanding how the world has supported you. Think very carefully about this. This is not a superficial investigation. It is an investigation that you must conduct with necessity and with seriousness, for it will determine your experience in life, both in the present and in the future.

UPON THE HOUR, REMEMBER OUR STATEMENT for today and keep it in mind when you view the world. Do not let this day be wasted upon you. This day is a day of recognition, a day of gratitude and a day of Wisdom.

PRACTICE 179: *Two 30-minute practice periods.*
Hourly practice.

Step 180

I COMPLAIN BECAUSE I AM LACKING KNOWLEDGE.

*W*HEN YOU COMPLAIN ABOUT LIFE, you are asking for Knowledge. Knowledge has its own statement about life, but it is very different from the lament which you hear within yourself and around you. Therefore, as you approach Knowledge today, recognize the nature of complaint — how it emphasizes your weakness and the world's domination over you and how much it is in contrast to what you are learning now. You are learning now to discover your greatness and your domination over the world. You are in relationship with the world. Let this relationship become healthy and meaningful. Let the world's contribution be given to you. Let your contribution be given to the world.

THEREFORE, THANK THE WORLD ONCE AGAIN TODAY for what it has given to you. In your deeper meditation practices today, enter stillness and silence. Use the word RAHN to help you enter this deeply. Use the word RAHN to orient your mind and thinking so that your mind may become unified with the sound of this one ancient word.

THIS IS A DAY OF IMPORTANT CONTRIBUTION. Do not complain about this day. Recognize that everything that happens is an opportunity for you to apply your practice and to develop the true faculties of your mind. Your complaint would only be a denial of the world's contribution to you. Therefore, do not deny this. Do not complain about the world today so that you may receive its gifts.

PRACTICE 180: *Two 30-minute practice periods.*

Step 181

TODAY I RECEIVE THE LOVE OF KNOWLEDGE.

*K*NOWLEDGE POSSESSES THE TRUE SEED OF LOVE, not love that is a mere sentiment, not love that is a form of intoxication surrounding an urgent desire born of fear. Knowledge is the seed of true love, not the love that seeks to conquer, to possess and to dominate, but the love that seeks to serve, to empower and to free another. Become the recipient of this love today so that it may flow through you to the world, for without your denial it will most surely do this.

UPON THE HOUR, REPEAT THIS STATEMENT and feel its full impact, regardless of the circumstance that you find yourself in. Allow each circumstance to support your practice, and you will find that your practice will have an increasingly potent effect on your external life. In your two deeper practices today, enter into the presence of Knowledge and receive its love. Affirm your worthiness and your receptivity. Relinquish your presumptions about yourself and the world, and allow yourself to have an experience that will demonstrate the truth beyond any assumption. This is your practice today. This is your gift to yourself, to your world and to your Creator so that you may receive the gift of love.

PRACTICE 181: *Two 30-minute practice periods.*
Hourly practice.

Step 182

REVIEW

*T*ODAY MARKS AN IMPORTANT TURNING POINT in your preparation. Today marks the completion of the first stage of your preparation and the beginning of a new stage. Review the past week in one long practice period and then take time to think how far you have come and how far you need to go. Recognize your growing power and strength. Think of your outer life and recognize how much needs to be accomplished there, both on your own behalf and for the well-being of others. Recognize how little you know and how much is available to you. Do not let any self-doubt dissuade you in your undertaking, for you need only participate to receive the greatest gift that life can give.

REVIEW THE PAST WEEK AND THINK NOW of what has transpired in your preparation thus far. Observe the development that has occurred within you these past few months—the growing sense of presence, the growing sense of inner certainty, the growing sense of inner power. Allow for the fact that your outer life has begun to open. Certain things that were fixed before have now been loosened so that they may be rearranged on your behalf. Allow your outer life to be rearranged, now that you are not seeking to dominate it for your personal protection. As a greater certainty arises within you, outer circumstances must be rearranged on your own behalf. Thus, you become a source of change and not the recipient of it only.

RECOGNIZE HOW FAR YOU HAVE COME, but keep in mind that you are a beginning student of Knowledge. Allow this to be your starting point so that you may assume little and receive a great deal. From this great point of reference, you will be able to see beyond the prejudice and the condemnation of humanity. You will be able to see beyond a personal viewpoint and have a vision of the world that the world is desperate to receive.

PRACTICE 182: *One long practice period.*

STEPS TO KNOWLEDGE

PART TWO

IN THE SECOND HALF OF OUR PROGRAM OF PREPARATION we will undertake to explore new arenas, to further cultivate your experience of Knowledge and to prepare you to be a contributor of Knowledge in the world. In the days to come we shall explore things with which you are familiar and things with which you are not familiar, things which you have recognized before and things you have never seen before. The mystery of your life calls for you because from mystery come all things of concrete value in the world.

THEREFORE, IN THE STEPS TO COME, give yourself with increasing dedication. Allay your sense of doubt. Allow yourself to proceed with greater certainty. Your participation alone is required, for as you stimulate Knowledge, Knowledge will arise on its own. It will arise on its own when the mental and physical conditions of your life have been properly prepared and adjusted.

LET US NOW PROCEED with the next step of your preparation.

Step 183

I SEEK EXPERIENCE NOT ANSWERS.

SEEK EXPERIENCE TODAY, for experience will answer all questions and make questioning unnecessary. Seek experience today so that it may lead you to greater and greater experience. It is better for you to ask questions of Knowledge and then receive the experience that Knowledge can give you. You are accustomed to receiving so little in response to your inquiries. An answer is so very little. A true answer must be an invitation to participate in a greater preparation, in a preparation you have not prepared for yourself but which has been prepared for you. Therefore, seek not for little things that give you momentary relief or comfort. Seek for that which is the foundation of your life, which can provide life to you as never before.

TODAY, IN YOUR TWO DEEPER PRACTICES, become receptive to this experience. You may use the word RAHN if you find it helpful, but enter deeply into the experience of Knowledge. Do not seek for answers. Ideas will come to you in their own time and in their own way. You can be assured of that. As your mind is prepared, it will become truly receptive and truly capable of carrying out what it receives. This is the acknowledgement that you need. It must be born of great experience.

UPON THE HOUR REMIND YOURSELF OF YOUR PRACTICE, and realize it is genuine experience that you are seeking and not answers alone. Your mind is full of answers, and they have not answered your questioning thus far.

PRACTICE 183: *Two 30-minute practice periods.*
Hourly practice.

Step 184

MY QUESTIONS ARE GREATER THAN I HAD REALIZED BEFORE.

*W*HAT YOU ARE REALLY ASKING FOR is far greater than what you have entertained before. Though your questions may have arisen out of immediate circumstances, you are asking for far more than immediate resolution to immediate things. Immediate resolution will be given, but from a Greater Source. It is this Greater Source that you are seeking, for you are seeking to realize your nature here, and you are seeking to find the preparation that will enable you to contribute your gifts so that your work in the world may be complete. Therefore, understand that you are here to serve. You are here to give. And in so doing, you will find your fulfillment. This will produce happiness for you.

IN YOUR TWO LONGER PRACTICE PERIODS TODAY, once again enter into stillness and silence, keeping in mind that stillness cultivates the mind to receive. In stillness you find that things are known already that you have neglected thus far. From these practice periods your mind will become more refined and have greater depth, greater concentration and a greater focus in all aspects of your life.

WHAT YOU ARE SEEKING TODAY is something greater than you have considered before. You are seeking to know the meaning of your Knowledge through its demonstration.

PRACTICE 184: *Two 30-minute practice periods.*

Step 185

I HAVE COME INTO THE WORLD FOR A PURPOSE.

A GAIN WE AFFIRM THIS GREAT TRUTH, which in your Knowledge you will know to be true. Regardless of your current stage of personal development, the reality of your purpose in life remains true. Therefore, from time to time we repeat certain lessons that are essential for your well-being and development. We give them different wording from time to time so that you may have a greater and greater experience of them. In this way, they may find their way into your heart so that your heart may find its way into your consciousness.

YOU ARE HERE TO SERVE. You are here to give. You are here because you are rich with Knowledge. Regardless of your circumstance in life, your own sense of poverty will be banished forever as Knowledge arises within you, for there can be no sense of deprivation when Knowledge is being experienced and expressed. This is the promise of this program of preparation. This is the promise of your life. This is your destiny and your mission here. From this, your specific calling in the world will be given to you. It will be quite specific to your activities and behavior. Before this can happen, your mind must be cultivated, and your life must be rearranged and brought into genuine balance so that it may reflect your Knowledge and not your fears and wishes only. A greater life must come from a Greater Source within you. A greater life is made possible for you now.

YOU ARE HERE TO SERVE, but to serve you must receive. In your longer practice periods today, practice receptivity. Go deeper in your practice of stillness. Cultivate this practice. You are now learning the specific skills that will help you to do this. When your will is being experienced, the methods will follow naturally. We give only so much methodology as is necessary to aim your mind in the proper direction. From here you can refine your practice to meet your needs without betraying the instructions that are given in this course.

THEREFORE, FOLLOW THE DIRECTIONS that are given and make minor adjustments as necessary. When you learn to work with your nature, you will learn to utilize it on your own behalf. Practice upon the hour so that your practice may go with you everywhere and so that everything that happens to you today may be a part of your practice.

PRACTICE 185: *Two 30-minute practice periods.*
Hourly practice.

Step 186

I AM BORN OF AN ANCIENT HERITAGE.

*Y*OU ARE BORN OF AN ANCIENT HERITAGE. This will arise in your mind naturally, though it is beyond words and beyond description. In essence it is a pure experience of life and inclusion. What is remembered in this experience are those relationships that you have cultivated thus far in your evolution up until this time. Only the reclamation of relationships can be carried forward beyond your life in this world. The individuals that you have reclaimed unto yourself as your Spiritual Family now exist as your Spiritual Family. They form the growing body of Knowledge and inclusion in life which you are now capable of experiencing.

YOU ARE HERE TO SERVE YOUR SPIRITUAL FAMILY, your small learning group that have been working together through many ages and circumstances in order to cultivate and advance their members so that your group may join with other groups, and so forth. Like streams joining together into greater and greater bodies of moving water, you follow your inevitable course to the source of your life. This is the natural way, the genuine way, the way that exists beyond all speculation and philosophy, beyond all the fears and ambitions of humanity. This is the way of things—forever mysterious, beyond your comprehension and yet fully available to serve you in the immediate circumstances of your life. Such is the greatness of the mystery of your life, and such is its application in even the smallest detail of your life. Thus, your life here is complete.

YOU ARE BORN OF A GREAT HERITAGE. Thus, greatness is with you because of your relationships. Receive this Heritage in stillness in your two deep meditation practices today and acknowledge it upon the hour. Allow this day to demonstrate both the reality and the denial of this great truth, for as you see the world in its denial attempting to act out the substitutes for Knowledge, you will learn to value Knowledge and to realize that Knowledge is here already.

PRACTICE 186: *Two 30-minute practice periods.*
Hourly practice.

Step 187

I AM A CITIZEN OF THE GREATER COMMUNITY OF WORLDS.

*Y*OU ARE NOT MERELY A HUMAN BEING in this one world. You are a citizen of the Greater Community of Worlds. This is the physical universe that you recognize through your senses. It is far greater than you can now comprehend. The extent of its relationships are far greater than you can even imagine, for reality is always greater than imagination.

YOU ARE A CITIZEN OF A GREATER PHYSICAL UNIVERSE. This acknowledges not only your Lineage and your Heritage but also your purpose in life at this time, for the world of humanity is growing into the life of the Greater Community of Worlds. This is known to you, though your beliefs may not yet account for it.

TODAY, UPON THE HOUR, affirm your citizenship in the Greater Community of Worlds, for this affirms a greater life that you are now beginning to discover. In your two meditation practices, once again enter stillness and quietude. This growing experience of stillness will enable you to understand all things, for your mind was created to assimilate Knowledge, and this is how understanding comes about. The accumulation of ideas and the accumulation of theories do not constitute either Knowledge or understanding, for understanding is born of true affinity and experience. In this, it has no parallel in the world and can thus serve the world that you perceive.

PRACTICE 187: *Two 30-minute practice periods.*
Hourly practice.

Step 188

MY LIFE IN THIS WORLD IS MORE IMPORTANT THAN I HAD REALIZED BEFORE.

*I*S THIS A GRANDIOSE IDEA? No, it is not. Does this idea betray your need for humility? No, it does not. You are here for a greater purpose than you have imagined, for your imagination does not contain the meaning of your purpose in life. In life there is only purpose and all the things that are substitutes for this purpose, which are born of fearful imagination. You are here to live a greater life than you have yet realized, and this greatness is what you carry within you. It may be expressed in the simplest of lifestyles and in the simplest of activities. Activities are great because of the essence that they convey, not because of the stimulation that they may arouse in other people.

UNDERSTAND THIS DISTINCTION VERY CAREFULLY, and you will begin to learn to discern greatness from smallness and to learn how smallness can serve greatness. This will integrate every aspect of yourself, for part of you is great and part of you is small. Your personal mind and your physical body are small and are meant to serve the greatness of Knowledge. This integrates you. This is what integrates life as well. There is no inequality here, for everything is working together to serve a greater purpose, which you have come to serve.

IN YOUR LONGER PRACTICE PERIODS TODAY, engage your mind actively in attempting to understand these things. Your understanding will be born of your investigation, not merely of ideas that you find self-comforting or personally agreeable. Use your mind to investigate. With eyes closed, think on these things. Concentrate very carefully, and when your concentration comes to an end, release all ideas and enter into stillness and silence. Thus, the mind is purposefully engaged, and then it is brought into stillness. These are the two functions of the mind, which you will be practicing today.

REMIND YOURSELF OF YOUR PRACTICE upon the hour and utilize this day for your development, which is your gift to the world.

PRACTICE 188: *Two 30-minute practice periods.*
Hourly practice.

Step 189

MY SPIRITUAL FAMILY EXISTS IN ALL PLACES.

*Y*OUR SPIRITUAL FAMILY IS GREATER THAN YOU REALIZE. It exists in many worlds. Its influence is everywhere. That is why it is so meaningless to consider yourself to be alone when you are part of something so great that serves the greatest of all purposes. You must relinquish your self-condemnation and your sense of littleness to know this, for you have identified with your behavior in the world, which is little. You have identified with your personal mind and your physical body, which are little. Yet, now you are beginning to realize your relationship with life itself through Knowledge, which is great. This is done without punishing the personal mind or the physical body, for they become useful and enjoyable as they learn to serve a greater purpose. Then the body has health and the personal mind is utilized, rendering them meaning which they now lack.

YOUR PHYSICAL NEED IS FOR HEALTH, but your health is to serve a greater purpose. You need right utilization for your personal mind, which will give it meaning and value, for it only seeks to be included in that which is meaningful. What enables your personal mind and your physical body to find their rightful place in your life is Knowledge, which provides purpose, meaning and direction for you.

THIS IS TRUE IN ALL WORLDS. This is true throughout the physical universe of which you are a citizen. Expand your view of yourself so that you may learn to be objective about your world. Do not merely cast human values, assumptions and goals upon your world, for this blinds you to the world's purpose and evolution and makes it far more difficult for you to appreciate that you are a citizen of a greater life.

TODAY, IN YOUR TWO LONGER PRACTICES, engage your mind in active investigation of this idea. Spend the first fifteen minutes engaged in this investigation in both of your two longer practice periods. Try to seriously investigate the meaning of today's idea. Then, when your

investigation is complete, allow your mind to re-enter stillness. Realize the contrast between active mental engagement and mental stillness. Understand that both are important and complement one another. Upon the hour repeat the idea and consider it as you view the world around you.

PRACTICE 189: *Two 30-minute practice periods.*
Hourly practice.

Step 190

THE WORLD IS EMERGING INTO THE GREATER COMMUNITY OF WORLDS AND THAT IS WHY I HAVE COME.

*Y*OU HAVE COME INTO THE WORLD at a great turning point, a turning point only part of which you will see in your own lifetime. It is a turning point where your world gains contact with the worlds in its vicinity. This is the natural evolution of humanity, as it is the natural evolution of all intelligent life in all worlds. Your world is seeking a Greater Community. This will require that your world's own internal community become unified. This is also a part of the evolution of all intelligent life in all worlds. You have come here to serve this. There are many levels of service and many things that need to be contributed—on a personal, on a community and on a world level. You are part of this great movement of life, for you are not here for your own purposes alone. You are here to serve the world, and thus be served in return.

TODAY IN YOUR TWO LONGER PRACTICE PERIODS, investigate the idea for the day. Give it serious thought, observing those ideas that are in harmony with it and those ideas that disagree with it. Examine your feelings both for and against this idea. Examine your preferences, your prejudices, your beliefs, your hopes, your fears, and so forth. This constitutes the first half of each practice period. In the second half, enter stillness and silence, using the word RAHN if you find it to be helpful. Remember that both of these mental activities are necessary and complementary, as you shall learn in the future. Upon the hour repeat the idea for today. Allow it to provide that which you need to see the world in a new way.

PRACTICE 190: *Two 30-minute practice periods.*
Hourly practice.

Step 191

MY KNOWLEDGE IS GREATER THAN MY HUMANITY.

*Y*OUR KNOWLEDGE IS BORN OF LIFE UNIVERSAL. It eclipses your humanity but gives your humanity true meaning. Greater Life wishes to express itself in your world, in your era and in the circumstances that actually exist now. Thus, the great expresses itself through the small, and the small experiences itself as the great. This is the way of all life. Your humanity is without meaning unless it serves a greater context and is a part of a Greater Reality. Without this, it is more a form of bondage—a restraint, a confinement and an imposition upon your nature rather than an affirmation of your nature.

YOUR KNOWLEDGE IS GREATER THAN YOUR HUMANITY. Thus, your humanity can have meaning, for it has something to serve. Without service, your humanity is merely a restraint, that which confines you and imprisons you. But your humanity is meant to serve a Greater Reality which you carry within you today. This Reality is in you, but you do not own it. You cannot use it for your own personal fulfillment. You can only receive it and allow it to express itself. It will express itself through your humanity, and it will give you a greater experience of yourself.

IN YOUR LONGER PRACTICE PERIODS TODAY, allow yourself to enter stillness once again, and upon the hour repeat this idea so that you may consider its true meaning. Do not accept mere assumptions or premature conclusions, for today's idea will require your deep involvement. Life has depth. You must penetrate it. You must enter into it. You must receive it and inquire within it. Then, you will become re-engaged in your natural relationship with life.

PRACTICE 191: *Two 30-minute practice periods.*
Hourly practice.

Step 192

I WILL NOT NEGLECT SMALL THINGS TODAY.

*D*O NOT NEGLECT THE SMALL THINGS TODAY that are necessary for you to do. Doing small things does not mean in any way that you are small. If you do not identify with your behavior and activities, you can allow your greatness to exist as you undertake them. Someone who is great can do small things without complaint. Someone who is with Knowledge can undertake mundane activities without any sense of disgrace. Activities are only activities. They do not constitute your true nature or being. Your true nature or being is the source of your life, which will express itself through your small activities as you learn to receive it and to see it in proper perspective.

DO NOT NEGLECT SMALL THINGS. Care for small things so that your life in the world may be stable and may progress properly. Today, in your deeper practices, again enter the greatness and the depth of Knowledge. Because you have attended to small things, you can now spend this time of devotion and giving. In this way, your outer life is managed properly, and your inner life is attended to as well, for you are an intermediary between the life of greatness and life in the world. Thus, you attend to the small and you receive the great. This is your true function, for you are here to give Knowledge to the world.

AS BEFORE, REPEAT YOUR PRACTICE UPON THE HOUR. Take it with you. Do not forget.

PRACTICE 192: *Two 30-minute practice periods.*
Hourly practice.

Step 193

I SHALL LISTEN TO OTHERS WITHOUT JUDGMENT TODAY.

*L*ISTEN TO OTHERS WITHOUT JUDGMENT TODAY. Knowledge will indicate if what they are saying is of value or not. It will do this without any form of condemnation, without any comparison and without any evaluation on your part whatsoever. Knowledge is attracted to Knowledge, and it is not attracted to that which is not Knowledge. Therefore, you may find your rightful way without contributing judgment or hatred upon the world. This is your Inner Guidance system serving you. It will lead you where you need to be and will lead you to contribute where your contributions can be of the greatest value. If you listen to others without judgment, you will hear both Knowledge and the call for Knowledge. You will see where Knowledge exists and where it has been denied. This is natural. You do not need to judge people to make this determination. It is simply known.

LISTEN TO OTHERS SO THAT YOU MAY EXPERIENCE yourself listening, for it is not your task to judge the world or to determine where and how your gifts should be given. It is your task to experience yourself in life and to allow Knowledge to arise, for Knowledge will give itself when and where it is appropriate. This allows you to have peace, for you are not trying to control the world.

ALLOW YOUR PRACTICES TO BE DEEP. Practice upon the hour as before. Listen to others today so that you may experience yourself in relationship with them, so that their true message to you may be given and comprehended. This will affirm for you the presence of Knowledge and the need for Knowledge in the world all at once.

PRACTICE 193: *Hourly practice.*

Step 194

I WILL GO WHERE I AM NEEDED TODAY.

*A*LLOW YOURSELF TO GO WHERE YOU ARE NEEDED, where you need to go. This necessity of action will give value and meaning to your activities and will affirm your worth in all of your engagements this day. Go where you are needed, where you need to go. Discern the actual motivation for this and distinguish it from any sense of guilt or obligation to others. Do not place artificial demands upon yourself. Do not allow others to place artificial demands upon you beyond your simple duties in this day. Go where you are truly needed.

REMINDE YOURSELF OF THIS UPON THE HOUR, for its meaning must be penetrated to be experienced. If you are accustomed to guilt and obligation, today's idea will seem to compound your difficulty. Yet, today's idea is really an affirmation of Knowledge within you, providing an opportunity for Knowledge to guide you and to demonstrate its value to you. It has nothing to do with dependence, for you must be independent of false things to follow that which is true. This is the value of all independence.

IN YOUR LONGER PRACTICE PERIODS, go deeply into Knowledge. And when you are in the world, keep this idea alive. Allow yourself to feel a deeper presence within you as you are out in the world of mundane things, as you are out in the world of small considerations. Greatness is here to serve the small. Remember.

PRACTICE 194: *Two 30-minute practice periods.*
Hourly practice.

Step 195

KNOWLEDGE IS MORE POWERFUL THAN I REALIZE.

*K*NOWLEDGE IS MORE POWERFUL THAN YOU REALIZE. It is also more wonderful than you realize. You are as yet afraid of it because of its great power. You are unsure if it will dominate you or control you, unsure of where it will take you and what you will have to do and unsure of what the result of all this will be. Yet, as you go away from Knowledge, you re-enter confusion and the world of imagination. As you come closer to Knowledge, you enter certainty, confirmation and a world of reality and purpose. How can you know Knowledge from a distance? How can you determine its meaning without receiving its gifts?

COME CLOSE TO KNOWLEDGE TODAY. Allow it to silently abide within you, as you are learning to silently abide with it. Nothing could be more central to your natural experience than the experience of Knowledge. Be glad that it is greater than you realize, for your evaluation has been small. Be glad that you cannot understand it yet, for your understanding would only limit it and its usefulness to you. Allow the great to be with you so that your greatness may be demonstrated and experienced today.

TAKE THIS IDEA WITH YOU AND PRACTICE IT UPON THE HOUR. Keep it in mind throughout the day. In your two longer practice periods, allow yourself to experience the depth of Knowledge. Feel the power of Knowledge. Strengthen your resolve to do so. Dedicate your self-discipline, for here self-discipline is wisely employed. Knowledge is greater than you realize. Therefore, you must learn to receive its greatness.

PRACTICE 195: *Two 30-minute practice periods.*
Hourly practice.

Step 196

REVIEW

*T*ODAY REVIEW THE PAST TWO WEEKS OF PREPARATION. Read each day's instructions and then review your experience of practice for that day. Begin with the first day in the two-week period, and follow each day step by step. You will now begin to review your preparation in two-week intervals. This is given you to do now because your perception and comprehension are beginning to bud and to grow.

REMEMBER EACH DAY. Try to recall your practice and experience. The lessons themselves will recall this experience to you if you have forgotten. Try to see the progression of learning so that you may understand how to learn. Try to see that which confirms Knowledge and that which denies Knowledge within yourself so that you may learn to work with these tendencies.

BECOMING A TRUE STUDENT OF KNOWLEDGE will require greater self-discipline, greater consistency of application and greater acceptance of worth than anything you have undertaken thus far. Following prepares you to become a leader, for all great leaders are great followers. If the source of your leadership represents goodness and truth, then you surely must learn to follow it. And to follow it, you must learn how to learn of it, how to receive it and how to give it.

LET YOUR LONG REVIEW TIME TODAY, which may exceed two hours of involvement, be a review of the past two weeks, keeping all of these things in mind. Become objective about your life. There is no condemnation that is necessary here, for you are learning to learn, you are learning to follow and you are learning to employ Knowledge, as Knowledge will certainly employ you. Here Knowledge and you come together in true matrimony and in true harmony. Then Knowledge is more powerful, and you are more powerful. There is no inequality here, and all things find their natural course of expression.

USE THIS REVIEW TO FURTHER and deepen your comprehension of your preparation, keeping in mind that understanding always comes in hindsight. This is a great truth in The Way of Knowledge.

PRACTICE 196: *One long practice period.*

Step 197

KNOWLEDGE MUST BE EXPERIENCED TO BE REALIZED.

*T*ODAY I WILL NOT THINK THAT I CAN UNDERSTAND Knowledge with my intellect or that I can conceptualize the greatness of life. I will not think today that by a mere idea or assumption I can fully gain access to Knowledge itself. Realizing this, I will understand what is required of me and what I must give to my practices, for I must give of myself.”

YOU MUST GIVE OF YOURSELF. You cannot merely think of ideas and hope that they will answer your greatest need. Realizing this today, repeat your practice upon the hour and in your deeper meditations give yourself completely to the experience of Knowledge. Enter into stillness. Allow yourself to be completely involved. With this you will exercise the power of your own mind on your behalf. You will then realize that you have the power to dispel distractions; you have the power to dispel fear; you have the power to dispel obstructions because your will is to know Knowledge.

PRACTICE 197: *Two 30-minute practice periods.*
Hourly practice.

Step 198

TODAY I WILL BE STRONG.

*B*E STRONG TODAY. Follow the plan that is given to you. Do not hold yourself back or alter the instructions in any way. There are no shortcuts here; there is only the direct way. You are given the steps. Follow them. Be strong today. Only your ideas of yourself speak of weakness. Only your evaluation of yourself says that you are pathetic, incapable or inadequate. You must have faith in your strength and exercise this faith to realize your strength.

UPON THE HOUR REPEAT THIS STATEMENT and attempt to experience it in whatever circumstance you find yourself. Within your two deeper practice periods today, use your strength to engage in stillness completely. Allow your mind to be freed of the chains of its own concepts. Allow your body to be freed of a tormented mind. In this, your mind and your body will settle into their natural function, and all things will fall into right order within you. Knowledge will then find expression through your mind and through your body. From this you will be able to bring into the world that which is greater than the world, and your life will be confirmed as a result.

PRACTICE 198: *Two 30-minute practice periods.*
Hourly practice.

Step 129

THE WORLD I SEE IS EMERGING INTO THE GREATER COMMUNITY OF WORLDS.

*W*ITHOUT THE LIMITATION OF A PURELY HUMAN VIEWPOINT, you will be able to see the evolution of your world in a greater context. Viewing the world without the distortion of your personal wishes and fears, you will be able to observe its greater movement and discern its overall direction. It is essential, then, that you realize the direction of your world because this is the context that gives meaning to your purpose and to your specific calling while you are here in this world. For you have come to serve the world in its present evolution, and your gifts are meant to serve it in its life to come.

YOUR WORLD IS PREPARING TO ENTER into a Greater Community. The evidence of this is everywhere if you but look. Without belief or denial, things can simply be recognized. In this, life's demonstration is obvious and need not be discerned from complexities. What makes life complex is that people want life to be what life is not, they want themselves to be what they are not and they want their destiny to be what it is not. Then they attempt to gain from life that which confirms their own idealism, and because life cannot confirm this, all becomes distressed, conflicted and complex. The mechanism of life may be complicated in its minute details, but the meaning of life is directly obvious to anyone who looks without the distortion of judgment or preference.

RECOGNIZE THAT YOUR WORLD IS PREPARING TO EMERGE into the Greater Community. Do this without embellishing this recognition with your own imagination. You need not give form to the future. Only understand the present course of your world. In this, the meaning of your own inherent abilities and their future application will become ever more evident to you.

UPON THE HOUR REPEAT THIS STATEMENT and consider it seriously, for it is the absolute foundation of your life and it is necessary that you understand this. It is not mere belief; it is the evolution of the world. Within your two deeper meditation practices today, engage your mind actively in considering this idea. Look at your own beliefs that speak for or against this idea. Look at your own feelings about it. Examine yourself objectively as you attempt to engage with this powerful idea. This is a time for mental engagement. Utilize your practice periods with complete dedication and involve yourself completely. Allow your mind to penetrate the superficiality of its own surface ideas.

IN KNOWLEDGE EVERYTHING BECOMES STILL AND QUIET. Everything becomes known. Here you begin to discern the difference between knowing and thinking. You realize how thinking may only serve in the preparation for Knowledge, but that Knowledge far exceeds the range and grasp of any individual's thinking. Here you will understand how the mind can serve your spiritual nature. Here you will understand the evolution of the world.

PRACTICE 199: *Two 30-minute practice periods.*
Hourly practice.

Step 200

MY THOUGHTS ARE TOO SMALL TO CONTAIN KNOWLEDGE.

*Y*OUR THOUGHTS ARE TOO SMALL, for Knowledge is greater.
Your beliefs are too narrow, for Knowledge is greater.
Therefore, treat Knowledge with mystery and do not attempt to create a form for it, for it is greater than this and will exceed your expectations. Allow, then, for Knowledge to be mysterious so that it may yield its gifts to you without restraints. Allow your thinking and ideas to apply to the visible world that you see, for here your thinking can develop in a useful manner as you understand the mechanism of your physical life and of your involvement with others. Yet, allow Knowledge to be beyond the mechanical application of your mind so that it may flow into each situation, bless it and give it purpose, meaning and direction.

REMINDE YOURSELF OF THIS IDEA upon the hour and consider it seriously in whatever situation you find yourself. In your two meditation practices today, allow yourself once again to enter stillness, using the RAHN practice if you find that helpful. Allow yourself to go beyond ideas. Allow yourself to go beyond habitual patterns of thinking. Allow your mind to become itself, for it was made to serve Knowledge.

PRACTICE 200: *Two 30-minute practice periods.*
Hourly practice.

Step 201

MY MIND WAS MADE TO SERVE KNOWLEDGE.

*U*NDERSTANDING THIS, YOU WILL REALIZE THE VALUE of your mind, and you will not deprecate it. Realizing this, you will understand the value of your body, and you will not deprecate it. For your mind and your body are but vehicles to express Knowledge. In this, you become the recipient of Knowledge. In this, you remember your great Heritage. In this, you are comforted by the assurance of your great destiny.

THERE IS NO ILLUSION HERE. There is no self-deception here. Here all things find their right order. Here you understand the true proportion of all things. Here you understand the value of your mind, and you will not want to give it tasks of which it is not capable. Thus, your mind becomes constructively applied and will be unburdened with attempting the impossible. Realizing this, you will see that your body is made to serve your mind, and you will understand the value of your body and its great application as a tool for communication. In this, you will accept its limitations, for limited it must be. You will also appreciate its mechanism. You will appreciate all of the encounters that you have with other individuals in this world. You will be glad, then, that you have a mind and a body so that you may communicate the power and the essence of Knowledge.

REPEAT YOUR IDEA FOR TODAY UPON THE HOUR and consider it. In your two deeper meditation practices, allow your mind to become still so that it may learn to serve. You must relearn that which is natural to you, for you have learned the unnatural, which must now be unlearned. In its place the natural will be stimulated, for when the natural is stimulated, it becomes expressed. Then the mind re-engages with its true function, and all things find their true value.

PRACTICE 201: *Two 30-minute practice periods.*
Hourly practice.

Step 202

I BEHOLD THE GREATER COMMUNITY TODAY.

*Y*OU CAN BEHOLD THE GREATER COMMUNITY, for you are living in the middle of the Greater Community. Because you are on the surface of the world, preoccupied with human endeavors and limited by time and space, does not mean that you cannot behold the grandeur of the Greater Community. You may behold this by looking at the sky above and by looking at the world below. You may realize this by understanding the relationship of humanity to the universe at large and by realizing that humanity is but one more race evolving to develop its intelligence and its Knowledge so that it may find a true involvement as it emerges into the Greater Community. Looking in this way gives you a greater perspective. Looking in this way allows you to understand the nature of change in the world. Looking in this way allows you to have compassion for yourself and for other people, for compassion is born of Knowledge. Knowledge does not deprecate what is occurring but attempts to influence it for the good.

UPON THE HOUR CONSIDER THE VALUE OF TODAY'S IDEA. Look out into the world and consider yourself a witness to the Greater Community. Think of your world as one of many, many worlds that are in a similar stage of evolution. Do not torment your mind by attempting to give form to that which is beyond the range of your perception. Allow yourself to live in a great and mysterious universe that you are only now beginning to understand.

IN YOUR TWO DEEPER MEDITATIONS, allow yourself to apply your mind actively in considering this idea. Try to look at your life from beyond a purely human perspective, for from a purely human perspective you will see only a human life, a human world and a human universe. You do not live in a human universe. You do not live in a human world. You do not live a purely human life. Understand that your humanity here is not denied but is given a greater inclusion

in a greater life. Thus, your humanity becomes a source and a means of expression rather than a limitation that you impose upon yourself. Allow your deeper practice periods to become very active. Use your mind constructively. Use your mind objectively. Look at your ideas. Don't simply be swayed by them. Look at your beliefs. Don't simply follow or deny them. Learn this objectivity, and you will learn to see with Knowledge, for Knowledge looks on all things mental and physical with equanimity.

PRACTICE 202: *Two 30-minute practice periods.*
Hourly practice.

Step 203

THE GREATER COMMUNITY IS INFLUENCING THE WORLD I SEE.

*I*F YOU CAN ACCEPT THAT YOUR WORLD IS PART of a Greater Community, which is simply obvious if you will look, then you must accept that the world is being influenced by the Greater Community, for the world is part of a Greater Community and cannot be independent of it. How the Greater Community is influencing your world is beyond your current ability to comprehend. But to understand that the world is being influenced allows you to view it from a greater perspective, which from a purely human viewpoint you would not be able to accomplish, for a purely human viewpoint does not allow for other intelligent life to exist. The absurdity of this point of view becomes quite evident as you begin to look at the universe objectively. This will inspire in you wonder, greater interest and caution as well. This is very important because the world is being influenced by the Greater Community, and you are part of the world that is being influenced.

AS THE PHYSICAL WORLD THAT YOU LIVE IN is being influenced by greater physical forces beyond your visual range, so the world mentally is being influenced by intelligent life that is engaged with your world. This intelligent life represents forces for good and forces for ignorance as well. In this, you must come to comprehend a fundamental truth: Weaker minds are influenced by stronger minds. This is true in your world and in all worlds. Beyond the physical, this does not hold true, but in physical life this is the case. That is why you are engaged now in making your mind strong and learning to respond to Knowledge, which represents the force for good everywhere in the universe. As you become stronger, you come to understand and comprehend more and more. Thus, your mind must be cultivated in Knowledge to become stronger so that it may serve a true cause.

TODAY, UPON THE HOUR, repeat the idea for the day and in your two deeper practice periods, attempt to concentrate on the words that we are giving you here. Use your mind actively. Do not allow it to stray and find refuge in meaningless or little things. Think of the greatness of these ideas, but do not consider them fearfully, for fear is not called for. What is called for is objectivity so that you may comprehend the greatness of your world, your universe and your opportunity within it.

PRACTICE 203: *Two 30-minute practice periods.*
Hourly practice.

Step 204

I WILL BE AT PEACE TODAY.

*B*E AT PEACE TODAY. Let not your negative imagination conjure up images of loss and destruction. Let not your anxiety overtake your concentration on Knowledge. To objectively consider your world and the Greater Community in which you live should not incite fear but respect—respect for the power of the time in which you live and its importance for the future, respect for your own emerging abilities and their usefulness in the world that you perceive, respect for the greatness of the physical universe and respect for the power of Knowledge which is greater even than the universe that you perceive.

REMIND YOURSELF TO BE AT PEACE UPON THE HOUR. Utilize your strength and your devotion for this. Give yourself to this. In your deeper meditation practices, using the RAHN word if necessary, allow your mind to become still so that it may enter into the greatness of Knowledge, which it is intended to serve. Be at peace today, for Knowledge is with you. Be at peace today, for you are learning to be with Knowledge.

PRACTICE 204: *Two 30-minute practice periods.*
Hourly practice.

Step 205

I WILL NOT JUDGE THE WORLD TODAY.

*D*O NOT LET YOUR MIND DEPRECATE ITSELF by projecting blame upon the world. With blame the world becomes misunderstood, and your mind becomes a burden rather than an asset to you. Today's idea requires practice, discipline and application, for your mind and all minds within the world have been misunderstood, misused and misdirected. Thus, you are now learning to utilize the mind positively by giving it a true function in service to Knowledge.

DO NOT BLAME THE WORLD TODAY. Do not judge the world today. Allow your mind to be still as you look upon it. Knowledge about the world arises gradually. It arises naturally. An idea may speak of it, but an idea cannot contain it. Knowledge represents an overall shift in your viewpoint, an overall change in your experience, an overall shift in your emphasis and an overall transformation of your value system. This is the evidence of Knowledge.

DO NOT BLAME THE WORLD TODAY. It is blameless, for it is merely demonstrating that Knowledge is not being adhered to. What else can it do but commit error and folly? What else can it do but waste its great resources? Humanity can only be in error without Knowledge. It can only create fantasy. It can only engage in loss. Therefore, it does not deserve condemnation. It deserves the application of Knowledge.

PRACTICE UPON THE HOUR NOT BLAMING THE WORLD. Do not let hours pass without your involvement. Give this day to serve the world in this way, for without your condemnation your love for the world will naturally arise and be expressed. In your two deeper practice periods, allow your mind to enter stillness. Without blame and judgment, stillness becomes accessible because it is natural. Without the imposition of your condemnation, your mind is allowed to be still. In stillness there is no blame or judgment. In stillness love will flow from

you in all directions and will continue far beyond what you can perceive through your senses.

PRACTICE 205: *Two 30-minute practice periods.*
Hourly practice.

Step 206

LOVE IS FLOWING FROM ME NOW.

*L*OVE IS FLOWING FROM YOU, and today you can attempt to experience this and to release those things that obstruct it.

Without judgment, without illusion, without fantasy and without the limitations of a purely human viewpoint, you will see that love is flowing from you. You will see that all your frustration in life is your inability to experience and to express this love which wishes to flow from you. Regardless of the circumstances in which your frustration arises, it is always because you cannot express love. Your evaluation of difficulties and dilemmas can certainly conceal this fact but cannot deny its existence.

UPON THE HOUR ALLOW LOVE TO FLOW FROM YOU, realizing that you do not need to engage in any form of behavior, for love will arise naturally from you like fragrance from a flower. In your deeper practices, allow your mind to become still so that love may flow from you. In this, you will realize the natural function of your mind and the greatness of Knowledge, which is within you but is not yours to own.

DO NOT LET ANY SELF-DEPRECATING IDEAS or self-doubts dissuade you from this opportunity today. Without your interference, love will flow naturally from you. You do not need to put on any pretense. You do not need to acquire any form of behavior for this to happen. Your behavior in time will represent that which flows from you naturally. Allow love to flow from you naturally today.

PRACTICE 206: *Two 30-minute practice periods.*
Hourly practice.

Step 207

I FORGIVE THOSE WHOM I THINK HAVE HURT ME.

*T*HIS STATEMENT REPRESENTS YOUR INTENTION to have Knowledge, for unforgiveness is merely the application of blame towards a situation in which you were unable to understand or to apply Knowledge. All your failures are your own in this respect. This may look like a burden of blame at first, until you realize the greater opportunity that it presents to you. For if all failures are your own, then you will realize that all correction is given to you to apply. The failure of another is not your own, but your condemnation of it is your own failure. Therefore, any failure that engenders unforgiveness in you is your failure, for another's failure need not engender unforgiveness in you or blame of any kind. In fact, the failures of others will engender your compassion and the application of Knowledge in the future and need not give rise to blame or unhappiness within you.

KNOWLEDGE IS NOT SHOCKED UPON LOOKING AT THE WORLD. Knowledge is not dismayed. Knowledge is not discouraged. Knowledge is not affronted. Knowledge realizes the smallness of the world and the errors of the world. It realizes this because it only knows itself, and all that is not Knowledge is merely the opportunity for Knowledge to be reapplied. Thus, your unforgiveness is simply the opportunity for you to reapply Knowledge.

REPEAT TODAY'S IDEA UPON THE HOUR and do not underestimate its value to you who now seek to be unburdened from grief and misery. In your two deeper practice periods, think of those, one by one, for whom you feel unforgiveness—individuals that you have known personally and individuals that you have heard about or thought of, individuals that have been associated with failure. They will come to mind as you call upon them, for they are all waiting to be forgiven by you. Allow them now to arise one by one. As they do so, forgive yourself for failing to apply your Knowledge. Remind them as

they appear to you that you are now learning to apply Knowledge and that you will not suffer on their behalf and they, therefore, need not suffer on yours. The commitment to forgive, then, is the commitment to realize Knowledge and to apply Knowledge, for Knowledge dispels unforgiveness like the light dispels the darkness. For there is only Knowledge and the need for Knowledge. That is all that you can possibly perceive in the universe.

YOUR TWO PRACTICE PERIODS ARE, THEREFORE, dedicated to facing those whom you have accused and forgiving yourself for failing to apply Knowledge in your understanding of them and engagement with them. Do this without any form of guilt or self-deprecation, for how could you possibly not fail if Knowledge was not available to you or if you were not available to Knowledge. Accept, then, your former limitations and dedicate yourself now to perceiving the world anew, without blame and with the greatness of Knowledge.

PRACTICE 207: *Two 30-minute practice periods.*
Hourly practice.

Step 208

ALL THINGS I TRULY VALUE WILL BE EXPRESSED FROM KNOWLEDGE.

*A*LL THINGS THAT ARE MOST HIGHLY VALUED in human life — love, patience, devotion, tolerance, forgiveness, true accomplishment, courage and faith — all naturally arise from Knowledge, for Knowledge is their source. They are but the outward expression of a mind that is serving Knowledge. Thus, they need not be forced upon oneself through arduous self-discipline. They arise naturally, for the mind serving Knowledge can only exemplify its own greatness and its own capabilities. What requires self-discipline is to reorient your focus, to reorient your devotion and to reorient your service. You either serve Knowledge or you serve the substitutes for Knowledge, for in all things you must serve.

UPON THE HOUR REPEAT THIS IDEA to yourself so that you may consider it throughout the day. In your two deeper practice periods, engage your mind actively to consider the depth of this idea. You must think constructively here. Do not simply weave images for yourself that you find enjoyable. Do not simply make judgments that you find abrasive to yourself or others. Learn again through practice to become objective in applying your mind. Allow your mind to deepen its involvement. Do not be satisfied with simple answers that you find comforting.

THINK OF EXAMPLES OF WHAT WE HAVE SPOKEN OF TODAY, for there are examples that you can recognize. All things you truly value will emanate from Knowledge, for Knowledge is their source.

PRACTICE 208: *Two 30-minute practice periods.
Hourly practice.*

Step 209

I WILL NOT BE CRUEL WITH MYSELF TODAY.

*D*O NOT BE CRUEL TO YOURSELF by attempting to wear your crown of thorns, which represents your system of beliefs and assumptions. Do not project upon yourself the weight of blame and unforgiveness. Do not attempt to force your mind to exemplify those qualities that you hold dear, for they will arise naturally from Knowledge.

INSTEAD, ENTER INTO STILLNESS in your two deeper practice periods, realizing once again that all things you most highly value will be naturally exemplified through Knowledge. All those things you find abhorrent will naturally fade away. A mind thus liberated can bestow the greatest possible gift upon the world.

CONSIDER THIS, THEN, UPON THE HOUR as you attempt to apply today's idea to all you see, hear and do. Do not be cruel with yourself today, for there is no justification for this. Allow yourself to be blessed so that you may bless the world. Allow yourself to bless the world so that you yourself may be blessed.

PRACTICE 209: *Two 30-minute practice periods.*
Hourly practice.

Step 210

REVIEW

*T*ODAY REVIEW THE PAST TWO WEEKS OF PREPARATION, reading each lesson as it is given and recalling your practice for that day. In your long practice period today once again begin to assess the progression of events and all of your practices. Begin to see that there is a relationship between how you apply your mind and what you experience as a result. View your life objectively, without guilt or blame, so that you may understand how your life is truly emerging.

YOUR LONG PRACTICE PERIOD TODAY will see you engaging your mind actively on its behalf. You are learning to become objective about your own progress as a student. You are learning to become objective about the nature of learning itself. You are learning to become objective so that you may see. Allow this Review, then, to give you greater perspective about the work of Knowledge in the world and the presence of Knowledge in your life.

PRACTICE 210: *One long practice period.*

Step 211

I HAVE GREAT FRIENDS BEYOND THIS WORLD.

*Y*OU HAVE GREAT FRIENDS BEYOND THIS WORLD. That is why humanity is seeking to enter into the Greater Community because the Greater Community represents a broader range of its true relationships. You have true friends beyond the world because you are not alone in the world and you are not alone in the Greater Community of Worlds. You have friends beyond this world because your Spiritual Family has its representatives everywhere. You have friends beyond this world because you are working not merely on the evolution of your world but on the evolution of the universe as well. Beyond your imagination, beyond your conceptual capabilities, this is most certainly true.

FEEL, THEN, THE GREATNESS OF THE UNIVERSE in which you live. Feel, then, the opportunity you have to serve the Greater Community of which your world is a part. You serve your great friends within the world and your friends beyond, for the work of Knowledge goes on everywhere. It is the attraction of God. It is the application of good. It is the force that redeems all separated minds and gives purpose, meaning and direction to the universe. Regardless of the mechanism of physical life, its value is determined by its origin and its destiny, both of which are beyond your comprehension. Realizing that Knowledge is the means that propels the world in its true direction, you can then value and receive that which gives your life purpose, meaning and direction.

UPON THE HOUR TODAY consider that you have friends beyond this world, both in other worlds and beyond the visible as well. Consider that you have this greater association. In your two deeper practice periods today, allow your mind to enter stillness so that such things may be experienced. Do not dwell upon them in your imagination, but allow instead for your mind to become still so that it may bestow

Knowledge into your awareness and experience. You have friends beyond this world, and they are practicing with you today.

PRACTICE 211: *Two 30-minute practice periods.*

Hourly practice.

Step 212

I GAIN STRENGTH FROM ALL WHO PRACTICE WITH ME.

*Y*OU DO GAIN STRENGTH FROM ALL WHO PRACTICE WITH YOU, for every mind that attempts to engage itself with Knowledge strengthens all other minds in doing so as well. In this, you cast your influence upon the world. In this, all others who seek to serve a true purpose cast their influence upon you. This counteracts the ignorant forces of the world. This counteracts the destructive forces in the world. This casts its influence on all minds to begin to awaken.

RECEIVE FAITH FROM TODAY'S IDEA, then, for faith it will give you as you realize that your own application is so greatly supplemented by the application of others. This will transcend any sense of inadequacy that you may have. This will help you overcome any sense of ambivalence regarding true preparation, for all other minds that are engaged in the reclamation of Knowledge are available to assist you here and now.

THUS, GREATNESS IS WITH YOU, the greatness of Knowledge and the greatness of all those who seek to reclaim Knowledge. With them you share a true purpose, for your true purpose is to keep Knowledge alive in the world. From Knowledge all things of good, whether they be of a spiritual or material nature, are bestowed upon the races for whom they are intended.

UPON THE HOUR REPEAT TODAY'S IDEA, and in your deeper practice periods attempt to receive the influence of all who are attempting to reclaim Knowledge. Allow their gift to enter into your mind so that you may experience true appreciation for life and begin to understand the meaning and efficacy of your own efforts as a student of Knowledge.

PRACTICE 212: *Two 30-minute practice periods.*
Hourly practice.

Step 213

I DO NOT UNDERSTAND THE WORLD.

*Y*OU DO NOT UNDERSTAND THE WORLD. You only entertain judgments about it and then attempt to understand your judgments. The world will reveal itself to you as you look without these restraints and limitations. In this, you will find that your beliefs can become useful in allowing you to take each next step in life. They need not limit your perception of the universe. You cannot be in the world without beliefs or assumptions. Yet, your beliefs and assumptions are meant to be tools to serve your mind, to give it a temporary structure and to allow it to engage its natural abilities in a positive manner.

YOU DO NOT UNDERSTAND THE WORLD TODAY. Be happy that this is so, for your condemnation is unfounded. You do not understand the world today. This gives you an opportunity to witness the world.

UPON THE HOUR REPEAT THIS IDEA as you look upon the world. Remind yourself that you do not understand what you see, so you are free to look again. If you are not free to look, it simply means that you are attempting to justify your own judgments. This is not seeing. This is merely entertaining your own fantasies. In your two deeper practice periods today, allow your mind to enter stillness, for without the burden of attempting to justify your fantasies, your mind will naturally seek its true place in service to Knowledge. You do not understand the world today, and so you do not understand yourself.

PRACTICE 213: *Two 30-minute practice periods.*
Hourly practice.

Step 214

I DO NOT UNDERSTAND MYSELF.

THIS IS NOT A STATEMENT OF FAILURE OR LIMITATION. It is simply a statement to liberate you from your own impediments. How can you possibly understand yourself if Knowledge is not revealing all things to you? How can you possibly understand the world when Knowledge is not revealing the world to you? This is pure experience, beyond all concepts and beliefs, for concepts and beliefs can only follow the experience and attempt to provide a structure where the experience can arise again. In no way can beliefs, assumptions or ideas possibly imitate Knowledge itself.

OF COURSE YOU DO NOT UNDERSTAND YOURSELF or the world, for you only understand your ideas, and they are not eternal. Therefore, they cannot provide a solid foundation upon which you must learn to stand. Thus, they can only fail and deceive you if you rely upon them instead of Knowledge to reveal yourself and the world to you.

UPON THE HOUR REMIND YOURSELF that you do not understand yourself. Free yourself from the burden of justifying your own judgments. Look upon yourself in your deeper meditation practices and remind yourself that you do not understand yourself. Now you are free to enter into stillness, for you are not attempting to use your experience to justify your fantasies about yourself. Here your mind becomes free to be itself, and you become free to appreciate yourself.

PRACTICE 214: *Two 30-minute practice periods.*
Hourly practice.

Step 215

MY TEACHERS ARE WITH ME. I AM NOT ALONE.

*Y*OUR TEACHERS ARE WITH YOU, in the background. They are very careful not to extend their influence upon you too strongly, for you are not yet capable to receive this and to utilize it on your own behalf. Realize, then, that you travel through life with great assistance, for your Teachers are with you to help you to realize and to cultivate Knowledge.

FIRST, THEY MUST HELP YOU TO REALIZE YOUR NEED for Knowledge, for your need for Knowledge must be fully established before you can engage in the reclamation of Knowledge. You must realize that without Knowledge life is hopeless, for you are without purpose, meaning and direction. Then only your errors can teach you, and only they can support your unforgiveness.

REALIZING THE FAILURE OF YOUR OWN IDEAS to be a substitute for Knowledge, you can then turn to Knowledge and become the happy recipient of its true gifts. Here all things that you have truly sought will be meaningfully satisfied. Here you will have a true foundation in life. Here Heaven and Earth will come together within you and all separation will end. Here you can accept the limitations of your physical existence and the greatness of your spiritual life. Turning to Knowledge, therefore, is of the greatest benefit for you.

REMINDE YOURSELF OF THIS IDEA upon the hour, and in your two deeper practices today, enter stillness, using the word RAHN if it helps you. Be happy today that you can receive that which frees you.

PRACTICE 215: *Two 30-minute practice periods.*
Hourly practice.

Step 216

THERE IS A SPIRITUAL PRESENCE IN MY LIFE.

*T*HE SPIRITUAL PRESENCE IN YOUR LIFE is ever with you, ever available to you and ever reminding you to look beyond your own judgments. It is forever providing for you the support, the assistance and the guidance necessary to minimize the wrong application of your mind and to strengthen the right application of your mind to allow Knowledge to arise within you.

YOU ARE NOW LEARNING TO RECEIVE and to respect this Spiritual Presence, and in time you will realize its great importance to you and to the world. This will generate greatness and humility all at once within you, for you will realize that you are not the source of your greatness, but the vehicle for its expression. This will keep you in true proportion and relationship to that which you serve. In relationship you receive all of the benefits of that which you claim to be your own. And yet, with Knowledge you will not become self-aggrandized because you will realize your own limitations and the depth of your own need for Knowledge. With this understanding, you will realize and accept the source of life. With this, you will realize that you are in the world to serve Knowledge and that the world is meant to be the recipient of Knowledge.

THERE IS A SPIRITUAL PRESENCE IN YOUR LIFE. Feel this upon the hour as you repeat today's idea. In your two deeper practice periods enter deeply into this Presence, for this Presence is most assuredly with you and wishes to give itself to you this day.

PRACTICE 216: *Two 30-minute practice periods.*
Hourly practice.

Step 217

I GIVE MYSELF TO KNOWLEDGE TODAY.

*G*IVE YOURSELF TO KNOWLEDGE TODAY by undertaking today's practice with true commitment and dedication, letting no false or self-limiting ideas interfere with your genuine pursuit. In this way, you give yourself to Knowledge by allowing Knowledge to give itself to you. How small, then, is that which is asked of you and how great is your reward. For every moment you spend in experiencing stillness or engaging your mind meaningfully, Knowledge becomes stronger and ever more present within you. You may wonder, "What is my gift to the world?" Your gift is what you receive here today. Give yourself to Knowledge so that it may give itself to you.

REMEMBER TODAY'S IDEA UPON THE HOUR and enter into Knowledge in your two deeper practice periods. Throughout all of your practices today, demonstrate your intention to give yourself to Knowledge, which will require stillness and self-acceptance.

PRACTICE 217: *Two 30-minute practice periods.*
Hourly practice.

Step 218

I WILL HOLD KNOWLEDGE WITHIN MYSELF TODAY.

A LONG WITH KNOWLEDGE COMES THE WISDOM of how to use Knowledge in the world. Thus, Knowledge is the source of your understanding and Wisdom is learning how to apply it meaningfully and constructively in the world. You are not yet wise, so keep Knowledge within yourself today. Allow it to strengthen itself. Allow it to grow. It will give itself naturally, without your attempting to force its expression. In time, you will learn to become wise, both through the demonstration of Knowledge and through your own errors. You have already committed a sufficient number of errors to demonstrate all that we are telling you.

KEEP KNOWLEDGE WITHIN YOURSELF TODAY so that it may grow strong within you. Allow yourself to extend its presence to only one or two individuals whom you recognize can appreciate it, for your awareness of Knowledge is still a tender shoot within you and cannot yet withstand the vicissitudes of this world. It has not grown strong enough in your own understanding to counteract the raging fear and hatred that sweep across the world. Knowledge can withstand this without difficulty, but you who are learning to become a recipient and a vehicle for Knowledge are not yet strong enough.

ALLOW KNOWLEDGE TO BE KEPT WITHIN YOU TODAY so that it may grow. Remind yourself of this upon the hour as you carry this jewel within your heart. In your deeper practice periods, which are times of freedom from limitation for you, allow yourself to return to your great love so that you may enter into true relationship with Knowledge. In time, all limitations to the expression of Knowledge will be lifted as you learn to wisely apply its communication in the world. But for now, keep Knowledge within your heart so that it may grow stronger and stronger.

PRACTICE 218: *Two 30-minute practice periods.*
Hourly practice.

Step 219

I WILL NOT LET AMBITION DECEIVE ME TODAY.

*A*S KNOWLEDGE IS NOW BEGINNING TO GERMINATE within you, do not allow your own ambition to deceive you. Your ambition is born of your personal need for recognition and reassurance. It is an attempt to counteract fear by controlling the opinions of others. Your ambition here is destructive, but like all other faculties of mind that are now misappropriated, in time it can serve the greatness of Knowledge. You have not achieved this state yet; therefore, do not attempt to do anything with your Knowledge, for it is not for you to use Knowledge but to receive Knowledge. It is in your receptivity to Knowledge that you will find Knowledge to be of the greatest service and usefulness to you.

DO NOT LET AMBITION PULL YOU WHERE YOU CANNOT GO. Do not let it misappropriate your vitality and your energy. Learn to become patient and calm with Knowledge, for Knowledge has its own goal and direction in life, which you are now learning to follow.

THROUGHOUT TODAY IN YOUR HOURLY PRACTICES and in your deeper meditations as well, allow yourself to be without ambition, for you do not know what to do with Knowledge. In your longer meditations, allow this to free you so that you may enter stillness and leave the world of physical things.

PRACTICE 219: *Two 30-minute practice periods.*
Hourly practice.

Step 220

I WILL USE RESTRAINT TODAY SO THAT GREATNESS MAY GROW WITHIN ME.

*U*SE RESTRAINT REGARDING THOSE FACULTIES that you recognize to be harmful or debilitating to the reclamation of Knowledge. Hold yourself back intentionally so that Knowledge may grow within you. This is no limitation that you place upon yourself. Instead, it is the meaningful use of your mind and strength to cultivate an awareness of the Greater Power within you and to allow it to emerge, to guide and to direct you.

IN TODAY'S LESSON, AS IN LESSONS PAST, you are learning to recognize the source of Knowledge and the vehicle of Knowledge and not to confuse the two. Learn restraint today so that Knowledge may grow within you. Do not think that restraint merely refers to past behavior where you limited what was genuine within yourself. No, your focus today is to learn the form of intentional restraint that represents an expression of your power and self-discipline. Your power and self-discipline must now be exercised to become strong, for your mind and body are vehicles of Knowledge, and as vehicles, they must be developed and strengthened.

IN YOUR DEEPER PRACTICES TODAY, as in your hourly practices, restrain those forms of thinking and behavior that betray your Knowledge so that you may enter Knowledge in stillness and in peace. With this restraint, freedom will be discovered, for freedom is found beyond this world and is brought into this world, for freedom is the gift of Knowledge.

PRACTICE 220: *Two 30-minute practice periods.*
Hourly practice.

Step 221

I AM FREE TO BE CONFUSED TODAY.

*D*O NOT VIEW YOUR CONFUSION AS A FAILURE. Do not view your confusion as something that endangers you or belittles you. Confusion here is merely a sign that you are realizing the limitations of your own ideas and assumptions. You must give these up to allow Knowledge to become apparent to you, for in the face of all important decisions that require your attention this day, Knowledge has already provided an answer. It is not an answer that you can find amongst the many answers that you provide for yourself or that you assume others provide for you.

THEREFORE, LET ALL SUBSTITUTES FOR KNOWLEDGE fade from you. Allow yourself to be confused, for in your genuine confusion Knowledge may arise naturally. This, then, represents your freedom, for in freedom you are free to be confused.

REMIND YOURSELF OF THIS IDEA upon the hour, and do not be complacent with simple explanations or assumptions about its great meaning for you. You must consider it deeply and realize that the true understanding that it holds for you will be revealed in time. Today allow yourself to be confused, for you are confused, and you must always begin from where you are. Knowledge is with you. You are free to be confused. In your longer practice periods today, enter into stillness whether you are confused or not, for stillness, grace and peace are always available to you.

PRACTICE 221: *Two 30-minute practice periods.*
Hourly practice.

Step 222

THE WORLD IS CONFUSED. I WILL JUDGE IT NOT.

*T*HE ONLY JUDGMENT THAT YOU CAN MAKE UPON THE WORLD is that it is confused. This judgment does not require anger, sadness, loss, resentment, hostility or revenge. It does not call for attack in any form. The world is confused. Judge it not. How can the world be certain when the world is without Knowledge? You may look upon your life thus far and realize the extent of your own confusion. How could it be otherwise when you were without Knowledge? Knowledge is with you now, as it was then. You are beginning to reclaim Knowledge so its certainty can express itself through you increasingly. This is the great gift that you are now learning to receive. It is a gift the world will learn to receive through you.

EACH HOUR AS YOU LOOK UPON THE WORLD and all of its activities, judge it not, for it is merely confused. If you are in distress today, judge yourself not, for you are merely confused. In your deeper practice periods today, allow yourself to enter stillness. You enter stillness simply by wanting to enter stillness. It is a gift that you allow for yourself. To do this, you give yourself to receiving the gift. Here there is no giver and sender of the gift, for the gift reverberates between you and your Source. Knowledge and its vehicle merely affirm one another.

THE WORLD IS CONFUSED. It is without Knowledge. But you are a gift to the world, for you are learning to receive Knowledge this day.

PRACTICE 222: *Two 30-minute practice periods.*
Hourly practice.

Step 223

I WILL RECEIVE KNOWLEDGE THIS DAY.

*U*PON THE HOUR RECEIVE KNOWLEDGE. In your two deeper practice periods, receive Knowledge. Give yourself to receiving Knowledge. This is your practice for today. Everything else is merely a form of confusion. There is no event in your outer life that need replace your practice today, for Knowledge blesses all things within you and without. It dispels that which is unnecessary and purposefully engages you with that which is necessary and has true potential for you.

RETURN, THEN, TO KNOWLEDGE, regardless of the circumstances of your outer life. Receive Knowledge so that you may have certainty in the world and so that you may understand your own meaning and value.

PRACTICE 223: *Two 30-minute practice periods.*
Hourly practice.

Step 224

REVIEW

*T*ODAY PRACTICE OBJECTIVITY BY REVIEWING the last two weeks of practice. Once again, read each lesson for the day and recall your practice for that day. Begin with the first practice of the two-week period, and then follow each day step by step. Strengthen your ability to observe your progress objectively. See what happens on days when you are strong with practice and on days when you are weak. Imagine for a moment as you do this that you are looking through the eyes of your Teachers who are watching your life from far above. They are without condemnation. They are merely taking note of your strengths and weaknesses, strengthening the former and minimizing the effects of the latter. As you learn to view your life objectively, you will learn to see your life through the eyes of your Teachers. This is looking with Knowledge. This is looking without judgment. Given this, the mind becomes a vehicle for Knowledge, and Knowledge will bestow upon you all the ideas and the activities that are truly beneficial for you.

ALLOW YOUR REVIEW PRACTICE PERIOD TODAY to be engaged on your own behalf. Utilize your mind purposefully and do not allow it to wander. Break the habit of thinking mindlessly. Break the habit of preoccupying yourself with foolish and meaningless things. Allow your Review today to demonstrate to you that you are a true student of Knowledge.

PRACTICE 224: *One long practice period.*

Step 225

TODAY I WILL BE SERIOUS AND LIGHTHEARTED ALL AT ONCE.

*T*HERE IS NO CONTRADICTION IN TODAY'S MESSAGE for you if it is understood. To take your life seriously is to receive its true grace, which will make you very happy. Therefore, you must be very serious with yourself as you are learning now to become a vehicle for Knowledge, and you may be very happy and lighthearted that Knowledge is with you. This, then, is the true application of your mind, for you are lighthearted with that which is lighthearted, and you are serious with that which is serious. A mind that is serious in its outward direction and lighthearted in its internal delight will be a mind that is fully integrated. This will be a mind where Heaven and Earth touch.

THE GRACE THAT YOU WILL BE RECEIVING THIS DAY will engender happiness and true appreciation, yet the application it calls for will require your serious engagement, your sincere dedication and the genuine application of your mental and physical faculties. Here your strengths represent your happiness, and your happiness is strengthened by the application of your true abilities.

THINK OF THIS UPON THE HOUR as you repeat your idea for today. As you attempt your deeper meditation practices, seriously engage your mind so that it may experience the lightheartedness and the great joy of Knowledge. In this, you will see that today's idea is entirely uniform in its meaning. In this, you will not confuse that which is happy and that which is serious. This will give you a greater comprehension of the world.

PRACTICE 225: *Two 30-minute practice periods.*
Hourly practice.

Step 226

KNOWLEDGE IS WITH ME. I WILL NOT BE AFRAID.

*K*NOWLEDGE IS WITH YOU and when you are with Knowledge, you will not be afraid. In time, fear will become more and more external to your true experience as you learn to abide with Knowledge. The value of today's idea must be recognized in light of the fact that your mind is engaged with fear habitually to such a great extent that it seems to make the reclamation of Knowledge and the application of Knowledge very difficult for you. This appears difficult only because your mind has been so habitually engaged with fear in the past. Habits can be broken. New habits of thinking and behavior can be instilled and strengthened. It is merely the result of applying your mind. It is the result of practice.

TODAY PRACTICE ABIDING WITH KNOWLEDGE, which will undo all the habits that have cast themselves against you and the world. Being in life is practice and is always a form of service. Today practice the truth and serve the truth, and in this all errors are weakened. Their foundation is removed, and in its place you will begin to learn a new way of being in the world, a new way of engaging yourself with the world, and you will have a greater structure for applying your mental and physical faculties.

UPON THE HOUR ABIDE WITH KNOWLEDGE. Dispel fear and remind yourself that Knowledge is with you. Remind yourself that your Teachers are with you. Remind yourself that students everywhere who are involved in the reclamation of Knowledge are with you. In this, the world will become small and you will become great. In your deeper practices, allow yourself the freedom of experiencing Knowledge. Enter the great depth and stillness of the mind, as it immerses itself into the presence of love.

PRACTICE 226: *Two 30-minute practice periods.*
Hourly practice.

Step 227

I WILL NOT THINK THAT I KNOW TODAY.

*B*EGINNING STUDENTS ALWAYS THINK THEY KNOW THINGS they don't know, and they always think they don't know things they do know. This requires a great deal of sorting out. It requires discovering the true and the false and, through this contrast, learning to separate the two. In time, you will realize the distinction between the true and the false and will not be deceived by the pretense the false can make in its imitation of the true.

REMINDE YOURSELF UPON THE HOUR TODAY not to think that you know. Thinking that you know is only a form of substitution. You either know or you don't know. Your thinking here merely supports or denies that which you know. But thinking you know is thinking without Knowledge, which is always mindless and engenders confusion and self-doubt.

IN YOUR DEEPER PRACTICE PERIODS TODAY, do not be deceived by thinking that you know. Once again return to the pure experience of Knowledge itself. In stillness and in peace, totally give yourself to your practice today. Knowledge is an experience. It will engender its own ideas. It will stimulate and support those forms of behavior and those forms of self-application which are truly supportive of your true nature. Do not be content with things you think you know, for this is merely another form of denial which will leave you impoverished once again.

PRACTICE 227: *Two 30-minute practice periods.*
Hourly practice.

Step 228

I WILL NOT BE POOR TODAY.

*Y*OU NEED NOT BE POOR, FOR POVERTY is neither your heritage nor your true destiny. Do not be poor today, for Knowledge is the great wealth, and once it is allowed to emerge within any mind, it begins to generate its presence naturally in the world. It begins to balance and harmonize the mind that is its vehicle, and it begins to give specifically to certain individuals in specific ways. This is the genius that is with you. How can you be poor with such a gift? Only your self-deprecating ideas and forms of behavior can engender poverty.

THEREFORE, TODAY BEGIN TO LOOK MORE DEEPLY at those things that are forms of obstruction to you. Think of this upon the hour. In your two deeper practice periods, engage your mind actively in attempting to discern specific forms of self-deception and self-obstruction. Do this without condemnation, but with the objectivity that is necessary to view yourself clearly. Do not be dismayed that there are many subtle forms of self-deception. They are merely slight variations upon very simple themes. Their seeming complexity and number are unimportant except that you recognize them. They are all born of fear and the attempt to offset fear by engaging in illusion and by attempting to engage others in supporting illusion. All ideas without Knowledge serve this purpose, either directly or indirectly. Yet, real purpose is the great force behind ideas that are for true service, as it is the great force behind all forms of action and behavior that are for true service.

TODAY WE WILL LOOK AT OBSTACLES, but not with shame, guilt or anxiety. Look only to strengthen the presence and the application of Knowledge and only to prepare yourself to be a greater vehicle for Knowledge in the world. That is the purpose of today's practice. Therefore, practice with true intent. You are greater than the errors that you perceive, and they cannot deceive you if you look at them objectively.

PRACTICE 228: *Two 30-minute practice periods.*
Hourly practice.

Step 229

I WILL NOT BLAME ANOTHER FOR MY PAIN.

*T*ODAY'S IDEA REPRESENTS A TREMENDOUS SHIFT in understanding. It must be born of Knowledge to have true effectiveness, however. Its meaning is not immediately apparent, for you will soon find that there are many circumstances in which others seem completely responsible for your pain. It will be very difficult, given your habitual thinking and the assumptions upon which you live, to deny that others are indeed the cause of your pain. This, however, is not how Knowledge views you, and you must learn not to view yourself in this way.

PAIN IS ALWAYS A DECISION THAT YOU MAKE in response to any stimuli in your environment. The body will have physical pain if it is so stimulated, but that is merely a sensory response. It is not the true pain that hurts you. The pain that hurts you is the crown of thorns of your own ideas and assumptions, your own misgivings and misinformation and your own unforgiveness towards yourself and the world. This produces a pain both within your mind and upon your body as well. It is this pain we wish to alleviate this day.

THEREFORE, CONSIDER TODAY'S IDEA AS A FORM OF REMEDY against pain. If another is the cause of your pain, you have no remedy except to attack or to change the other person. Even your attempt to change them for good will be a form of attack, for underneath your altruism will be hatred and resentment. Therefore, there is no remedy for pain if its cause is beyond you. But there is remedy for all pain because Knowledge is with you.

THEREFORE, ALL PAIN MUST BE RECOGNIZED as the result of your own decision. It must be recognized as the result of your own interpretation. You may feel that you have been wronged by another or by the world. This feeling is actually present in your mind, so it need not be denied, but you must look beyond it to its source and to the

mechanism for its emergence. To do this, then, you must utilize your own faculties. This will give you great strength. You will be able to do this because Knowledge is with you and because with Knowledge you can do all things that Knowledge asks you to do.

WITHOUT CONDEMNATION, THE WORLD IS SO RELIEVED that it can begin to recover itself. Therefore, upon the hour repeat this idea and consider its meaning. Go deeply within it to discover what it truly holds for you. In your longer practice periods, enter stillness and peace, for without condemnation upon the world and upon yourself, the mind is at peace already.

PRACTICE 229: *Two 30-minute practice periods.*
Hourly practice.

Step 230

MY SUFFERING IS BORN OF CONFUSION.

*Y*OUR SUFFERING IS BORN OF CONFUSION. Allow yourself to be confused so that you may recognize the true path of reclamation. Is this idea confusing to you? It may be confusing because people will not accept their confusion. They will tell lies about it, saying they are certain when they are confused, projecting blame upon others to excuse themselves or projecting blame upon themselves to excuse others. All of this represents confusion.

WHEN YOU REALIZE THAT YOU ARE CONFUSED, then you can claim the means to regain your certainty. If you do not accept that you are confused, you will impose substitutes for certainty upon yourself and the world and thus remove yourself from the possibility of receiving your certainty. This is why you must realize that your confusion is the source of your suffering, and you must allow yourself to be confused to recognize your true predicament. Recognizing your true predicament, you will see the great need for Knowledge, and this will engender in you the dedication and the self-application that is necessary for you to receive that which is your inheritance.

TODAY REPEAT THIS IDEA UPON THE HOUR and do not forget to do so. In your two longer practice periods, engage your mind actively in attempting to understand the depth and the meaning of today's idea. Recognize objectively all of the feelings and the thoughts that are in favor of it and all of the feelings and the thoughts that are opposed to it. Take special care to recognize any objection that you might have to today's idea. Then, recognize the power of this idea within your own mind. This will give you a recognition of today's idea and its true meaning. This will also help enable you to realize objectively the current construction of your mind. This is all part of your education as a student of Knowledge. Give yourself to considering today's idea and do not be complacent with simple answers and explanations, for today's idea contains a gift you have not yet experienced.

PRACTICE 230: *Two 30-minute practice periods.*
Hourly practice.

Step 231

I HAVE A CALLING IN THIS WORLD.

*Y*OU HAVE A CALLING IN THIS WORLD. It is not what you think it is. It will emerge from your Knowledge once Knowledge is allowed to emerge within your mind. You have a calling in this world because you have come here to do some very specific things. Your purpose in this world is to reclaim your Knowledge and to allow your Knowledge to express itself. That is a very simple statement of your purpose, but it is a statement that contains a great deal of depth and a great deal that must be fulfilled in time.

YOU HAVE A CALLING IN THIS WORLD because you were sent here to do something. It is for this reason that your mind is the way it is and that you have a specific nature that is distinct from others. As your calling emerges, you will realize why you think and act the way you do, and all of this will be brought into true balance and harmony. This will erase all cause you have for self-condemnation, for your nature represents a usefulness that you have not yet realized. In other words, you are made specifically for something that you have not yet comprehended. Prior to this you will resist your nature, thinking it is a limitation upon you. In time, you will realize that it is an invaluable resource for accomplishment, for you have a calling in the world.

UPON THE HOUR REMIND YOURSELF OF THIS and remind yourself that you do not yet know what your calling is. Without presumptions, you will be in a position to discover the truth. In your deeper practice periods today enter stillness and silence once again, utilizing the word RAHN if you find that helpful. This is a day of preparation for you to realize your true calling in the world. It is a day given to Knowledge and a day that is taken away from false assumptions and self-deception. A day given to Knowledge brings you closer to realizing your calling, which will arise naturally without your presumptions once you and those with whom you must be engaged are prepared.

PRACTICE 231: *Two 30-minute practice periods.*
Hourly practice.

Step 232

MY CALLING IN LIFE REQUIRES THE DEVELOPMENT OF OTHERS.

*F*OR YOUR CALLING TO EMERGE IN YOUR LIFE, it is not merely your own development that is essential, but the development of others with whom you will be directly engaged. Because your purpose in life involves your engagement with others, it is not a singular pursuit. It is not an individual fulfillment. In reality, there is no individual who is completely separate from other individuals because individuality has meaning only in terms of expressing that which binds and joins all life.

THEREFORE, THIS DAY DEVELOP THE WISDOM and the understanding that your true accomplishment is dependent upon the accomplishment of others as well. Think not that you know who all these others are, for you have not met them all yet. Some are in this world, and some are beyond the world. They may not be in your personal sphere at all.

HOW, THEN, CAN YOU PROCEED when your accomplishment is partially dependent upon others? You proceed by giving yourself to your preparation. The power of doing this will strengthen those with whom you will be engaged in your life's calling. Because your application strengthens one another, you are already in relationship; you are already influencing one another. The closer you come to that point where Knowledge emerges, the closer they will come as well. The more you hold yourself back, the more you hold them back. You cannot see the mechanism for this while you are in the world, for you must be beyond the world to see how this works. But you can understand the idea that all minds influence each other, particularly those minds that are meant to be engaged specifically with one another in life.

THEREFORE, YOUR ADVANCEMENT IS DEPENDENT upon your own efforts and the efforts of others. Yet, the efforts of others are supplemented and strengthened by your own efforts. Therefore, your achievement is very much given to you to accomplish, and yet your achievement will join you with life and will deepen the content and experience of relationship beyond what you were formerly able to experience.

IN YOUR HOURLY REMEMBRANCES and in your longer meditations in stillness today, allow your efforts to supplement the efforts of others, which will supplement your efforts. Allow the combination of your mutual dedication, then, to be a source of strength which you will experience this day and which will be experienced by those whom you have not yet met in this life.

PRACTICE 232: *Two 30-minute practice periods.*
Hourly practice.

Step 233

I AM PART OF A GREATER FORCE FOR GOOD IN THE WORLD.

*T*HIS STATEMENT IS ABSOLUTELY TRUE, though from a separated point of view it may be very difficult to understand. It is not expected that you will understand today's idea, but it is given you to experience its power and potency, for being representative of truth it can lead you to the truth, which is the experience of Knowledge. This is the greatest possibility for any idea—that it can be a doorway to Knowledge.

THIS IDEA, THEN, MUST BE APPROACHED PROPERLY. You must realize the limitations of a separated point of view and not attempt to judge the value of this day's idea. You cannot judge it. You can only respond to it or deny it because its truth is greater than your current interpretation. Recognizing your current limitations in this regard gives you access to greatness, for without protecting that which weakens you, you may find your way to that which strengthens you and gives you purpose, meaning and direction.

YOU ARE PART OF A GREATER FORCE FOR GOOD, for this force is joined and directed by Knowledge. Knowledge here is beyond what any individual can own. Therefore, there is no "your" knowledge and "my" knowledge; there is only Knowledge. There is only your interpretation and my interpretation, and in this there can be discrepancies, but Knowledge is Knowledge. It leads people together; it takes people apart. If it is truly comprehended from stillness and objectivity, its true direction can be discerned and followed.

TAKE STRENGTH TODAY AS YOU REPEAT THIS IDEA upon the hour. Know that all of your efforts on behalf of Knowledge are supplemented by those who practice with you—those whom you can see and those whom you cannot see. In your deeper practices allow your own self-discipline, which prepares you to enter into stillness and

peace, to be supplemented as well. Thus, your accomplishment today will supplement the efforts of all others who practice, those who are unlearning the false and those who are learning the true along with you.

PRACTICE 233: *Two 30-minute practice periods.*
Hourly practice.

Step 234

KNOWLEDGE SERVES HUMANITY IN ALL WAYS.

*K*NOWLEDGE ACTIVATES ALL MENTAL AND PHYSICAL ABILITIES for good. It directs all manner of individual pursuits that are for the benefit of humanity. In the arts, in the sciences, in all endeavors, in the simplest gesture and the greatest act, Knowledge demonstrates a greater life and strengthens all of the highest qualities in individuals who are engaged with it.

BECAUSE KNOWLEDGE IS GREAT, you do not need to associate it only with great things, for the expression of Knowledge can permeate even the smallest word and the tiniest gesture. Thus, they too can have the greatest impact upon others. The power of Knowledge within one individual is to activate the power of Knowledge in other individuals and thus stimulate and support the regeneration of life within minds that are living in separate fantasies. Within the world you cannot see the overall potency of this, but you can experience it within your own life and see it demonstrated within the context of the relationships with which you are now engaged.

DO NOT THINK YOU KNOW. You either do or you do not. Remember this, for the opportunity for self-deception is still with you because you have not yet been willing to face yourself completely, fearing that what you would find would discourage or destroy you. Yet, when you face yourself completely, all you will find is Knowledge.

IN YOUR DEEPER PRACTICE PERIODS TODAY allow yourself to enter stillness once again, utilizing the methods that you have learned thus far. Do not allow anything to distract you from your purpose. You are part of a Greater Force, and this Greater Force is supporting you.

PRACTICE 234: *Two 30-minute practice periods.*

Step 235

THE POWER OF KNOWLEDGE IS BECOMING EVIDENT TO ME.

*I*T WILL TAKE TIME FOR YOU TO RECOGNIZE the power of Knowledge, for it is far greater than anything you have imagined. Yet, it is far simpler and more subtle than that which you can yet comprehend. It can be seen in the innocence of a child's eyes; it can be imagined in the greatness of the movement of galaxies. In the simplest gesture or the greatest act, it can manifest itself.

ALLOW YOURSELF TO ACCEPT THAT YOU ARE ONLY BEGINNING to realize the presence of Knowledge in your life and in all life. This is determined by your capacity for Knowledge, which, along with your desire for Knowledge, you are now cultivating. That is why day after day you practice stillness and peace and only interrupt these practices with practicing the active engagement of your mind for great purposes. Here you are building your capacity as well as your desire, for each day you must practice because of the desire for Knowledge, and each practice develops your capability to experience Knowledge.

YOU ARE BEGINNING TO RECOGNIZE the presence of Knowledge, the power of Knowledge and the evidence of Knowledge. Remind yourself of this upon the hour and do not forget. Once again, in the depth of your longer practice periods, give yourself completely to entering stillness and peace, for this will undo all blame and unforgiveness within you and will show you the power of Knowledge, which you are now learning to accept.

PRACTICE 235: *Two 30-minute practice periods.*
Hourly practice.

Step 236

WITH KNOWLEDGE I WILL KNOW WHAT TO DO.

*W*ITH KNOWLEDGE YOU WILL KNOW WHAT TO DO, and your certainty will be so strong that it will be difficult for you to doubt it or to argue against it. Here you must be prepared to act and act boldly. If your predominant concern is protecting your ideas and your physical body, then you will be afraid of Knowledge, fearing that it will lead you to do something that will be dangerous or harmful for you. Knowledge can only be demonstrated. Its beneficence must be experienced. It can only be experienced by accepting its presence and carrying out its direction.

WITH KNOWLEDGE YOU WILL KNOW WHAT TO DO, and your certainty will far exceed all of the pretenses you have made about certainty thus far. Self-doubt may continue in the face of Knowledge, but Knowledge is so much greater because your whole being will be engaged in the activity. Only the littleness of your self-doubt, born of your own false beliefs, can argue against it. Yet, its arguments are pathetic and pitiful and lack depth and conviction.

KNOWLEDGE WILL MOVE WITHIN YOU AT CERTAIN TIMES, for in stillness it observes all things until it is ready to act, and when it acts, it acts! Thus it is that you will learn with Knowledge to be at peace in the world, and yet when you act, you will act with true efficacy and with great result. In this way, you may be a person of action and contemplation all at once, for your contemplation will be deep and meaningful, and your action will be deep and meaningful as well.

WITH KNOWLEDGE YOU WILL KNOW WHAT TO DO. Do not think that you know what to do unless you are with Knowledge and Knowledge is indicating for you to do something with great power. Do not make small attempts at resolving your problems, for without Knowledge your attempts will be meaningless and will compound your frustration.

UPON THE HOUR REPEAT TODAY'S IDEA and consider it. In the depth of your longer practices, utilize the skills that you have cultivated thus far to engage yourself with stillness. If Knowledge is still, you may be still as well. Thus, when Knowledge stimulates action, you will be able to act, and in so doing, the resolution that you bring will be greater than anything you could conceive of.

PRACTICE 236: *Two 30-minute practice periods.*
Hourly practice.

Step 237

I AM ONLY BEGINNING TO COMPREHEND THE MEANING OF MY LIFE.

*Y*OU ARE ONLY BEGINNING TO COMPREHEND the meaning of your life. This will naturally arise in your understanding without your efforts in attempting to conceptualize it. The meaning and purpose of your life will simply arise and be expressed today and tomorrow and in the days to come, for Knowledge is that simple and fundamental. Thus, your intellect can be used to deal with the physical necessities of your life, the particulars of your life and the mechanism of your life, for this is the application of the intellect. Yet, the greatness of Knowledge provides purpose, meaning and direction, which the intellect can never provide. Therefore, the intellect is a faculty that has a true function here, for it serves the greatness of Knowledge.

YOU ARE ONLY BEGINNING TO COMPREHEND THE MEANING of Knowledge and the nature of Knowledge. Think not that your conclusions thus far are adequate to your needs, for you are a beginning student of Knowledge and as a beginning student, you will not make the mistake of relying upon your assumptions alone. For beginning students make few assumptions and are eager to learn all that is necessary for them. Be a beginning student today. Recognize how little you know and how much you must learn. You have a lifetime to learn this, and yet your lifetime must be activated and strengthened beyond what you have realized thus far. In time, the greatness that you carry will express itself through you in actions both great and small.

TODAY, IN YOUR DEEPER PRACTICE PERIODS where you enter stillness, allow your awareness of Knowledge to be cultivated further. Attend to your practice like a patient gardener who does not demand that all plants bear fruit today, but who understands the seasons of growth and change. Allow yourself to have this comprehension, for in

time you will understand objectively how human beings develop and grow and what they carry within them. When you leave this world, if you are successful in cultivating Knowledge and in allowing it to give all of its gifts into the world, you will then be able to become one of the Teachers of those who remain behind. In this way, you will fulfill your learning in the world by contributing all that you have acquired in the world to others. In this, your gift is fulfilled and theirs is furthered.

YOU ARE ONLY BEGINNING TO COMPREHEND THESE WORDS. Today strengthen your experience of Knowledge so that the comprehension of these words may deepen within you. Upon the hour repeat today's idea so that all of your activities and all of your engagements, in whatever environment you find yourself, are conducive to your practice. For there is no event or interaction which Knowledge cannot bless and harmonize.

PRACTICE 237: *Two 30-minute practice periods.*
Hourly practice.

Step 238

REVIEW

*W*E SHALL BEGIN YOUR TWO-WEEK REVIEW WITH THIS
INVOCATION:

“I AM SENT INTO THE WORLD TO SERVE MY SPIRITUAL FAMILY which serves this world and all worlds in the physical universe. I am part of a Greater Force for good, and I am a beginning student of Knowledge. I am grateful for the gift that has been given, which I am now beginning to comprehend. In complete faithfulness and devotion, I will continue my practice today so that I may appreciate the value of my own life.”

FOLLOWING THIS INVOCATION BEGIN YOUR LONG REVIEW. Begin with the first lesson of the two-week period, review the instructions and your practice, and then proceed on day by day. When you have completed your Review, once again repeat the invocation for today and then spend several minutes in silence. In this period of stillness begin to feel the power of what you are undertaking. The power of Knowledge and the grace that it bestows upon the world is what you will be learning to receive and to express in the days and weeks to come.

PRACTICE 238: *One long practice period.*

Step 239

FREEDOM IS MINE TODAY.

*F*REEDOM IS YOURS WHO LIVE WITH KNOWLEDGE. Freedom is yours who need not burden yourself with the undue strain of unnecessary thinking and speculation. Freedom is yours who can dedicate yourself to your one purpose and to your specific tasks that emanate from this purpose. What greater freedom is there than the freedom to utilize your Knowledge and to fulfill its destiny in the world? Nothing else can be called freedom, for anything else is merely the freedom to be in chaos and to degenerate into misery.

YOU ARE FREE THIS DAY TO ALLOW KNOWLEDGE to abide with you. This day in your hourly practice and in your two deeper meditations, remember that you are free. When you have the freedom to be with Knowledge in your two meditation periods, allow yourself to enter stillness and let not any feeling, idea or thought dissuade you from experiencing the great freedom that you have to escape from the world into Knowledge.

THESE PRACTICE TIMES ARE SO IMPORTANT for your overall well-being. The result of this involvement will give you greater access to Knowledge in all of your outward endeavors as you learn to abide in peace with Knowledge and as you learn to follow Knowledge as it exercises its Wisdom in the world. You are free this day to be with Knowledge, for this day you are free.

PRACTICE 239: *Two 30-minute practice periods.*
Hourly practice.

Step 240

SMALL IDEAS CANNOT FULFILL MY NEED FOR KNOWLEDGE.

*G*REAT IDEAS, FANTASTIC IMAGES or wonderful belief systems cannot meet your need for Knowledge. Ideas alone can set you on your way, but they cannot take you on the journey. They may speak of greater things awaiting you, but they cannot take you there, for Knowledge must be your guide to your destiny and your fulfillment. With ideas you stand at the beginning, pointing the way for others, but you yourself cannot go.

WHEN YOU ARE TRAVELING WITH KNOWLEDGE, Knowledge will extend itself through ideas. It will extend itself through actions, through gestures and through all the vehicles of communication in this world. Therefore, do not be content with ideas alone. Do not think that by speculating upon ideas that you are comprehending the nature of Knowledge and its true application in the world. These things can be experienced and observed, but the individuals experiencing and observing them must be moved at the very core of their being.

THEREFORE, DO NOT BE SATISFIED WITH LITTLE THINGS in place of the greatness of your true being and your purpose in the world. Return to Knowledge, and be grateful for the ideas that have pointed you in this direction. But realize that the power that can move you, the power that gives you the strength to prepare and participate, is born of the great Wisdom and Knowledge that you carry. It requires Knowledge to follow Knowledge. It requires Knowledge to prepare for Knowledge. Thus, Knowledge is exercised even as you approach it.

DO NOT, THEN, REMAIN AT THE BEGINNING OF YOUR JOURNEY with ideas alone. Do not accept little things in place of the greatness of your function. Remind yourself of this upon the hour and in your deeper meditation practices, once again enter stillness and peace. Come to your practice without questions. Come to your practice without

petitions. Remind yourself that in Knowledge all things will be given, all things will be received and all things will be applied as they are needed. As your mind becomes more simple and open, it will become a vehicle for Knowledge to express itself in the world.

PRACTICE 240: *Two 30-minute practice periods.*
Hourly practice.

Step 241

MY ANGER IS UNJUSTIFIED.

*A*NGER IS UNJUSTIFIED, FOR ANGER ALONE is merely your response to your failure to apply Knowledge. This engenders anger at its very source. But this need not happen, because anger is a response. As a response it can generate anger in others and stimulate a violent response internally and externally wherever it is applied. Knowledge, however, will redirect anger so that it has no destructive qualities, for what you wish to express is that which fortifies Knowledge in others. It is the strength of your conviction and not your desire to hurt yourself or others that is the true efficacy of the emotion that is the core of anger. Thus, it may be said that your anger is a true communication that has been distorted by your own projections of blame and fear. Once these distortions have been cleared away, the true communication that is the seed of all anger can be expressed. This can only bring about good.

ANGER, THEN, IS NOT JUSTIFIED, for it is a misinterpretation of a true communication. Your anger is not justified because anger is born of confusion. Yet, confusion calls for preparation and the true application of Knowledge. Therefore, the sinful are not punished but are attended to. The wicked are not sent to hell but are prepared for Heaven. This is the true nature of God's purpose in the world. That is why God can never be angry, because God is not offended. God is merely applying God to a situation where God has temporarily been forgotten.

IN THE GREATER SCOPE OF THINGS, even the separation of all individual minds is a very temporary occurrence. You cannot think yet at this level and will not be able to do so for a long time, for you must undergo the various stages of development that integrate your mind into greater and greater experiences of relationship and life. But as you proceed and as you take each vital step that expands your horizons, you will begin to understand that anger is unjustified. It merely

represents a failure to apply Knowledge in a particular situation. This calls for remedy not for condemnation. Here you will realize that your anger is something to be understood. It is not to be rejected, for if you reject anger, you also reject the seed of anger, which is true communication. Therefore, we wish to clean away that which has spoiled your true communication so that your true communication may shine forth, for true communication always comes from Knowledge.

THINK OF THIS IDEA UPON THE HOUR. In your deeper practice periods, actively engage your mind in looking at every single thing that you are angry about, from very tiny things that are specific to things in general that upset or discourage you. Remind yourself as you review your inventory of anger that your anger is unjustified. Remind yourself that it calls for the application of Knowledge and that within each angry experience or feeling that you have, there is a seed which is true. Therefore, your anger need not be rejected but cleansed, for in cleansing your anger you will be able to communicate that which you intended to communicate in the beginning where you initially failed. Then your self-expression will be complete, and anger will be no more.

PRACTICE 241: *Two 30-minute practice periods.*
Hourly practice.

Step 242

MY GREATEST GIFT TO THE WORLD IS MY KNOWLEDGE.

*T*HIS IS YOUR GREATEST GIFT. It is the gift that imbues all other giving and gives it meaning. This is the gift that gives value to all human expression, all human endeavor and all human invention that is intended to support the well-being of humanity in its evolution. Knowledge is not something that you can quantify and give, as if you put it into a package or delineate it with your ideas. It is a presence and a quality of life that is the very essence of life. It makes all giving and contribution meaningful.

THIS IS YOUR GREATEST GIFT, which you are now learning to receive. As you receive it, it will give itself naturally, for you cannot keep Knowledge for yourself. Once it emerges, it begins to express itself in all directions and specifically in certain directions and in certain involvements with certain people according to its design and Wisdom. Thus, if you receive Knowledge, it must be given. It will give itself, and you will want to give it because you possess wealth, and wealth can only be increased through giving. Thus, in essence, life is all about the giving of Knowledge. Wherever this giving cannot be accomplished, there is all manner of deception, disappointment and despair. But when giving is reactivated in these circumstances, these qualities of denial will be dispelled, and Knowledge will once again begin to express itself in very specific ways.

THEREFORE, UPON THE HOUR remind yourself of this great truth, and in your deeper meditations allow yourself to experience Knowledge. Allow yourself to receive it. Give yourself to this application of your mind and your body. In this, Knowledge will give itself, and you will be fulfilled because you have given life the greatest gift that can be given.

PRACTICE 242: *Two 30-minute practice periods.*
Hourly practice.

Step 243

I DO NOT NEED TO BE SPECIAL TO GIVE.

*T*HE ATTEMPT TO BE SPECIAL UNDERLIES ALL HUMAN AMBITION. All human ambition that is not born of Knowledge is born of the attempt to offset the grave disappointment and great anxiety of separation. The attempt to be special is the attempt to fortify separation. It is the attempt to make yourself greater at the expense of others. It always denies life and Knowledge and always leads to greater confusion, frustration and despair.

YOU ARE FREED THIS DAY FROM ATTEMPTING to make yourself special, for in this way you will find the true relief that you have sought in all of your previous endeavors. What is special in you is your unique form of expression of that which is inherent in all life. Then, that which joins life and is life is affirmed. Your individuality is affirmed as well, but not to the exclusion of the value of any other expression of life. Here you are not special. You are simply you. You are greater than an individual because you are part of life, and yet you are an individual because you express life individually. Here all conflict and confusion end. That which is limited expresses that which is unlimited, and that which is unique expresses that which is inherent and intrinsic. This is the resolution that you seek, for you do not really wish to be special. You only wish to have your individual life have purpose, meaning and direction.

UPON THE HOUR THINK OF THIS after you repeat the idea for today. In your deeper practices, enter into stillness and peace once again. Do not petition for answers because you do not need to do this in your meditation practices. Your time now is to practice receiving Knowledge, in which your individuality is honored and confirmed for its true purpose and in which your specialness, which has only been a grave and impossible burden for you, is gently lifted from your shoulders. Do not seek to be special today, for that is not the purpose of your life. Then, all fear of death and destruction will leave you.

Then, all judgment and comparison with others will leave you. Then, you will be able to honor life and honor your relationships, which are an expression of everything today's lesson will teach you.

PRACTICE 243: *Two 30-minute practice periods.*

Hourly practice.

Step 244

I AM HONORED WHEN OTHERS ARE STRONG.

*W*HEN YOU ARE STRONG, OTHERS ARE HONORED. When they are strong, you are honored. In this way, Knowledge affirms itself in the world, where Knowledge has been forgotten. Knowledge need only be affirmed through experience and expression to be given to others. Your greatest teaching in this life is the contribution of your life as it is demonstrated to others. Indeed, this is your greatest gift to yourself, for as your life is demonstrated in its value to you, your estimation of yourself will be redeemed, and you will understand your true value in proportion to life itself.

THEREFORE, WHEN OTHERS ARE STRONG, you are honored. In this way, you will not seek to belittle another to strengthen yourself. You will not seek to affirm your advantage based upon another's disadvantage. In this way, no guilt will attend your accomplishment, for no one has been betrayed as you seek to gain experience and advancement in life.

THE LESSON FOR TODAY IS VERY DEEP and will require much consideration. Upon the hour repeat the idea for today and give it serious consideration in every circumstance in which you find yourself. In your deeper practices today, enter stillness and silence. Allow yourself this gift because the idea for today is very simple and very true. It is in no way complex, though it will require serious consideration, for you are far too used to entertaining only things of superficial value. Throughout our training together in these days, weeks and months, you are learning to engage your mind to recognize what is obvious and apparent, but which has not yet been apparent to you who have entertained yourself with shallow things.

THEREFORE, TODAY LET THIS TIME BE GIVEN TO KNOWLEDGE. Let this time be given to that which strengthens you and all other

individuals in the universe. When others are strong, you are honored.
In this, all separation ends, and true giving becomes apparent.

PRACTICE 244: *Two 30-minute practice periods.*
Hourly practice.

Step 245

WHEN OTHERS FAIL, I AM REMINDED OF THE NEED FOR KNOWLEDGE.

*W*HEN OTHERS FAIL, LET THIS REMIND YOU of your need for Knowledge. Let your need for Knowledge not be underestimated. Thus, you need not respond with condemnation or judgment upon those who fail, but realize their great need and your great need. This will only confirm, then, the depth with which you must now prepare yourself. For you prepare yourself not only for your own advancement and fulfillment, but for the advancement and fulfillment of humanity. This is no idle claim or statement. It is absolutely the truth. For every step you take towards Knowledge, you give your accomplishment to the world, and you lessen the burden of all who struggle with their own fantasies and sense of failure.

YOUR LIFE, THEN, BECOMES YOUR TEACHING, for it is a life of Knowledge. It demonstrates the presence of Knowledge in the world, which is the presence of God. This happens as a result of your serving as an advanced vehicle for Knowledge. In your advancement all human capabilities are furthered, all human liabilities are dissipated and that which is most true and genuine in individual human life in the world is exalted. And that which is beyond all human life, but which contains human life, is affirmed as well. Therefore, another's failure is a call for your involvement with Knowledge. It is a call for your advancement and strengthening because you have come into the world to give.

REMIND YOURSELF OF THIS UPON THE HOUR and in your two longer practice periods, actively engage your mind in comprehending this idea. Think of every individual that you think has failed and realize the meaning of today's lesson in light of those individuals serving you. Realize the need for Knowledge within their lives and within your life. They are committing errors to spark your commitment to Knowledge. They are serving you in this regard, and this calls for your gratitude not your condemnation. They are teaching you to value the

valuable and to release the meaningless. Think not they are not saving you time. They are saving you time. They are demonstrating that which you need to learn and to accept. Therefore, commit yourself to their well-being for teaching you to value Knowledge. As you value Knowledge, the result of your value will be given back to them in return, and they will be strengthened and honored by your accomplishment.

PRACTICE 245: *Two 30-minute practice periods.*
Hourly practice.

Step 246

THERE IS NO JUSTIFICATION FOR FAILING TO RECLAIM KNOWLEDGE.

*T*HERE IS NO JUSTIFICATION FOR ERROR. There is no justification for denying Knowledge. There is no justification at all. Do not attempt to justify your errors by projecting blame upon yourself or by accusing life of not giving you what you need. Do not justify your errors by claiming the responsibility of your childhood, your parents or your upbringing in determining your current situation. Errors cannot be justified. Whatever cannot be justified can be relinquished, for it lacks true meaning and value.

TODAY, THEN, IS A FORM OF FREEDOM, an expression of freedom to you who still, out of habit and complacency, attempt to justify your errors by assigning blame and responsibility. This is meaningless, for today you are only given to come to Knowledge and to give yourself in your approach to Knowledge. You can only justify error as an excuse not to come to Knowledge, and since there is no justification for error, there is no justification for you not to come to Knowledge. Without this justification, you are justified, for you are the expression of Knowledge. That is your destiny and purpose in the world. If error is unjustified, the truth is given all justification.

ALLOW YOURSELF TO REPEAT THIS IDEA UPON THE HOUR. Come to this in your longer practice periods in stillness and receptivity. Be grateful today that your errors have been forgiven. Be grateful today that condemnation is not justified. Be grateful today that you have this opportunity to come to Knowledge, which will affirm that which is truest and greatest within you. Be grateful today that there is no justification in denying this, for without guilt and blame you can only receive that which life has to offer you.

LET THIS BE A DAY TO CELEBRATE YOUR FREEDOM. Let this be a day to affirm that you are blameless, though you are a student of Knowledge.

Let this be a day to affirm that all the problems of the world can be solved without condemnation, for without condemnation all problems in the world will be solved.

PRACTICE 246: *Two 30-minute practice periods.*
Hourly practice.

Step 247

I WILL LISTEN TO MY INNER TEACHERS TODAY.

*L*ISTEN TO YOUR INNER TEACHERS, for they have wise counsel for you. Accept their counsel and work with it, realizing that only by following counsel will you understand its meaning and its value.

TAKE TIME UPON THE HOUR TO REMIND YOURSELF that your Inner Teachers are with you. Look forward to those two times in meditation today when you will be free from external obligations and involvements to spend time with your Inner Teachers. They will speak to you this day and help you to learn to listen and to discern their voice from other voices that plague your mind. They represent the one true voice that will speak unto your soul. They are not the substitutes that you create to keep yourself stimulated in fear. Therefore, extend your trust to them as they have extended their trust to you, for they are entrusting you with Knowledge in the world—a greater form of trust and acknowledgment you cannot imagine. For you to be the vehicle of Knowledge in the world, you must bear witness to the greatness of your origin and heritage and the greatness of God's estimation of you.

THEREFORE, IN YOUR TWO DEEPER PRACTICES THIS DAY, in stillness and silence, turn your listening inward. Listen intently. Allow yourself to become receptive and you will know your Teachers are standing in the background, observing you, loving you and supporting you. And they will speak to you this day of things beyond the world and things within the world. They will remind you of your purpose and your function as you learn to listen this day.

PRACTICE 247: *Two 30-minute practice periods.*
Hourly practice.

Step 248

I WILL RELY UPON THE WISDOM OF THE UNIVERSE TO INSTRUCT ME.

*R*ELY UPON THE WISDOM OF THE UNIVERSE. Do not rely upon yourself alone, for alone you know nothing. Alone, there is no Knowledge and no relationship. Rely upon the Wisdom of the universe, which is available to you within your Knowledge, which is stimulated by the presence of your Teachers. Do not think that you alone can do anything, for alone you can do nothing. But together with life, all things that are intended for your fulfillment and your greatest contribution are indicated and are so promised.

THEREFORE, REMIND YOURSELF OF THIS IDEA upon the hour and within your meditation practices, once again seek the refuge of Knowledge in stillness and in silence. Allow the Wisdom of the universe to express itself to you who are learning to receive this Wisdom in openness and in humility.

ALLOW THIS DAY TO BE A DAY OF LISTENING, a day of contemplation and a day of receptivity. Do not fall prey to habitual judgments or preoccupations, but allow this day to be a day of true access to life so that life may give unto you who are its servant.

PRACTICE 248: *Two 30-minute practice periods.*
Hourly practice.

Step 249

ALONE I CAN DO NOTHING.

*A*LONE YOU CAN DO NOTHING, for nothing in life is done alone. This is so very obvious if you simply observe the activity around you. No one is doing anything alone. This is so very true; it cannot be denied if you look upon the world honestly. Even if you were alone on a mountaintop without another soul in sight, you would not be alone, for your Teachers would be with you, and everything that you would accomplish there would be a joint effort, as everything that you accomplish with other people is a joint effort. This affirms the intrinsic nature of relationships and gives complete evidence to the fact that nothing can be done alone. In this, you must learn to value your relationships, for they are the vehicles for accomplishment in all areas and in all avenues of expression.

THEREFORE, WE EMPHASIZE THE VALUE of your relationships to you who now seek to reclaim Knowledge. These relationships must be imbued with the Knowledge that you are reclaiming. Then they will have the stability, the efficacy and the grace that Knowledge contains for you. For only relationships based upon Knowledge can carry the Wisdom that Knowledge will exert within the world. Relationships based upon personal attraction or personal fantasy do not have the foundation to carry Knowledge and will fail abruptly in the presence of the demands and requirements of a true life.

THEREFORE, AS YOU RECLAIM KNOWLEDGE, you also learn the lessons of relationships. Remind yourself of this upon the hour and witness the obviousness of today's lesson in whatever context you find yourself. If you look, you will see that nothing can be done alone—on any level, in any avenue. Nothing can be done alone. There is no individual creativity. There is no individual contribution. There is no individual invention. The only thing that can be made alone is fantasy, and in this a great deal has been produced. But even this is shared and fortified as each individual fortifies it within his or her own

imagination. Therefore, even illusion is shared and substantiated through relationship. Nothing can be done alone. Even illusion cannot be done alone. There is no escape from this. Yet, the fact that there is no escape from life is the true promise of your redemption, for here life will redeem you, and all that you have brought into the world will be activated and contributed.

IN YOUR DEEPER PRACTICE PERIODS TODAY, bring yourself to Knowledge and bring yourself to your Teachers in stillness and humility. Realize that you can do nothing alone. Even your attempt to discipline your mind and to prepare yourself for meditation is something you share with others who are practicing and with your Teachers as well. All power of God can be expressed through you, for nothing can be done alone.

PRACTICE 249: *Two 30-minute practice periods.*
Hourly practice.

Step 250

I WILL NOT HOLD MYSELF APART TODAY.

*Y*OU CAN ONLY BE ALONE IN FANTASY, and fantasy will yield you nothing of value, permanence or meaning. Do not betray your Knowledge today by holding yourself apart. Do not punish yourself for errors which have no substance and which are in fact only an expression of confusion. There is no justification for error, and there is no justification for holding yourself apart. You are a part of life and you will need to rely upon your relationships with others and with life as a whole to accomplish anything, even to survive.

AS YOU THINK ABOUT THIS, gratitude will naturally arise within you, and you will realize that the ground upon which you walk and everything that you see and touch that is useful and beneficial is the result of giving and cooperation. Then, your gratitude will bring forth love naturally, and from your love you will begin to understand how all things are accomplished in the universe. This will give you strength and the assurance of what you yourself must learn to do.

UPON THE HOUR REMEMBER THIS, and in your deeper meditations allow yourself to receive. Do not hold yourself apart from Knowledge, which waits to bless you in your meditation practices. This is when you come to the altar of God to present yourself, and here God presents God to you who are learning to receive Knowledge.

PRACTICE 250: *Two 30-minute practice periods.*
Hourly practice.

Step 251

IF I ABIDE WITH KNOWLEDGE, THERE WILL BE NO CONFUSION IN MY RELATIONSHIPS.

*I*F KNOWLEDGE IS NOT CONFUSED, how can you be confused who abide in Knowledge? To abide with Knowledge, however, means that you are not attempting to resolve things, to understand things, to control or to persuade things without Knowledge. You are not attempting to fulfill your specialness by using another to enhance it. You are not attempting to substantiate your errors by casting blame upon another.

WITH KNOWLEDGE THERE IS NO CONFUSION IN RELATIONSHIPS. You know who to be with and who not to be with, and there is no blame in this. You know where to devote yourself and where not to devote yourself, and there is no condemnation in this. You choose this over that, not right over wrong. You go here not there because here is where you must go. How simple this is and how totally effective. This affirms Knowledge in all individuals, and no one is condemned. Here the gates of hell are opened and all are free to return to Knowledge, for the gates of hell are open already, and Knowledge is calling to all who dwell there to return to God. For what is hell but life without God and life without Knowledge? It is life imagined, that is all.

THEREFORE, RECEIVE THE CALL OF KNOWLEDGE, which is the call of God for you to awaken and participate with life. You can do nothing alone, and your relationships will be clear when you abide with Knowledge. Remember this upon the hour and in your two longer practice periods today, dedicate yourself to actively looking at every single primary relationship involvement that you have had. Recognize in them the frustrations and the confusion, the great expectations and the great disappointments, the bitterness over error, the sense of failure and the projections of blame. Then, realize that

with Knowledge none of this need be, for with Knowledge the meaning and purpose of each relationship was recognized at the beginning of your involvement and was affirmed at the end.

REALIZE IN YOUR CURRENT RELATIONSHIPS that with Knowledge all things will be clear, and you may proceed without guilt or blame and without compulsion or need. With Knowledge you may follow that which is precisely beneficial to you and to your beloved, for all relationships are honored and blessed through Knowledge, and all individuals find their rightful place with one another. In this, each person is honored and his or her Knowledge is confirmed. Let this be your understanding today.

PRACTICE 251: *Two 30-minute practice periods.*
Hourly practice.

Step 252

REVIEW

*L*ET YOUR REVIEW OF EACH LESSON in the past two weeks be a confirmation of the presence of Knowledge in your life. Review each lesson and practice. Review objectively the extent of your involvement and realize the opportunities to give yourself more fully and more completely. Realize how meaningless your denial is and how great the promise of your reward, given your participation in life. You will realize this as you review your practices, for your practices demonstrate your ambivalence towards Knowledge and the presence of Knowledge itself.

YOU WILL LEARN IN TIME that as you come closer to Knowledge, all things that are meaningful and valuable will be affirmed, and as you go away from Knowledge, you will enter the darkness of your own imagination. This, then, will convince you of where you need to apply yourself. This will convince you of the great presence that is with you to assist you. This will convince you that you are included in life and that your Teachers are with you. Whatever obstacle or inadequacy that you can recognize or imagine can be easily overcome with Knowledge. It is your desire for Knowledge and your capacity for Knowledge that need to be strengthened. And once this is done, Knowledge will express itself and you will be the beneficiary of life's greatest gift.

IN YOUR LONGER REVIEW TODAY, allow yourself to undertake your practice with great depth and sincerity. Allow this day to affirm your studenthood. Allow this day to affirm that you have been saved.

PRACTICE 252: *One long practice period.*

Step 253

ALL THINGS I TRULY NEED WILL BE PROVIDED FOR ME.

*T*O THIS STATEMENT YOU MUST GIVE YOUR COMPLETE FAITH, though your past has been a record of discouragement and disappointment. Yet, even here you can realize that those things that you truly needed for the advancement of Knowledge and for the advancement of your true mental and physical capabilities were provided for you.

ALL THINGS YOU TRULY NEED WILL BE PROVIDED. It is when you want things that you do not truly need that your awareness of this becomes confused, and this leads you into dark speculation and grave disappointment. What you need will make you happy; what you don't need will make you confused. This is very simple, very straightforward and very direct. Knowledge is always like that. Knowledge affirms that which is essential. Here your approach to life becomes simple and direct. Thus, you experience life as simple and direct.

IF YOU APPROACH LIFE IN A DEVIOUS WAY, life will appear devious to you. If you approach life with simplicity and honesty, life will appear simple and honest to you. Knowledge will indicate that which is truly needed and that which is extraneous, those things that you must carry and those which are merely extra baggage that will burden you. If you want what is unnecessary and devote yourself to that, you will lose touch with what is real and genuine, and your life will become confused and unhappy.

SPEAK THESE WORDS UPON THE HOUR AND CONSIDER THEM. Life around you will demonstrate that they are true. In your deeper meditation practices, enter stillness once again. Direct your effort on your own behalf, and your mind will respond to your command. It is your desire for Knowledge that will let all things come to you. This confidence in life will give you the assurance to proceed. This

confidence in life will give you the assurance that your life is highly valued in the world. This confidence in life will affirm that which guides life itself, for within life there is Knowledge and there is fantasy, but life itself is Knowledge.

PRACTICE 253: *Two 30-minute practice periods.*
Hourly practice.

Step 254

I TRUST MY TEACHERS WHO ABIDE WITH ME.

TRUST YOUR TEACHERS, for they are entirely trustworthy. They are here to initiate Knowledge within you, to remind you of your origin and your destiny and to guide you in matters great and small. Trust your Teachers. They will not take the place of your Knowledge but will step back as Knowledge comes forward within you. Trust your Teachers, for they have already accomplished what you are now attempting, and they are teaching it to you now so that they may fulfill their destiny in the world. Trust your Teachers, for they have no goal or ambition other than Knowledge. Thus, their approach to you is entirely uniform and honest — without deception, confusion or conflict of mind.

AS YOU LEARN TO RECEIVE YOUR TEACHERS, you will learn to receive their approach to life. In this, they will give you harmony, balance, power and direction. You cannot respond to honesty dishonestly. You must learn to respond to honesty with honesty. You must learn to respond to direction with a desire for direction. You must learn to respond to commitment with commitment. Thus, in your response to your Teachers, you learn how to respond. You learn to value what is valuable, and you learn to release or overlook what is meaningless.

AS YOU TRUST YOUR TEACHERS, you will trust yourself. Remember this upon the hour. In your two times of great refuge and happiness, in meditation, return to your Teachers whom you now trust. In stillness and in silence they will abide with you, and you may bathe in the depth of their love. You may experience their universal affection and receive their grace, which will only stimulate your Knowledge, for only your Knowledge will be stimulated.

PRACTICE 254: *Two 30-minute practice periods.*
Hourly practice.

Step 255

THE ERRORS OF THIS WORLD WILL NOT DISSUADE ME.

*D*O NOT LET CONFUSION DISSUADE YOU, for all error is born of confusion. Remember that when individuals are without Knowledge, they can only commit error and express their confusion. They can only practice confusion, and they can only serve confusion. This, then, will teach you to value what is valuable and to recognize what is meaningless. This will teach you that you are always in service to that which you value; you are always fortifying that which you value; you are always practicing that which you value.

NOW YOU ARE LEARNING TO VALUE KNOWLEDGE. You are learning to practice Knowledge. You are learning to recognize Knowledge. And you are learning to serve Knowledge. This is the demonstration that you require. Do not let the confusion of the world dissuade you, for it reminds you of your great need. How can the errors of the world dissuade you when they should encourage you? Correctly seen, they will only prompt you to give yourself more fully to your preparation now. This preparation in which you are engaged holds the promise of activating Knowledge in you. You need only follow its steps.

YOU WILL NOT FIND REFUGE IN THE WORLD. You have already attempted this, and it has failed you again and again, as it will fail you again and again if you pursue it any further. It is you who must give to the world because it is you who have Knowledge.

THEREFORE, RECEIVE KNOWLEDGE THIS DAY in your hourly practices and in your deeper practice periods. Do not let the errors of the world dissuade you. Let the errors of the world prompt you and inspire you towards Knowledge, for this is part of the gift of the world to you. The other part of the gift of the world is to be the arena where you allow Knowledge to contribute itself through you. Here the world is blessed and you are blessed. Then, you will be grateful for the errors

of the world and for the accomplishments of the world, for one stimulates Knowledge and the other fulfills Knowledge. Therefore, this day learn to think correctly so that your mind may be a useful servant to Knowledge and so that all aspects of yourself may be honored.

PRACTICE 255: *Two 30-minute practice periods.*
Hourly practice.

Step 256

THE WORLD IS EMERGING INTO THE GREATER COMMUNITY OF WORLDS.

*T*HIS IS A STATEMENT OF TRUTH regarding the evolution of your world. It gives meaning and direction to your understanding of your participation and your contribution in the world. It is not meant to frighten you or to create uncertainty or anxiety because with Knowledge uncertainty and anxiety are not essential. With Knowledge there is no uncertainty, for the quietness of Knowledge is your certainty, the voice of Knowledge is your certainty and the movement of Knowledge is your certainty. All of your mental and physical abilities and faculties can serve to express this in whatever avenue you are destined to serve.

THE STATEMENT THAT THE WORLD IS EMERGING into the Greater Community of Worlds is an affirmation of your purpose because your perception, your understanding and your appreciation of the world must grow. Your understanding of the world's difficulties and opportunities must grow. You cannot hold a small vision of the world and possibly understand the meaning of your own Knowledge. You must think in a larger context. You must not think only of yourself—your wants and your fears—because you are part of a greater life which you have come to serve. The world that you are serving now and will learn to serve in the future is emerging into the Greater Community of Worlds.

REPEAT THIS IDEA UPON THE HOUR and think of it as you view the world around you. In your deeper practices, engage your mind actively in attempting to understand today's lesson. Today's practice is not focused upon stillness but on comprehension. Here the mind is used meaningfully, for the mind should either be used meaningfully or not at all. Allow yourself to consider all of your ideas about today's lesson. Concern yourself with understanding your objections, your beliefs, your fears and your preferences. When these have been recognized, you

will be in a position to know. Knowledge will be stimulated by today's lesson, for today's lesson is to stimulate Knowledge.

PRACTICE 256: *Two 30-minute practice periods.*

Hourly practice.

Step 257

LIFE IS GREATER THAN I HAD EVER REALIZED.

*L*IFE IS GREATER THAN YOU HAVE EVER REALIZED and certainly greater than you have ever imagined. Its greatness is born of the fact that you live in a Greater Community of Worlds. Its greatness is born of the fact that Knowledge is the essential aspect of yourself which you carry within you. The greatness of life is affirmed with the presence of your Teachers and the presence of all who prepare to reclaim Knowledge with you.

THUS, YOU HAVE A GREATER PURPOSE IN A GREATER UNIVERSE. Thus, you can see your world in its proper context. Thus, you can see yourself in your proper context, for you will play a small part in the greater evolution of the world, and your part will be essential. It will be within your range and grasp to accomplish. Something small done for something great means that the smallest contribution bears the greatness of that which is served. This redeems you to yourself; this redeems you to life. This casts away all darkness and dispels all negative imagination, for you are serving a greater life.

IN YOUR LONGER PRACTICES ENGAGE YOURSELF in trying to comprehend the meaning of today's idea. Use your mind meaningfully. Use it actively and objectively, for this is the purpose of your mind.

PRACTICE 257: *Two 30-minute practice periods.*

Step 258

WHO ARE MY FRIENDS TODAY?

*Y*OUR FRIENDS TODAY ARE ALL WHO ARE RECLAIMING Knowledge and all who have reclaimed Knowledge. Your friends tomorrow will be all who will reclaim Knowledge. Therefore, everyone is either your friend or will become your friend. It is only a matter of time, and time can only seem long to those who dwell within it without purpose. But to those who dwell in time with purpose, time moves swiftly and brings about this great result.

WHO ARE YOUR FRIENDS TODAY? Everyone is your friend or will become your friend. Therefore, why have an enemy? Why call another an enemy who is in opposition to you, for they will become your friend. Knowledge will join you. You are reclaiming Knowledge, so you are paving the way for this.

WHO ARE YOUR FRIENDS TODAY? Your Teachers and your Spiritual Family and all who reclaim Knowledge. Thus, your range of friendship is enormous. There are many avenues in the reclamation of Knowledge, but the essence of learning is always to become engaged with Knowledge itself and to allow Knowledge to express itself through you. Thus, the universe is filled with your friends—some of whom you may recognize and some of whom you may not be able to recognize, some of whom you will be able to involve yourself with and some of whom you will not be able to involve yourself with, some of whom you will be able to accomplish things with and others whom you will not be able to accomplish things with. It is all a matter of time.

REPEAT THIS IDEA UPON THE HOUR. Witness it as a signpost of reality for you. In your deeper practices, enter into stillness and silence so that you may experience the depth of your relationship with your true friends. Your life is filled with love. It is filled with the result of all those who are reclaiming Knowledge now. Your desire for Knowledge

is motivated by all those who still refuse to reclaim Knowledge, for they in the future will be your friends as well. Given this viewpoint, you will recognize that even those who will be your friends in the future are in actuality your friends today, for they are serving you, and they are asking that you serve them through your accomplishment with Knowledge.

PRACTICE 258: *Two 30-minute practice periods.*
Hourly practice.

Step 259

I HAVE COME TO TEACH IN THE WORLD.

*Y*OU HAVE COME TO TEACH. All you have been doing is teaching since you arrived here. Your thoughts and your behavior are the vehicles for teaching. Even as a little child you taught and delighted and frustrated those who loved you. Throughout every stage of your life you have taught, for teaching is the natural function of demonstrating life. Thus, you naturally have a teaching function. Even if you do not carry this out in any formal sense with people, your life is a demonstration and, therefore, a form of teaching.

THAT IS WHY AS YOUR LIFE BECOMES ALLIED with Knowledge and expressive of Knowledge, your life will become the teaching itself. Then, in whatever avenue you are directed to choose for your self-expression, which will be genuine according to your nature, you will be able to express your teaching in gestures great and small, in words and without words and in accomplishments in every avenue and walk of life because you have come to the world to teach. The world can only teach you that you need to teach the truth. That is the world's teaching to you. It teaches you of the great need for Knowledge, and it teaches you of the presence of Knowledge. Thus, the world serves and supports your true function, as you serve and support the true function of life.

REMEMBER THIS IDEA UPON THE HOUR. In your two deeper meditation practices give yourself to thinking of this very, very carefully. These are practices of mental engagement now. Think of the meaning of today's idea. Realize that you have always been teaching through demonstration. Think of what you want to teach with your life and think of what you want to fortify with your life. Think of what you want to give and think of what the world has given to you to stimulate this true desire. All these things will generate right thinking and right action, and through right thinking and right action

Knowledge will flow effortlessly through you to bless life around you and to bring purpose, meaning and direction to your relationships.

PRACTICE 259: *Two 30-minute practice periods.*
Hourly practice.

Step 260

I AM A FRIEND OF THE WORLD TODAY.

*Y*OU ARE A FRIEND OF THE WORLD TODAY, and as you experience this you will experience the world as a friend to you, for the world can only reflect your purpose as you express and experience it. Here you will experience a new world with Knowledge, a world that you had not considered before, a world that you only momentarily experienced before.

BE A FRIEND OF THE WORLD TODAY, for you have come to be a friend of the world. The world is in great need. It is demonstrating great confusion and error, and yet you have come to be a friend of the world because the world needs your friendship. In this, you receive a greater reward than anything you could secure for yourself alone, for anything you secure for yourself alone you must take from life. Yet, anything you give and receive as a friend to the world, life gives to you, and it does not lose in the exchange. Then, there is no guilt in your giving and in your receiving. Here your involvement is wholesome and clean. With Knowledge this becomes evident and is demonstrated day after day until you finally learn that it is true without exception.

UPON THE HOUR BE A FRIEND TO THE WORLD. Recognize that all anger comes from confusion and that Knowledge is emerging now to resolve all confusion. As a result, your life is now engaged with true resolution and not with compounding the world's predicament. Your life is about resolution and not predicament. Be a friend to the world. In your two deeper practice periods in stillness, give yourself to being a friend to the world, for this will ease the world's confusion. As you learn to give this with Wisdom and discernment, you will allow the world to become a friend to you, for the world wishes to become your friend as well.

PRACTICE 260: *Two 30-minute practice periods.*
Hourly practice.

Step 261

I MUST LEARN TO GIVE WITH DISCERNMENT.

*I*F YOU GIVE WITHOUT PERSONAL AMBITION, you will give according to Knowledge, and your gift will be specific and given in such a way that it will empower you and those who can receive your gift. This is Knowledge guiding you. If you try to give for your own self-aggrandizement, if you try to give for your own self-assurance or if you try to give to alleviate an abiding sense of guilt or inadequacy, you will not give with discernment. Your giving, then, will be ill placed and will produce increasing conflict and discouragement for you.

LIFE DOES NOTHING AIMLESSLY. Everything fulfills a purpose. Therefore, your giving must be done with discernment, and your discernment is something you must learn step by step, day by day. This is Wisdom functioning in the world. With Knowledge you must learn this Wisdom; otherwise, you will not be able to give your true gifts effectively and will misinterpret their results. Knowledge will give you that which must be given truly and will direct you to give truly. If you do not interfere with this or place an extra burden upon your giving, your giving will be totally effective and will acknowledge both the giver and the receiver.

REMEMBER THIS UPON THE HOUR. Exercise discernment. There are people you should not give to in a direct way. There are people you should give to in a direct way. There are situations you should not enter. There are situations you must enter. There are problems you should not involve yourself with. There are problems you should involve yourself with. How can you personally discern where your gifts must be placed? Only Knowledge can discern this, and you can only discern it with Knowledge. Therefore, trust your deepest inclinations today. Do not let compulsions born of guilt or fear guide you or motivate you in your desire to give. Practice this day to learn discernment. Practice this day to align yourself with Knowledge.

IN YOUR LONGER PRACTICE PERIODS engage yourself once again with attempting to comprehend today's lesson. Do not be happy with false assumptions. Consider all thoughts and feelings in favor of or against today's idea. Begin to observe your own ambitions. Begin to observe how they are born of your fears. Begin to discern how simple it is to follow Knowledge. With simplicity comes power. You must learn discernment. Learning this will take time. In this, you learn to utilize all experiences for good, for no experience should be condemned. It should always be used for learning and preparation. In this way, you will not justify error, but use it for your own development and for the advancement of the world.

PRACTICE 261: *Two 30-minute practice periods.*
Hourly practice.

Step 262

HOW CAN I JUDGE MYSELF WHEN I DO NOT KNOW WHO I AM?

*I*F YOU DO NOT KNOW WHO YOU ARE, you can only judge what you think you are. Your thoughts about yourself are largely based upon your expectations and disappointments. It is very difficult to observe yourself from within your personal mind, for your personal mind is made up of your personal thoughts, which are not born of Knowledge. To view yourself with Knowledge, you must be in relationship with Knowledge. This will lead you to experience yourself in an entirely new way. This experience must be repeated and expressed over and over again, in many, many situations. Then, you will begin to get a real sense and experience of who you are. This sense and experience will not be born of condemnation and unforgiveness, for only your idea of yourself can be disappointed. Life will disappoint you in this way, for life can only fulfill you according to your true nature and True Self. To realize this means you have realized the value and meaning of life and your inclusion in it. This requires discernment. This requires Wisdom. This requires a step-by-step preparation. This requires patience and tolerance. This requires that you learn to use your experience for good not for ill.

THEREFORE, YOUR CONDEMNATION OF YOURSELF IS UNFOUNDED. It is based merely on assumptions. Remember this upon the hour and consider it in light of all the events this day, which will teach you the meaning of today's lesson. In your two longer practice periods, once again engage your mind actively in attempting to comprehend the meaning of today's lesson.

AS YOU PENETRATE YOUR OWN SELF-JUDGMENT, realize it is born of your fear and based upon assumption. If you realize you don't know who you are and you are completely confused about this, then you will place yourself in a position to become a true student of Knowledge. You will put yourself in a position to learn all things rather

than attempting to defend your assumptions. This represents your studenthood. Your function in life now is to be a student of Knowledge. Use your mind purposefully today. Use your mind objectively. Use your mind to realize what you do not know and all that you need to know. Use your mind to appreciate and to utilize the steps that are being given to you now for you to reclaim Knowledge in the world.

PRACTICE 262: *Two 30-minute practice periods.*
Hourly practice.

Step 263

WITH KNOWLEDGE ALL THINGS BECOME CLEAR.

*W*HY ENGAGE IN ADDITIONAL SPECULATION? Why project further blame or judgment? Why make your life more complex and more frustrating when all things become clear with Knowledge? Why make your mind more complex? Why attribute more and more qualities to yourself? Why invent new levels of thinking and being when with Knowledge all things become clear? Why project more and more distinctions upon the world? Why make the world seem so hopelessly complex and meaningless when with Knowledge all things become clear?

YOU HAVE ONLY TO LEARN TO BE WITH KNOWLEDGE to see what Knowledge sees, to do what Knowledge does and to have the peace of Knowledge, the grace of Knowledge, the inclusion of Knowledge, the relationships of Knowledge and all that Knowledge contains, which the world cannot possibly duplicate.

IN YOUR TWO DEEPER PRACTICES return to being with Knowledge, in humility and simplicity, in stillness and in silence. Breathe Knowledge in. Allow Knowledge to enter and fill your body. Allow yourself to be immersed in Knowledge and all things will become clear, for with Knowledge all things become clear and all questions disappear.

PRACTICE 263: *Two 30-minute practice periods.*

Step 264

I WILL LEARN OF FREEDOM THIS DAY.

*T*ODAY YOU WILL HAVE AN OPPORTUNITY TO LEARN more about freedom. The step you take today will be very substantial in giving you a new viewpoint about freedom, about bondage, about problem solving and about the nature of true advancement.

TODAY THINK ABOUT YOUR LESSON ON THE HOUR and think about what freedom is. In your longer practice periods, devote your mind to thinking about freedom. This is a very important focal point today. In your longer meditations in particular, devote your mind entirely to reviewing your ideas about freedom. What do you think constitutes freedom? What do you think prevents people from being free? What produces a freedom that is lasting and secure? How can this be achieved? What will support it in the future? After you spend approximately thirty minutes thinking about all this in each practice, enter into stillness and silence. Open yourself to allow Knowledge to speak to you. Abide with your Teachers there. After you have exhausted your ideas, enter into stillness and receptivity.

IT IS VERY IMPORTANT THAT YOU BE AWARE of your own ideas about freedom because until these are recognized and adjusted, they will continue to cast their influence upon you. They will continue to dominate your thinking and thus your behavior. A greater freedom is now available to you, but you must learn how to approach it. Today you shall learn more about freedom—what you think freedom is and what freedom really is.

PRACTICE 264: *Two 40-minute practice periods.*
Hourly practice.

Step 265

THERE IS A GREATER FREEDOM AWAITING ME.

*K*NOWLEDGE WILL REQUIRE YOU TO BE FREE OF THE PAST and free of anxiety over the future. It will require you to be present with life. It will require you to be open and honest. It will require you to have faith and consistent self-application. It will require that you not be in conflict. It will require that you have great love and respect for yourself and a great appreciation for the world. It will require that you be able to experience your Spiritual Family and recognize your true place in the universe.

KNOWLEDGE REQUIRES THIS OF YOU in order for you to fully extend yourself to accept it. In this way, you become free in learning to become free. You become guided by Knowledge by learning to become guided by Knowledge. Here you achieve the goal by taking the steps. There is no magic formula where all of a sudden you become free. There is no magic belief system which, once adopted, frees you from the restraints of your past and concerns over your future. You learn this true freedom by application, step by step. Thus, as you learn to reclaim Knowledge, Knowledge reclaims you. And as you learn what freedom is, you actually become free.

YOUR PART IS VERY SMALL AND OUR PART IS VERY GREAT. You need only follow the steps and utilize them. The steps that are given will guarantee the result. A greater freedom awaits you and as you approach it, you assume that freedom and benefit from all of the qualities of that freedom and demonstrate all aspects of that freedom. Such is the nature of a perfect Plan that is beyond human comprehension. So perfect is it that you cannot destroy it if you follow it faithfully. This restores you and returns to you self-trust, self-confidence, self-love and comprehension of yourself in the world.

THINK UPON THIS IDEA EVERY HOUR TODAY, and in your deep meditation times enter into stillness and freedom. It is a great freedom

to have this opportunity to immerse yourself in Knowledge, to immerse yourself in presence and to immerse yourself in the actual substance of true relationship in the universe. As you approach this, you will know that it is your freedom, and you will know that you are becoming free to assume it. Therefore, today you will take a great step towards realizing that a greater future is awaiting you. This great step will release you increasingly from the concern, the anxiety, the pain and the disappointment of your past. This will show you that a greater freedom is awaiting you.

PRACTICE 265: *Two 30-minute practice periods.*
Hourly practice.

Step 266

REVIEW

*T*ODAY AS BEFORE REVIEW THE PAST TWO WEEKS of preparation. Take this opportunity in your long practice period today to review all that has transpired in these past two weeks concerning the directions given in this preparation, your experiences of the practices and the overall results in your life. Carry on this Review with as much objectivity as you can, especially regarding the results in your life, many of which you still cannot assess objectively.

MANY THINGS WILL CHANGE AS YOU PROGRESS in your studies. Some things will fall away from you; other things will begin to build. Worldly problems will press upon you that require your engagement and application. Other things that you thought were problems will become increasingly remote and unnecessary for you to concern yourself with. Thus, your outer life adjusts itself so that you can recognize where you are to apply yourself now. Then, your inner life and outer life can reflect one another. This is very important. You are beginning to learn how to learn, and you are seeing the world change as a result. The quality of your experience will be transformed in time so that all things, both common and extraordinary, will be viewed from a different viewpoint than before. You can then learn to take advantage of all opportunities and thus learn to appreciate life, even in its disappointments.

PRACTICE THIS IN THE REVIEW TODAY. Be very thorough in your investigation. Begin with the first lesson in the two-week period and follow it day by day. Recognize what happened in your life each day. Try to remember. Try to concentrate here. In this way, you will feel the movement of your own life. It is in recognizing this movement over a period of time and seeing how the stages of your life progress that you will realize that you are firmly on the road to Knowledge. You will then see that there will be less and less behind you to hold you back and that the future will open itself to accommodate you increasingly.

This is the beneficence of life bowing before you who are becoming a student of Knowledge.

PRACTICE 266: *One long practice period.*

Step 267

THERE IS A SIMPLE SOLUTION TO ALL PROBLEMS THAT FACE ME TODAY.

*A*LL PROBLEMS THAT FACE YOU INDIVIDUALLY have a very simple answer. How will you find this answer? Will you find it by struggling with yourself? Will you find it by trying every possible resolution that you can think of? Will you find it by worrying about it and fretting over it? Will you find it by denying it and seeking pleasurable stimulation instead? Will you find it by sinking into depression and thinking that life is so hard for you that you cannot meet the demands of your own circumstances?

THERE IS A SIMPLE ANSWER TO THE PROBLEMS that you face today. It is to be found in Knowledge. Yet, to find Knowledge you must become still and observant and learn to disengage from fear and anxiety. Much of your life will be involved in solving problems, and it is in learning how to do this effectively, responsibly and even enthusiastically that you will achieve what you have come here to achieve.

REMIND YOURSELF OF THIS IDEA THROUGHOUT THE DAY and do not be deceived by the complexity of problems. Problems are only complex when you are trying to derive a benefit from resolving them or from avoiding them. When you have a preference that is governing your mind, you cannot see the obvious. As you learn now to look at each problem with Knowledge, you will see that the resolution is apparent. You will see that you could not recognize this before because you were afraid of the outcome in some way or you had anxiety that the resolution of the problem would leave you bereft and poor. You will have a different vision today.

IN YOUR TWO DEEPER PRACTICE PERIODS, abide with Knowledge. Do not attempt to answer your problems, but simply be still and receptive. Knowledge is aware of what things must be addressed and

will cast its influence upon you so that you may respond to it and follow its direction. Without continual interference from you, the obvious will arise, and you will learn what to do step by step. Thus it is that you will realize there is a simple answer for all problems that face you. This will be an affirmation of Knowledge, and you will be happy that life is giving you these problems so that you may exercise your true abilities in response to them.

PRACTICE 267: *Two 30-minute practice periods.*
Hourly practice.

Step 268

I WILL NOT BE DECEIVED BY COMPLEXITY TODAY.

*P*ROBLEMS IN THE WORLD BECOME COMPLEX when there is a difficulty that requires correction and development, and that becomes mixed with everyone's preferences, everyone's desire to protect what they have and everyone's competition with each other. Thus it is that problems in the world become complex, and no matter what you do to attempt to solve them, somebody is disenfranchised. Someone is upset. Someone loses. In your societies this is manifest. But this only represents people's fears and ambitions in contrast to their Knowledge. In Knowledge you are willing to relinquish anything that stands in the way of Knowledge. You are willing to relinquish anything that is harmful to you or to others. You are willing to disengage from any situation which no longer proves to be beneficial to you or to others. This is because Knowledge makes true honesty possible. This is a selfless form of involvement in the world, and thus it is beneficial to all.

THEREFORE, WHEN YOU LOOK AT A PROBLEM IN THE WORLD and it appears complex, it is very difficult at first to see simply what the problem is. But the solution is always very direct. It is people's fear of this that disables them from recognizing the obvious. It is given you this day to realize that there is a direct solution to all problems that require a solution. Sometimes a solution is obvious all at once. Sometimes it must be approached in stages. But each step is very direct if you are following Knowledge.

TO APPROACH PROBLEMS IN THIS WAY you must approach them without fear or preference. You must follow Knowledge and not attempt to use Knowledge to solve things according to your own designs. You cannot use Knowledge in this way, but you can follow Knowledge, and in following Knowledge you will follow a path of resolution. This is a path that few people will be able to recognize at first, but it is a path that will prove utterly effective over time, for it

will free everyone involved and provide a means of successful self-application for everyone involved. Thus, the man or woman of Knowledge in the world becomes a source of resolution and restitution in the world. And their presence and their activities will always influence every situation for good.

DO NOT BE DECEIVED BY THE SEEMING COMPLEXITY of the world's problems, for with Knowledge all things are simply resolved. Knowledge is not deceived, and as you learn to be with Knowledge, you will not be deceived either.

REMINDE YOURSELF OF THIS IDEA upon the hour and in your two deeper meditation practices, enter once again the sanctuary of stillness within you. Become accustomed to stillness because Knowledge is still. Become accustomed to stillness because in stillness you affirm your goodness and your worth. A mind at peace is not a mind at war. A mind at peace is not deceived by the world.

PRACTICE 268: *Two 30-minute practice periods.*
Hourly practice.

Step 269

THE POWER OF KNOWLEDGE WILL EXTEND ITSELF FROM ME.

*T*HE POWER OF KNOWLEDGE WILL EXTEND ITSELF from you who are receiving Knowledge. At first this will be very subtle, but as you continue to develop and apply yourself, the power of Knowledge will become stronger and stronger. It will be a force of attraction for some. It will be a force of rejection for others who are unable to respond to it. It will influence all. That is why you must learn to be very discerning in relationships, for as you progress as a student of Knowledge, your influence over others will be greater. You must not use this influence for selfish purposes, or your activities will be destructive to you and to others.

KNOWLEDGE PROVIDES THIS RESTRAINT that we have spoken of, and you must exercise it on your own behalf. If you are ambitious with Knowledge, you will pose very great risks to yourself and to other people, for Wisdom, compassion, restraint and self-control must accompany the development of Knowledge. If you attempt to use Knowledge for your own selfish gain or for what you think the world needs, you will lead yourself astray and Knowledge will not accompany you.

ACCEPT THE RESTRAINT AND DEVELOPMENT that are called for now, for they will protect you and enable you to render your gifts with a minimum of discord and personal risk. They will guarantee the wholeness and worthiness of your contribution, for it will be untainted by selfish motives. Practice upon the hour and enter deeply into meditation twice today. Repeat your idea for the day and enter into stillness once again. Allow this to be a day where Knowledge is strengthened.

PRACTICE 269: *Two 30-minute practice periods.
Hourly practice.*

Step 270

WITH POWER COMES RESPONSIBILITY.

*W*ITH POWER COMES RESPONSIBILITY. Knowledge will empower you, and you must be responsible to Knowledge. That is why you must become a follower. By becoming a follower you become a leader, for you are able to receive and you are able to be guided. Thus, you will teach others to receive and provide guidance for them. This is a natural extension of the gift that you are now receiving, which in time will find expression through you in your life.

IT IS VERY IMPORTANT THAT YOU RECOGNIZE the relationship between power and responsibility. Responsibility requires self-discipline, self-restraint and self-control. It requires an objectivity about your own life which very few have yet attained in this world. Responsibility is a burden until it is recognized as a source of protection. It is the guarantee and the assurance that your gift will find a wholesome and welcome expression within you and that you will be advanced and accomplished by the rendering of your contribution.

IT IS VERY COMMON IN THE WORLD THAT PEOPLE want power without responsibility, for their idea of freedom is that they are not beholden to anything. This is utterly counter-productive and has very dangerous consequences for those who persist in attempting it. You who are a student of Knowledge must learn to accept the responsibilities that are given to you, for they provide the protection and the guidance that you need so that you may develop appropriately, positively and completely. They are the assurance that your preparation will yield the great result that it is meant to yield.

THINK OF THIS IDEA UPON THE HOUR and do not forget it today. In your deeper practices, think very carefully about what this statement means. Think of your ideas about power and recognize how much they need responsibility to a Greater Source in order to be utilized and expressed appropriately. These two practice periods will be times of

mental activity and application. Think very carefully of all your ideas surrounding the lesson for today. It is quite essential that you examine your own thinking and beliefs, for you must understand your current mental make-up in order to realize its impact upon your outer life. Today's lesson may seem sobering at first, but in time it will give you the confidence and the assurance that you will need to progress wholeheartedly.

PRACTICE 270: *Two 30-minute practice periods.*
Hourly practice.

Step 271

I WILL ACCEPT RESPONSIBILITY TODAY.

*A*CCCEPT RESPONSIBILITY, which is your ability to respond. Accept this, cultivate it, cherish it and welcome it. It is what will make you strong. It is what will make you devoted. It is what will bring to you the relationships you have always desired. This is the empowerment you so desperately need which you are learning now to claim for yourself. With this empowerment come the conditions for empowerment—that you respond to Knowledge and follow Knowledge, that you refrain from all motivations that are not born of Knowledge, that you become objective with yourself and your motives, that you question yourself without doubting yourself and that you surround yourself with individuals who can support the emergence of Knowledge within you and are free to tell you their own perceptions. This is essential for your well-being and development. This will protect you from self-error, which as you become more powerful will have greater and greater impact upon you and others.

ACCEPT RESPONSIBILITY TODAY. Accept this, for it represents your truest and greatest need. Responsibility will enable you to love and extend yourself into the world.

UPON THE HOUR THINK OF TODAY'S IDEA. And as you enter meditation twice today, take full responsibility for being a student of Knowledge and enter into stillness and silence with your complete being. Let no thought or doubt dissuade you. Do not let ambivalence hold you back. Press onward. Open yourself. Enter the mystery of your life so that you may be able to respond to it, for this is the meaning of responsibility.

PRACTICE 271: *Two 30-minute practice periods.*
Hourly practice.

Step 272

MY TEACHERS WILL GUIDE ME AS I PROCEED.

*Y*OU WILL REQUIRE TEACHERS TO GUIDE YOU as you proceed on the path to Knowledge, for you will be venturing far beyond your own concepts and assumptions. You will be engaged in a life that you have not yet comprehended. You will be accessing power and resources that you have not yet fully recognized. You will be venturing deeper into life, beyond human assumptions, beyond human beliefs and beyond human conventions. This will require very strong guidance for you, both from Knowledge and from your primary relationships. Your Inner Teachers represent your most primary relationships, for these relationships are completely based upon Knowledge, and they are given to you to cultivate Knowledge safely and completely.

THEREFORE, ACCEPT YOUR LIMITATIONS AS A STUDENT of Knowledge so that you may proceed with the assistance that will be required. Be grateful that such great assistance can be given to you and that it can permeate any circumstance because it is invisible to your eyes. Be grateful that you can experience it in any circumstance and that you can receive the counsel of your Teachers at those junctures in life where it is called for.

AFFIRM THE PRESENCE OF YOUR TEACHERS TODAY so that you may have great courage and enthusiasm in your support of the emergence of Knowledge. Upon the hour remind yourself that your Teachers are with you. In your two deeper practice periods, enter into stillness and silence with them so that they may render their presence and their counsel to you if needed. Accept your studenthood so that you may learn to give to the world.

PRACTICE 272: *Two 30-minute practice periods.*
Hourly practice.

Step 273

MY TEACHERS HOLD THE MEMORY OF MY ANCIENT HOME FOR ME.

*Y*OUR TEACHERS REPRESENT YOUR SPIRITUAL FAMILY that are beyond the world. They hold the memory of your origin and your destiny for you, which you must learn to realize through your experience in the world. They have traveled the ways of the world. They know of its opportunities and its difficulties. They know of the possible errors that you can commit, and they are aware of the errors you have committed already. They are fully prepared to guide you. They have the Wisdom and the accomplishment to do so.

THEREFORE, DO NOT UNDERESTIMATE THEIR VALUE to you and always remember that they are present in your life to initiate you into Knowledge. They wish for you to become strong in Knowledge, eventually as strong as they have become. Thus, they serve your greatest need and purpose, and you must follow them, receive them and honor their presence, as a student honors a teacher. This will allow you to receive their gifts completely and will free you from any false associations you may make with them. This is a very responsible relationship, and you will mature within it.

ACCEPT, THEN, THE PRESENCE OF YOUR TEACHERS. Accept it upon the hour as you remind yourself that they are with you, and accept it in your two deeper meditation practices as you open yourself to receive them. This is a great opportunity for Knowledge. Your Teachers will initiate you into Knowledge, for they can only be known. Your images or concepts regarding them are relatively meaningless, except in that they might limit your approach. You must experience your Teachers' essence, which is their presence, to fully know them. And you will find out from this experience, as it develops, that this is how you can experience life as a whole.

THOUGH YOUR SENSES WILL PERCEIVE the form of things, your heart will experience the essence of things, and this is how things will become known. Once they are known, you will realize how you are to participate with them. Thus, all your faculties of mind will be utilized for one great purpose, for Knowledge will utilize all your faculties and the faculties of the world for the redemption of the world, which is the redemption of Knowledge within the world.

PRACTICE 273: *Two 30-minute practice periods.*
Hourly practice.

Step 274

I SEEK FREEDOM FROM AMBIVALENCE TODAY.

SEEK FREEDOM FROM AMBIVALENCE, for this is the source of all human confusion, misery and frustration. Ambivalence is the indecision about participating with life. It is the indecision about being in life. It is the indecision about being alive. From this indecision all manner of self-imposition, all manner of attack and all manner of confrontation are created. It is from this indecision that people live in fantasy without Knowledge.

BEWARE OF AMBIVALENCE THEN. It is a sign that you are functioning without Knowledge and that you are trying to make your decisions based purely upon speculation, personal preference and fear. It is decision making without foundation that leads humanity astray. It is decision making without foundation that has led you astray. Knowledge dispels ambivalence, for it sets a clear direction. It is unconcerned with choices and with deliberation, for it simply knows what is correct and leads you towards your fulfillment, step by step, with certainty and abiding conviction.

REMEMBER UPON THE HOUR THAT YOU WISH TO ESCAPE from ambivalence. Realize as you repeat your lesson how much of your life is wasted in trying to decide between this and that, in asking yourself, "What should I do now," in querying yourself about what is right and what is wrong and in wondering and worrying about the best choice and its possible consequences. Knowledge liberates you from this taxing and wasteful application of your mind. Knowledge does not deliberate. It simply waits for the time to act and then it acts. It is absolutely certain in its direction. It is unshakable in its conviction. If you follow this, which is God's greatest gift to you who live in the world of ambivalence and confusion, you will find that you will have purpose, meaning and direction and that day after day they will be very available to you.

IN YOUR DEEPER MEDITATIONS attempt to give yourself wholeheartedly to your practice. Do not be ambivalent about your practice. Do not hold back out of fear or uncertainty, for you are participating in this preparation because Knowledge has called you to do so, and every day you give yourself because Knowledge calls you to do so. Thus, as we proceed through our preparation together, your Knowledge is strengthened day by day, for it is the basis of your participation here. What other reason could you possibly have for becoming a student of Knowledge?

THEREFORE, IN YOUR DEEPER PRACTICES and in your hourly remembrances, strengthen your conviction that you must escape from ambivalence. Realize the deadly cost of ambivalence. See how it keeps people lost in their ideas, denying their engagement with life. See the human cost around you. It is tremendous. Realize that with certainty everyone will find their rightful place. The world will proceed without the friction that it now must bear. In this way, all things seek fulfillment together in inclusion in life. That is The Way of Knowledge.

PRACTICE 274: *Two 30-minute practice periods.*
Hourly practice.

Step 275

TODAY I SEEK FREEDOM FROM UNCERTAINTY.

SEEKING FREEDOM FROM UNCERTAINTY means that you are seeking freedom that is genuine, that is real and that truly deserves the name of freedom. In essence, you either know what you are doing or you do not. If you do not know what you are doing, you simply wait for Knowledge. If you know what you are doing, you simply follow what you know. It is that simple. Unnecessary speculation, the attempt to make premature decisions based upon fear or preference, the requirement that you have the certainty that you lack and the projection of blame upon yourself and others for the failures of your weak decision making are what have taxed your mind, your body and your world. It is this you wish to escape today so that you may find the freedom in the certainty that God has given you. It is this certainty you must discover and follow. By following this you will reap all of its rewards and will become a contributor of these rewards in the world.

UPON THE HOUR REMEMBER TODAY'S IDEA and see its complete relevancy to the world about you. In your deeper practice periods, give yourself to stillness. Give yourself to this encounter with Knowledge. Give yourself completely and let neither ambivalence nor uncertainty hold you back. In this, you will exercise the strength of Knowledge by following Knowledge, and in time you will become as strong as Knowledge truly is. Therefore, today seek to escape uncertainty and all that accompanies it. For this has destroyed the inspiration of humankind and has led humankind to war upon itself and the world.

PRACTICE 275: *Two 30-minute practice periods.*
Hourly practice.

Step 276

KNOWLEDGE IS MY SALVATION.

*K*NOWLEDGE IS YOUR SALVATION, for it leads you out of your hopeless predicament which is born of attempting to live in fantasy and imagination. It leads you into the brightness and the clarity of reality. It guides your action and your thinking so that both may be effective and lead to true self-realization. Thus, God has given you the greatest possible gift: the means within yourself to correct all error, to resolve all confusion and conflict and to set your life on a true course that is aimed at your true destiny. Here you become empowered and honored and your self-worth is reclaimed. It is your value that must be reclaimed to you. God does not require that God's value be reclaimed, for it has never been lost. But your value to yourself has been lost, and this can only be reclaimed by following a Greater Plan not of your own making, but which has been created for your total welfare.

WHEN YOU REALIZE HOW MUCH OF YOUR LIFE has been wasted in ambivalence and how few results that has produced, then you will recognize the great need for Knowledge. This will give you the strength and the conviction to proceed in your preparation with the greatest possible self-involvement. Once you recognize your true need, then you will be able to recognize the true remedy that has been provided.

THUS, YOU AS A STUDENT OF KNOWLEDGE WILL REALIZE with clarity of mind and simplicity of truth exactly what is necessary, for Knowledge is your salvation. Remember this upon the hour and think of it in light of your recent practices. In your deeper meditations, allow yourself to enter stillness completely, recognizing that you are engaging yourself with the means for your own salvation and through you the salvation of the world.

PRACTICE 276: *Two 30-minute practice periods.*
Hourly practice.

Step 277

MY IDEAS ARE SMALL, BUT KNOWLEDGE IS GREAT.

*R*EALIZING THE TRUTH OF THIS STATEMENT will allow you to align yourself with the source of all Knowledge. Then you can escape the darkness of the world of imagination. Imagination is unstable, and even its brightest moments can turn to darkness in a second. Even its greatest inspirations can be bitterly discouraged with the slightest provocation. Here there is no certainty. Here there is no reality. Here nothing is trustworthy, for only change can be expected. That which is gifted and valued will most certainly be lost. That which is grim and destructive will most certainly pursue you.

SUCH IS A LIFE LIVED IN IMAGINATION. Such is a life lived in the isolation of your own thinking. Do not underestimate the power of Knowledge to liberate you from this hopeless situation where nothing genuine can be discerned, where no true meaning can be acquired and where nothing that is permanent and real can be realized and established. It is your salvation out of the darkness of your separate imagination that will lead you into the reality of life and will redeem you there.

REALIZE HERE THAT EVEN YOUR GREATEST IDEAS, even those ideas born of Knowledge, are small in contrast to Knowledge itself. Knowledge is the great source of your being as it is expressing itself in your individual life. Therefore, honor what is great and realize what is small. Realize that in time as Knowledge begins to emerge within you and as you allow it to express itself ever more freely, you will begin to recognize those thoughts that emanate from Knowledge and those thoughts that are merely imagined. Yet, even thoughts from Knowledge, which are far more powerful and effective than any other thought that you can imagine, even these thoughts which are the seeds of true understanding in the world are small in contrast to Knowledge.

REMEMBER UPON THE HOUR THE POWER OF THIS IDEA, for it is given to liberate you from your own confusion and false assumptions. In your deeper practice periods today, apply your mind actively. Attempt to look at every idea that you hold dear, whether it be positive or negative. Look at any idea that you believe in or adhere to. Examine your relationship to the primary ideas that govern your life. Then, remind yourself after you look at each one that Knowledge is far greater than that idea. Here you will realize that there is a means for you to escape the world of ideas and enter the world of relationship, where everything is viable, real and based upon a foundation that can never change.

PRACTICE 277: *Two 30-minute practice periods.*
Hourly practice.

Step 278

WHAT IS CHANGELESS WILL EXPRESS ITSELF THROUGH ME.

*T*RUTH IS CHANGELESS, BUT IT EXPRESSES ITSELF within the world of changing circumstances and changing understanding. Thus, it appears that truth is changeable, yet the source of truth is not changeable. You who live in a world of change and are undergoing change yourself must realize that your Source is unchangeable. Realizing this you will have a foundation for trust in your Source. Trust can only be truly established when it is based upon that which cannot be changed, assaulted or destroyed. In this, your faith and trust will have a true foundation. You realize that what is changeless, which is the source of your trust and the recipient of your trust, will express itself in the changing world in changing ways. Thus, its expression will meet your every need. It will serve you in every circumstance. It will function on every level of understanding. It will actualize itself in every place of human endeavor. Thus, it will appear that the truth is changeable, for it operates in different ways in different environments, and it is recognized in different ways from different points of view. Yet truth itself, which is Knowledge itself, is ever changeless, ever loving and ever genuine.

THEREFORE, TODAY UNDERSTAND how relative and changeable your ideas are and how much you identify with that which is changeable, that which cannot stand upon its own. As your identity becomes founded in Knowledge and not merely on ideas, speculation or beliefs, you will begin to experience the permanence and security that only Knowledge can bestow. As you realize that your true life is changeless, then you will feel free to allow it to express itself in changing circumstances. Here you will escape all fear of death and destruction. Here you will find peace in the world, for the world is changing, but you are not.

PRACTICE 278: *Read the lesson three times today.*

Step 279

I MUST EXPERIENCE MY FREEDOM TO REALIZE IT.

*F*REEDOM IS NOT A CONCEPT OR AN IDEA. It is an experience. Therefore, it must be realized in many, many different circumstances for you to see its universal application. This you are given time to accomplish. This will make all of your activities meaningful, purposeful and valuable. Then, you will have no foundation for condemning yourself or the world, for all things will strengthen your understanding of the necessity for Knowledge and all things will be the recipients of Knowledge.

THEREFORE, GIVE YOURSELF TO PRACTICE, preparation and application. Do not identify merely with ideas, for even the greatest idea is meant to be an expression in changeable circumstances and will itself be unstable. To have genuine stability in the world, you must identify with Knowledge and allow Knowledge to demonstrate its power, its efficacy and its benevolence within the world. You must experience your freedom to value it and to comprehend its meaning in the world. This is why you are a student of Knowledge. And this is why you must apply everything that you are learning in your preparation here.

REMEMBER THIS UPON THE HOUR as you are engaged in the world. Remember this in your deeper meditation practices where you are engaged in your inner life. In both arenas, Knowledge must prevail. In both arenas, your freedom must be exercised to be realized. In your deeper meditations, exercise the strength of your mind to enable it to come into stillness and quietude. Do not let fear or ambivalence dominate you this day. You are practicing your freedom and exercising it, for you can only be free when you are still inside, and if you are still inside, you are free already.

PRACTICE 279: *Two 30-minute practice periods.*
Hourly practice.

Step 280

REVIEW

*R*EVIEW THE PAST TWO WEEKS, beginning with the first lesson in your Review period and continuing on each day up until the last lesson. Try to gain an overview of all that has transpired in the past two weeks. Try to see how you could deepen and improve your practice. Recognize how much time and energy are wasted in ambivalence and idle speculation. Realize how much of your energy is being wasted in doubt and confusion when you need only abide with Knowledge. Your ability to follow that which is beyond your comprehension, which is necessary here, will lead you to the greatest possible certainty that life can render to you. Through this certainty, your ideas, your actions and your perceptions will gain a uniformity that will allow them to be a powerful expression in the world, where humanity is confused and lost in the ambivalence of imagination. It is by following that you are able to give and you are able to lead. You will recognize this in time as you exercise your freedom and allow your freedom to exercise itself through you.

YOU ARE NOW A STUDENT OF KNOWLEDGE. Dedicate yourself to the application of your preparation with increasing devotion and involvement. Allow the mistakes of your past to motivate you. They need not be and should not be a source of self-recrimination. They are intended now to be understood as the demonstration of your need for Knowledge. Thus, you may be very thankful that Knowledge is being given to you, for you are realizing that above all else it is Knowledge which you seek.

PRACTICE 280: *One long practice period.*

Step 281

ABOVE ALL ELSE I SEEK KNOWLEDGE.

*A*BOVE ALL ELSE SEEK KNOWLEDGE, for Knowledge will give you all else that you need. You will seek Knowledge with total conviction when you realize that any other avenue of endeavor and any other use of your mind and body will be hopeless and will lead you into greater confusion. For without Knowledge, you can only learn that you need Knowledge, and with Knowledge, all true learning will proceed. Your past has already taught you the great need for Knowledge. You need not learn this again and again. Why repeat the same lesson over and over, thinking that it will yield for you a different result?

OF YOURSELF YOU CAN DO NOTHING. Without Knowledge you can only generate more imagination. Therefore, there is one answer to your one greatest need, and the one answer will meet all other needs that emanate from your one great need. Your need is fundamental and the response to your need is fundamental. There is no complexity here, for in essence you need Knowledge to live meaningfully. You need Knowledge to advance. You need Knowledge to realize your True Self. You need Knowledge to fulfill your destiny in the world. Without Knowledge, you will simply wander around and come once again to realize that you need Knowledge.

THIS IS A DAY OF THANKSGIVING, for your prayers have been answered. Your need has been responded to. The gift has been given to you to reclaim your Knowledge. Above all else seek that which will serve everything through you. In this, your need and the remedy for your life will become simple, and you will be able to proceed in certainty and patience, becoming a consistent student of Knowledge. Day by day you are reclaiming your True Self. Day by day you are escaping all else that seeks to pull you into the darkness of confusion. Day by day that which is unreal begins to disintegrate and that which is genuine begins to emerge.

UPON THE HOUR TODAY remember and affirm this great truth — that you seek Knowledge above all else. In your deeper meditation practices, allow yourself to enter stillness. Allow your life to be transformed. Allow Knowledge to emerge so that you may be a vehicle for its expression, for in this you will find happiness.

PRACTICE 281: *Two 30-minute practice periods.*
Hourly practice.

Step 282

I WILL LEARN TO ACCEPT THE RESPONSIBILITY OF CARRYING KNOWLEDGE IN THE WORLD.

CARRYING KNOWLEDGE IN THE WORLD requires responsibility. Your responsibility is to follow Knowledge and to learn to express Knowledge adequately and purposefully. In this, your human abilities will need to be cultivated and elevated. Discernment and all the other qualities of value within yourself will need to be cultivated as well, for you must learn to express that which you carry. You must learn to follow it and become a worthy vehicle for it. This is the true meaning of all individual development. This is where individual development has genuine purpose. This is where your growth and advancement have direction as well.

THEREFORE, ALLOW YOURSELF TO EXPERIENCE THE MEANING of today's idea. Allow yourself to accept responsibility. It is not a weight upon your shoulders. It is a rite of passage for you, and in this all things that have confused and frustrated you within yourself will be given a new and purposeful application. Realize that Knowledge carries responsibility. In this, you need to treat it with the seriousness that it requires, and yet with this seriousness, you receive the greatness and the peace that it will render to you. Over time, you will become a very, very finely-tuned vehicle for Knowledge in the world. In this, all things that require development will find development, and all things which merely hinder your progress will be relinquished.

IN YOUR DEEPER PRACTICES IN STILLNESS TODAY, recognize that you have a responsibility to cultivate your faculties of mind as a student of Knowledge. Exercise these responsibilities and do not drift away into imagination. Engage yourself as a student of Knowledge according to the requirements of your preparation, for you are now becoming a person of responsibility and a person of power.

PRACTICE 282: *Two 30-minute practice periods.*

Step 283

THE WORLD IS AMBIVALENT, BUT I AM NOT.

*L*OOK ABOUT YOU IN THE WORLD and you will see that the world of humanity is lost in its own ambivalence. It wishes to have this and wishes to go there. It wants to keep everything it has acquired and lose nothing, and yet it wants more than it needs. It is confused as to its predicament. It is confused as to the remedy. It is confused as to its identity. It is confused as to what to value and what not to value. All arguments and debates, all conflicts and all wars are engaged in exercising this ambivalence.

AS YOU ABIDE WITH KNOWLEDGE, you will look upon the world and recognize its utter confusion. This will teach you and remind you of the great need for Knowledge in the world. Knowledge will never attack itself, and Knowledge is not in conflict with itself. Therefore, two individuals, or two nations, or even two worlds, will have no issues of contention if they are guided by Knowledge, for Knowledge will always seek to join individuals in a meaningful way and to clarify their interactions with one another. It is not possible that Knowledge be in conflict with itself, for there is no opposition within Knowledge. It has one purpose and one aim, and to this it organizes all activity. It organizes all forms of opposition into serving one purpose and one direction. Thus, it is the great peacemaker in the world. As you abide with Knowledge, you will become the vehicle for its expression. Then, you will teach peace because peace itself will be teaching through you.

LOOKING AT KNOWLEDGE LIKE THIS will enable you to recognize your true involvement and your true responsibility as a student of Knowledge. The world is in ambivalence. It is in confusion and is suffering all of the results of this. But you who are now learning to witness the world without judgment or condemnation and are learning to witness the world from the certainty of Knowledge will be

able to simply recognize the predicament of the world and know that you are carrying the remedy within yourself now.

IN YOUR DEEPER PRACTICES ENTER INTO STILLNESS ONCE AGAIN and use the RAHN word if necessary to help you. Because you are learning to be still, you are learning to be certain. Any individual who can acquire stillness in the world will become a source of Knowledge in the world, for Knowledge will express itself in the world wherever there is an opening in any mind. Your mind is now becoming open so that Knowledge may express itself.

PRACTICE 283: *Two 30-minute practice periods.*

Step 284

STILLNESS IS MY GIFT TO THE WORLD.

*H*OW CAN STILLNESS BE A GIFT, you may ask. It is a gift because it is an expression of certainty and peace. How can stillness be a gift to the world? Because your stillness allows Knowledge to express itself through you. How can stillness be a gift to the world? Because your stillness enables all other minds to be still so that they may know. A mind in conflict cannot be still. A mind that is desperately seeking for resolution cannot be still. A mind that is turbulent with its own evaluations cannot be still. Thus, as you present the stillness that you are now cultivating to the world, you give all other minds that recognize you the opportunity and the demonstration that will enable them to enter stillness themselves. You are, in essence, communicating that peace and freedom are possible and that there is a great presence of Knowledge in the world, calling upon each separated and tormented mind.

YOUR STILLNESS IS A GIFT. It will calm all minds. It will still all controversies. It will have a calming, soothing effect on all who suffer under the weight of their own imagination. This, then, is a great gift. It is not your only gift, for you will also give through your ideas, your actions and your accomplishments in the world. Here you will demonstrate the evolving qualities of mind that are required of you as a student of Knowledge. Yet, of all that you may contribute to the world, your stillness will have the greatest effect, for in stillness you will resonate with all other minds, you will calm all other minds and you will be extending true peace into the world and the freedom that it demonstrates.

TODAY REMEMBER THE IMPORTANCE OF STILLNESS upon the hour. Look about at the world of turbulence and realize its great application there. In your two deeper meditation practices, give yourself again to stillness. Allow yourself to escape the ambivalence and uncertainty that haunt you and that hold you back. Come closer to the realm of

stillness, which is the realm of Knowledge, for there you will find peace and certainty. This is God's gift to you, and this will be your gift to the world.

PRACTICE 284: *Two 30-minute practice periods.*
Hourly practice.

Step 285

IN STILLNESS ALL THINGS CAN BE KNOWN.

*I*N STILLNESS ALL THINGS CAN BE KNOWN, for the mind is able to respond to Knowledge. Then, Knowledge will find expression in your specific thoughts and activities. Your mind was meant to serve Knowledge, as your body was meant to serve your mind. In this, the contribution from your True Home is able to express itself in the world of exile. Here Heaven and Earth touch, and when they touch, true communication begins to exist, and the transference of Knowledge is made into the world.

YOU ARE PREPARING TO BECOME A VEHICLE FOR KNOWLEDGE so that all things that you accomplish, great and small, unique and mundane, will express the presence of Knowledge. Therefore, your function in the world is not grand; it is simple. It is what is expressed through your activity that is important, for the simplest action done with Knowledge is a great teaching of Knowledge and will impress and affect all minds in the world.

THEREFORE, REMIND YOURSELF UPON THE HOUR TODAY of the importance of cultivating stillness and the immediate freedom from anxiety and conflict that it provides for you. Allow your deeper practice periods today to be times of true devotion, where you come to the altar of God to give yourself. This, in essence, is the true church. This is the true chapel. This is where prayer becomes real and where your mind, which is an expression of God's Mind, in stillness, humility and openness, yields itself to its great source. In this, God blesses you and gives to you a gift to give to the world which is the result of your own development.

ALL THIS IS TRANSPIRED IN STILLNESS, for in stillness the transference of Knowledge can be completed. This is absolutely natural and totally beyond your comprehension. Therefore, you need not spend energy and time speculating about it, wondering about it or

trying to comprehend its mechanism. This is not necessary. It is only required that you be a recipient of Knowledge. Do not stand apart and attempt to understand it.

DO NOT STAND APART TODAY BUT ENTER STILLNESS, for this is God's gift to you. In stillness the transference of Knowledge will be made. With this, you become a vehicle for Knowledge in the world.

PRACTICE 285: *Two 30-minute practice periods.*
Hourly practice.

Step 286

I CARRY STILLNESS INTO THE WORLD WITH ME TODAY.

CARRY STILLNESS WITH YOU. Allow your inner life to be quiet as you move in the world of turbulence and confusion. There is nothing for you to resolve in your thoughts now, for you are learning to be with Knowledge. Knowledge will organize your thinking and give it true uniformity and direction. Carry stillness with you and be certain that all of your internal conflicts will be resolved through Knowledge, for you are following the source of their resolution. Each day will bring you closer to peace and fulfillment. And that which haunted you before and cast great dark clouds over your mind will simply be escaped as you walk the path of Knowledge.

CARRY STILLNESS WITH YOU INTO THE WORLD. This will enable you to be truly observant. This will enable you to see the world as it is. This will enable you to diffuse the world's conflict, for here you are teaching peace by being at peace. This is not a false peace that you are teaching. It is born of a true association with Knowledge, for you are following Knowledge here. You are allowing Knowledge to provide the direction. You can only do this in stillness.

THINK NOT THAT STILLNESS WILL RENDER YOU INCAPABLE of genuine activity in the world. You will be active in the world, and you will participate in its mechanism, but you may be still inside as you do so. You will find, to your great delight, that you will be far more competent, more effective and far more responsive to others, with greater involvement and productivity as you carry this stillness into the world. Here your energy may be expressed in the world in a meaningful way. Here all the powers of your mind and your body are being contributed and are not wasted in internal conflict. Therefore, you become more powerful and effective, more certain and productive as you carry stillness into the world.

THROUGHOUT THE DAY REMIND YOURSELF that you are carrying stillness into the world, and in your two deep meditation practices seek the refuge of stillness. Escape the world that your senses report, and enter the serenity and the sanctuary of stillness and Knowledge. You will find as you proceed that your two longer practice periods will be times of great rest and relief, great moments of rejuvenation. They are where you attend the holy chapel of the Holy Spirit each day. They are where you and God meet through Knowledge.

THESE PRACTICE PERIODS, THEN, become the highlight of each day as you learn to receive the gifts that are being presented to you. You will look forward to your practice sessions as an opportunity to regenerate and to refresh yourself, to find true inspiration and comfort and to enable your mind to become stronger and stronger with Knowledge so that you may carry peace and stillness into the world.

PRACTICE 286: *Two 30-minute practice periods.*
Hourly practice.

Step 287

WITH KNOWLEDGE I CANNOT BE AT WAR.

*W*ITH KNOWLEDGE YOU CANNOT BE AT WAR. You cannot be at war within yourself or with others, for with Knowledge there is only Knowledge and there is confusion in the world. Confusion does not require attack. Therefore, with Knowledge you are not at war, for you have one mind, one purpose, one responsibility, one direction and one meaning. The more your mind becomes uniform, the more your external life will become uniform as well. How can you be at war within yourself when you are following Knowledge? War is born of ambivalence where opposing value systems conflict with each other to gain your recognition. Competing ideas, competing emotions and competing values all wage war on one another, and you are caught in the middle of their great battles.

WITH KNOWLEDGE ALL OF THIS IS ESCAPED. With Knowledge you cannot be at war within yourself. In time, all of your self-doubt, uncertainty, fear and anxiety will wear away. As they do so, you will increasingly feel that you are not at war and will enjoy the full benefit of being at peace. This will enable you to turn your eyes upon the world with the full force of your involvement, for all of your mental and physical energy will now be available for you to contribute to the world. What you will contribute will be greater than your actions or your words, for you will carry stillness and peace into the world.

HERE YOU WILL NOT BE IN OPPOSITION TO ANYONE, though others may choose to be in opposition to you. Here you will not be at war with anyone, even if others choose to be at war with you. This will be your greatest contribution, and this is what your life will teach through demonstration. Here Knowledge will bestow itself upon the world and teach the great lessons that you are now learning to receive for yourself. This teaching will occur naturally. You need not force it upon the world, and you need not attempt to change anyone else, for Knowledge will accomplish its true task through you.

UPON THE HOUR REALIZE THE MEANING OF TODAY'S IDEA and realize the power of Knowledge to end all of your suffering and eventually the suffering of the world. In your deeper practice periods, return to your great sanctuary and once again become a recipient of Knowledge in openness and humility. Then, you will be able to carry your abiding relationship with Knowledge into the world with greater and greater certainty. Then, what needs to be contributed will radiate from you effortlessly.

PRACTICE 287: *Two 30-minute practice periods.*
Hourly practice.

Step 288

ENEMIES ARE ONLY FRIENDS WHO HAVE NOT LEARNED TO JOIN.

*T*HERE ARE NO TRUE ENEMIES IN LIFE, for all war and conflict are born of confusion. This you must understand. A life without Knowledge can only be confused and must create its own inner guidance system, which is merely the ideas and beliefs with which it identifies itself. Thus, individuals have their own individual purpose and self-identity. These evaluations clash with those of other individuals, and thus one to one, group to group, nation to nation and world to world, war is generated and waged.

IN KNOWLEDGE THIS IS NOT POSSIBLE, for in Knowledge all are your friends. You recognize each person to be at whatever stage of development he or she is currently engaged. You may become involved with some of them, and with some of them you may not. Some of them may be able to receive your contribution directly, while others will need to receive it indirectly. But they are all your friends. There is no opposition in Knowledge, for there is only one Knowledge in the universe. It expresses itself through each individual. As each individual becomes more purified as a vehicle for Knowledge, as each individual becomes a greater recipient of Knowledge and as each individual follows Knowledge and becomes responsible to Knowledge, then the opportunity for him or her to be in conflict will diminish and eventually will disappear.

RECOGNIZE, THEN, THAT ALL WAR AND CONFLICT simply express a lack of capacity for those involved to join. When individuals join, they recognize a common need, which becomes their primary need. This must be born of Knowledge and not idealism if it is to be actualized. It must be born of Knowledge and not mere philosophy if it is to lead to true action and true involvement. Thus, you become a peacemaker and a peacekeeper in the world as you follow as a student of Knowledge. The stronger Knowledge is within you, the weaker will be your fear

and ambivalence. In this way, war within you will be ended, and your life will be a demonstration that war is unnecessary.

DEDICATE YOURSELF TODAY TO ENDING WAR within the world by ending war within yourself so that you may be a peacemaker and a peacekeeper. Upon the hour remind yourself of today's lesson and apply it to the world that you see around you. Apply it to all of the conflicts in the world of which you are aware. Try to understand its complete relevancy to these conflicts. This will require that you see these conflicts from a different point of view in order to realize the full impact and meaning of today's idea. It is this point of view that you must cultivate, for you must learn to see as Knowledge sees, to think as Knowledge thinks and to act as Knowledge acts. All this you will most certainly accomplish as you follow Knowledge each day.

IN YOUR DEEPER PRACTICE PERIODS return to stillness and silence so that you may strengthen your ability to cultivate and prepare yourself to be an emissary of Knowledge in the world. This is your responsibility today. This will permeate all of your other activities and give them value and meaning, for today you are a student of Knowledge.

PRACTICE 288: *Two 30-minute practice periods.*
Hourly practice.

Step 289

TODAY I AM A STUDENT OF KNOWLEDGE.

*B*E A REAL STUDENT TODAY. Give yourself entirely to your learning process. Do not assume anything, for true students do not assume anything, and that is what enables them to learn everything. Realize that you cannot comprehend Knowledge; you can only receive it. You can only experience its extension through your life into the world.

THEREFORE, ALLOW YOURSELF TO BE RECEPTIVE TO KNOWLEDGE. Do not allow yourself to be receptive to the ambivalence that permeates the world. Maintain your distance from this ambivalence, for you are not yet strong enough with Knowledge to face ambivalence and to render your gift into an ambivalent world. Do not be ambitious in this regard, or you will overstep your capacity and will fail as a result. As Knowledge grows and develops within you, it will lead you into areas where you are able to serve. It will lead you into situations where you have an adequate capacity to render it.

BE A STUDENT TODAY. Do not try to use the learning to fulfill your own ambitions with it. Do not let your own personal ideas guide you today, but be a student of Knowledge. When you are certain of something, carry it forth as wisely and as appropriately as possible. When you are uncertain of something, return to Knowledge and simply be at peace with Knowledge, for Knowledge will guide you. In this way, you will become a true and active agent of Knowledge in the world. Knowledge will extend itself through you into the world, and all that you receive will be given into the world through you.

IN YOUR DEEPER PRACTICES TODAY strengthen your ability to enter into the realm of Knowledge. Today go deeper than you have ever gone before. Today be a student of Knowledge. Enter Knowledge. Experience Knowledge. In this way, you will become more and more engaged with its power and its grace. In this way, you will realize its

purpose in the world, which can only be realized through participation.

PRACTICE 289: *Two 30-minute practice periods.*

Step 290

I CAN ONLY BE A STUDENT. THEREFORE, I WILL BE A STUDENT OF KNOWLEDGE.

*I*N THE WORLD YOU ARE A STUDENT — ALWAYS. Every day, every hour and every minute you are learning and attempting to assimilate your learning. You are either a student of Knowledge or a student of confusion. You are either a student of certainty or a student of ambivalence. You are either a student of wholeness and integrity or you are a student of conflict and war. You can only learn from being in the world, and you can only demonstrate the result of your learning.

THEREFORE, THERE IS NO CHOICE whether you will be a student or not, for you will be a student even if you decide not to be a student. If you decide not to be a student, you will merely study another curriculum. In this, you have no choice, for to be in the world is to learn and to demonstrate the result of your learning. Recognizing this, your decision, then, is to determine where you will be a student and what you will learn. This is the power of decision that is given to you. Knowledge will naturally guide you to make the right decision and will lead you unto itself, for it is given to you to give to the world. Thus, as you approach Knowledge, you will feel as if you are engaged in a great homecoming. You will feel a great integration within yourself, and you will feel your self-conflict and your war with yourself begin to diminish and to fade.

BE A STUDENT OF KNOWLEDGE TODAY, for a student you are. Choose the curriculum that has chosen you. Choose the curriculum that will redeem you and through you the world. Choose the curriculum that fulfills your purpose here and that exemplifies your life beyond this world, which wishes to express itself here. Become a student of Knowledge.

REALIZE THE POWER OF TODAY'S IDEA and remember it upon the hour. Always remember to read the day's lesson prior to entering into the world so that you may begin to utilize its practice for that day. Confirm your studenthood in Knowledge. Strengthen your involvement as a student of Knowledge. Follow today's practices with greater and greater devotion.

IN YOUR TWO DEEPER PRACTICE PERIODS, actively engage your mind in considering what it means to be a student in the world. Engage your mind in understanding the message for today, and attempt to realize that you are a student under all circumstances. Try to realize that you have no choice here, for you must learn, assimilate and demonstrate your learning. This is the foundation for true teaching. Realize that your purpose in the world is to become a student of Knowledge, to assimilate Knowledge and to allow Knowledge to express itself so that you may demonstrate Knowledge in the world. In the simplest way, this is an expression of your purpose, and from your purpose a specific calling will come forth to guide you in specific ways in the world according to your nature and your design.

THUS, TODAY YOU WILL STRENGTHEN YOURSELF AS A STUDENT of Knowledge. In your longer practice periods, actively engage your mind in attempting to penetrate today's idea and to recognize its absolute relevancy to your life.

PRACTICE 290: *Two 30-minute practice periods.*
Hourly practice.

Step 291

I AM GRATEFUL TO MY BROTHERS AND MY SISTERS WHO ERR AGAINST ME.

*B*E GRATEFUL TO THOSE WHO DEMONSTRATE THE NEED for Knowledge. Be grateful to those who teach you that it is hopeless to engage in any pursuit in the world without Knowledge. Be grateful to those who save you time by demonstrating the results of things you are contemplating for yourself even now. Be grateful to those who show you your own great need in the world. Be grateful to those who demonstrate what you must give to the world. Be grateful to all those who seem to err against you, for they will show you what is necessary in your life, and they will remind you that Knowledge is your one true purpose, your one true goal and your one true expression.

IN THIS, ALL WHO ERR AGAINST YOU become your friends, for even in their misery they serve you and will call upon you to serve them. Here all folly, error, confusion, ambivalence, conflict and war in the world can lead you to the conviction of Knowledge. In this way, the world serves you, supports you and prepares you to serve it in its great need. Here you become a recipient of the world's accomplishments and are given a reminder of the world's errors. In this way, your love and compassion for the world will be engendered.

TODAY REMIND YOURSELF UPON THE HOUR of this message and attempt to realize its meaning in the context of all of your activities so that everything that happens today will demonstrate the meaning of today's idea. In your deeper practice periods, actively engage your mind in attempting to penetrate today's idea. Recall every person who you think has erred against you. See how that person has served you and will continue to serve you as a reminder. This can save you great amounts of time and energy by bringing you closer to Knowledge, by increasing your resolve for Knowledge and by reminding you that there is no alternative to Knowledge. In your longer practice periods

think of every person who you feel has erred against you and realize their tremendous service to you from this point of view.

ALLOW THIS DAY TO BE A DAY OF FORGIVENESS and a day of acceptance where you recognize and extend your gratitude to those who have erred against you. Life is conspiring to bring you to Knowledge. As you enter Knowledge, you will realize the great service that life is rendering unto you, both from its accomplishments and from its failures. Be a recipient of this gift, for in love and gratitude you will turn to the world and wish to contribute that which is the greatest of all contributions. Here you will give Knowledge in gratitude and in service to the world which has served you.

PRACTICE 291: *Two 30-minute practice periods.*
Hourly practice.

Step 292

HOW CAN I BE ANGRY WITH THE WORLD WHEN IT ONLY SERVES ME?

*H*OW CAN YOU BE ANGRY WHEN THE WORLD SERVES YOU?
When you recognize how much the world is serving you, which can only be recognized in the context of Knowledge, you will then end all of your hatred towards the world, all of your condemnation of the world and all of your resistance to the world. This will confirm your true destiny, your true origin and your true purpose for being in the world.

YOU HAVE COME INTO THE WORLD TO LEARN AND TO UNLEARN. You have come into the world to recognize what is real and what is not. You have come into the world to be a contributor to the world, a contributor who has been sent from beyond the world to serve here. This is the real nature of your presence here, and though it may seem to conflict with your evaluation of yourself, it is true nonetheless and will be true regardless of your point of view, regardless of your own ideals and beliefs and regardless of whatever pursuits you may set for yourself. The truth awaits you and waits for you to be ready to value it.

UPON THE HOUR REMEMBER TODAY'S IDEA and see its application everywhere as you look about at the world. In your two deeper practices once again bring to mind every person that you feel has erred against you, and once again attempt to understand their contribution to you in bringing you to Knowledge, in teaching you to value Knowledge and in teaching you to realize that there is no hope beyond Knowledge. There is no hope without Knowledge. Today's idea will engender love and gratitude towards the world and will strengthen this point of view, which will be necessary for you to have to look upon the world with certainty, love and Knowledge.

PRACTICE 292: *Two 30-minute practice periods.*
Hourly practice.

Step 293

I DO NOT WISH TO SUFFER TODAY.

STRENGTHEN YOUR RESOLVE NOT TO SUFFER today by being a student of Knowledge, by adhering to Knowledge and by devoting yourself to Knowledge. Do not let the world draw you into its meaningless pursuits, into its hopeless endeavors or into its incensed conflicts. All these things still hold attraction for you, yet do not allow yourself to give into them today, for the persuasions of the world are born of the world's great anxiety and fear. Anxiety and fear are like diseases that affect minds. Do not allow your mind to be so affected today. You do not want to suffer today, and suffer you will if you follow the world's persuasions. Participate in the world and fulfill your mundane responsibilities, but strengthen your resolve to be a student of Knowledge, for this will free you from all suffering and will give you the greatness that you are intended to give to the world.

UPON THE HOUR CONFIRM THAT YOU DO NOT WANT TO SUFFER today and realize the inevitability of your suffering if you attempt to engage yourself in the world without Knowledge. The world can only remind you of your one great purpose and responsibility now, which is to become a student of Knowledge. Be grateful that the world will support you in the only way that it can, and be grateful that from your Ancient Home, God has extended Grace into the world for you to receive and to learn to give.

PRACTICE 293: *Hourly practice.*

Step 294

REVIEW

*B*EGIN THIS TWO-WEEK REVIEW WITH THIS INVOCATION:

“I AM NOW A STUDENT OF KNOWLEDGE. I will learn of the meaning and the purpose of Knowledge through my participation. I will follow my participation without attempting to alter its methods or its lessons in any way because I wish to learn. I am a student of Knowledge in a world where Knowledge seems to be absent. For this reason I have been sent here to prepare to give that which Knowledge will wish to give to the world. I am a student of Knowledge. I am secure in my responsibility. In this, I will receive all that I truly desire, for I truly desire to love the world.”

FOLLOWING THIS INVOCATION begin your two-week Review. Beginning with the first day in this two-week period, read the lesson for that day and remember your practice. Continue on in this way to cover all the days in this two-week period, and then attempt to have an overview of your life during this practice time. Begin to see what has occurred in your life in this two-week period.

AS YOU GAIN AN OVERVIEW, you will begin to see the movement of your life. Perhaps this will be subtle at first, but you will soon begin to realize that your life is progressing rapidly and that your values and your experience of yourself are changing. You are changing fundamentally. You are finally becoming yourself. You will realize that war, which still rages in you from time to time, will diminish and become less frequent. Only with a conscious and objective overview can this be recognized, and as it is recognized, it will give you the confidence and the conviction to proceed on, for you will know that you are following your true course and your true destiny. You will know that you are a true student of Knowledge and that you have made the right decision concerning your studenthood.

PRACTICE 294: *One long practice period.*

Step 295

I AM NOW PENETRATING THE MYSTERY OF MY LIFE.

*Y*OU ARE PENETRATING THE MYSTERY OF YOUR LIFE which seeks to reveal itself to you. The mystery of your life is the source of all that is manifest in your life. All that will be manifest and is intended to be manifest is embodied in the mystery of your life. Therefore, your current engagement as a student of Knowledge is absolutely fundamental to everything you will do in the world and to everything you will realize and fulfill in this life. It is absolutely fundamental to your need.

ALLOW THE MYSTERY TO BE MYSTERIOUS. Allow the manifest to be manifest. In this way, you will enter the mystery of Knowledge with reverence and openness, and you will engage yourself in the world with a practical emphasis and a concrete approach. This will enable you to be a bridge from your Ancient Home to this temporary world. Then, you will treat life in the universe with reverence and awe, and you will treat your self-application in the world with conciseness and responsibility. Here all your faculties will be properly cultivated and integrated, and you will be a vehicle for Knowledge.

WE WILL NOW BEGIN A MORE ADVANCED SECTION of your curriculum. You may realize that much of what you are learning you cannot yet understand. Many of the steps to follow will be to activate your Knowledge, to make it stronger and more present within you and to evoke within you the ancient memory of your true relationships in the universe and the meaning of your purpose here. Therefore, we will begin a series of lessons which you will not be able to comprehend but with which you must become engaged. You are now penetrating the mystery of your life. The mystery of your life holds all the promise for your life.

REMEMBER YOUR LESSON THROUGHOUT THE DAY. Recite it upon the hour and in your two deeper practice periods, enter into stillness and peace. Allow yourself to penetrate the mystery of your life so that the mystery of your life may be revealed to you. For all meaning, purpose and direction are born of your origin and your destiny. You are a visitor within the world, and your participation here must exemplify your greater life beyond the world. In this way, the world is blessed and fulfilled. In this way, you will not betray yourself, for you were born of a greater life, and Knowledge is abiding with you to remind you of this.

PRACTICE 295: *Two 30-minute practice periods.*
Hourly practice.

Step 296

NASI NOVARE CORAM

*T*ODAY'S ANCIENT WORDS WILL STIMULATE KNOWLEDGE. Their meaning may be translated thus: "The presence of the Teachers of God is with me." This is a simple translation of these words, but their power far exceeds their obvious meaning. They can evoke within you a deep response, for they are an invocation for Knowledge, born of an ancient language that has not originated in any world. This language represents the language of Knowledge and serves all those who speak a language and who still need a language to communicate.

REMEMBERING YESTERDAY'S LESSON, do not attempt to understand the origin of these words or the mechanism for their service, but be the recipient of their gift. Upon the hour recite today's invocation, and in your two deeper practice periods repeat the invocation and then enter into stillness and silence to feel the power of these words. Allow them to assist you in entering the depth of your own Knowledge. When each long practice period is complete and when you return to the world of action and of form, recite the invocation once again and be grateful that the mystery of your life is being penetrated. Be grateful that your Ancient Home has come with you into the world.

PRACTICE 296: *Two 30-minute practice periods.*
Hourly practice.

Step 297

NOVRE NOVRE COMEY NA VERA TE NOVRE

*T*ODAY'S INVOCATION SPEAKS OF THE POWER OF STILLNESS within your mind and the power that the stillness within your mind will have within the world. Allow your invocation to be recited upon the hour, with great reverence. Allow the mystery of your life now to unfold before you so that you may behold it and carry it with you in your adventure in the world.

IN YOUR TWO DEEPER PRACTICE PERIODS repeat today's invocation and once again enter the depth of stillness, giving yourself completely to your practice. Upon completion of your practice, repeat today's idea once again. Allow yourself to feel the presence that is with you as you do this, for your Ancient Home abides with you as you abide within the world. The ancient memory of your Home and the memory of all true relationships that you have reclaimed thus far in your entire evolution are thus remembered with today's idea. For in stillness all things can be known, and all things that are known will reveal themselves to you.

PRACTICE 297: *Two 30-minute practice periods.*
Hourly practice.

Step 298

MAVRAN MAVRAN CONAY MAVRAN

*T*ODAY'S INVOCATION CALLS UPON THOSE who practice Knowledge with you in the Greater Community so that the strength of their undertaking and their great achievements may embellish all of your attempts and all of your practices as a student of Knowledge. Today's invocation engages your mind with all minds which are engaged in the reclamation of Knowledge in the universe, for you are a citizen of a Greater Community as well as a citizen of your world. You are part of a great undertaking existing both within the world and beyond, for God is at work everywhere. The True Religion, then, is the reclamation of Knowledge. It finds its expression in each world and in each culture, and there it acquires its symbolism and its rituals, but its essence is universal.

PRACTICE UPON THE HOUR REPEATING TODAY'S INVOCATION and as you do so, take a moment to feel its impact. You can find a way to do this in all of your circumstances today, and this will remind you of your Ancient Home and the potency of Knowledge that you carry within you. In your deeper practice periods, repeat your invocation and then enter into the sanctuary of Knowledge in stillness and in humility. When your practice period is complete, once again repeat today's invocation. Allow your mind to engage itself with that which is beyond the limited scope of human involvement, for Knowledge speaks of a greater life within the world and beyond. It is this greater life which you must now entertain. It is this greater life which you must now receive, for you are a student of Knowledge. Knowledge is greater than the world, but Knowledge has come to the world to serve.

PRACTICE 298: *Two 30-minute practice periods.*
Hourly practice.

Step 299

NOME NOME CONO NA VERA TE NOME

*T*ODAY'S INVOCATION AGAIN CALLS UPON THE POWER of others' endeavors in the reclamation of Knowledge to assist you in your own. Once again it is a confirmation of the power of what you are doing and your total inclusion in life. It affirms the truth in a greater context, and it affirms the truth in words which you have not used for centuries, but which will become familiar to you as they resonate deeply within your mind.

PRACTICE UPON THE HOUR AND TAKE A MOMENT to feel the efficacy of today's statement. Use it as an invocation to begin and as a benediction to complete your two longer practice periods. Allow yourself to penetrate the mystery of your life, for the mystery of your life is the source of all meaning in your life, and it is this meaning which you seek today.

PRACTICE 299: *Two 30-minute practice periods.*
Hourly practice.

Step 300

I RECEIVE ALL THOSE WHO ARE MY SPIRITUAL FAMILY TODAY.

*R*ECEIVE THOSE WHO ARE YOUR SPIRITUAL FAMILY, who guide and assist you, whose efforts on behalf of Knowledge supplement your own and whose presence in your life is a confirmation that true community exists in service to Knowledge. Allow their reality to clarify your own, to dispel all the darkness of isolation and all of the weakness of individuality so that your individuality may find the strength of its true contribution. Do not dwell alone in your thoughts today, but enter into the presence of your Spiritual Family, for you are born of community and into community you now enter, for life is community — community without exclusion and without opposite.

REMEMBER THIS UPON THE HOUR TODAY. In your longer practice periods, engage your mind actively in attempting to understand the message that you are given today. Try to understand what Spiritual Family really means. Try to understand that it is intrinsic to you. You did not choose it. You are simply born of it. It represents your accomplishment in Knowledge thus far. All accomplishment in Knowledge is the reclamation of relationships, and your Spiritual Family are those relationships that you have reclaimed thus far in your return to God.

THIS WILL BE BEYOND YOUR COMPREHENSION, but your Knowledge will resonate with the message for today and the invocations that you have practiced in previous days. Knowledge will reveal what you must know and what you must do. You are not meant to be burdened with attempting to understand that which is beyond your comprehension. But you are given the responsibility to respond to the communication that is being given to you from the mystery of your own life and from the power of God in your life.

YOU ARE PART OF A SPIRITUAL FAMILY. You receive this through your experience, an experience which will confirm your participation in life and the great purpose you have come to serve.

PRACTICE 300: *Two 30-minute practice periods.*
Hourly practice.

Step 301

I WILL NOT LOSE MYSELF IN ANXIETY TODAY.

*D*O NOT ALLOW THE HABIT OF LOSING YOURSELF in anxiety to capture your mind this day. Accept that you are entering a greater life with a greater sense of purpose. Allow yourself to rely upon the certainty of Knowledge within you and its confirmation of your true relationships. Be at peace this day. Allow stillness to abide with you as you walk through the world.

UPON THE HOUR REPEAT TODAY'S IDEA. In your deeper practices, use it as an invocation to begin and as a benediction to complete your meditation. In your meditations allow yourself to be still. Do not let uncertainty capture you today. Do not let anxiety take you away. You are abiding with Knowledge, which is the source of all certainty in the world. You are abiding with it, and you are allowing it to spread its potency and its gifts to you who are learning now to reclaim certainty for yourself. Allow this day to be a confirmation of your studenthood. Allow this day to be an expression of Knowledge.

PRACTICE 301: *Two 30-minute practice periods.*
Hourly practice.

Step 302

I WILL NOT RESIST THE WORLD TODAY.

DO NOT RESIST THE WORLD, for the world is the place you have come to serve. It is the place where Knowledge will express itself as you learn to become a vehicle for Knowledge. Allow the world to be as it is, for without your condemnation it will be far easier for you to be in the world, to utilize its resources and to recognize its opportunities.

DO NOT RESIST THE WORLD, for you are from beyond the world. The world is no longer a prison for you but the place for you to contribute. To whatever extent you have not been able to adjust to the world in the past and to whatever extent being in the world has been difficult for you, you are now looking at the world in a new way. You have sought the world to replace Knowledge, and now you are realizing Knowledge is being given to you from your Source. Thus, the world is no longer being used as a substitute for Knowledge and the world can now become a canvas upon which you can express the potency of Knowledge. Thus, the world becomes what it rightfully is in your life. For this reason you do not need to resist the world today.

AS YOU PASS THROUGH THE WORLD THIS DAY, remember this idea upon the hour and let yourself be present to whatever circumstance you are in. Allow your inner life to be still so that Knowledge may exert its influence and its guidance for you. Allow yourself to carry certainty today—the certainty of Knowledge. This is a certainty that you have not invented or constructed for yourself. It abides with you always, in spite of your confusion.

DO NOT RESIST THE WORLD TODAY, for Knowledge is with you. In your longer practice periods, remember this idea both before and after your meditations. In your meditations escape the world into the sanctuary of stillness. The greater your involvement in the sanctuary of stillness, the greater ease you will have in being in the world, for you

will not be attempting to use the world as a substitute for your Ancient Home. Here the world becomes beneficial to you, and you become beneficial to the world.

PRACTICE 302: *Two 30-minute practice periods.*
Hourly practice.

Step 303

I WILL STEP BACK FROM THE WORLD'S PERSUASIONS TODAY.

STEP BACK FROM THE WORLD'S PERSUASIONS. Recognize what is certain and what is confused. Recognize what is devoted and what is ambivalent. Let not the power of the world's frustration and confusion overtake you today, but hold the light of God within your heart. Keep it burning within yourself as you venture into the world. Thus, you pass through the world unscathed and uninfluenced because you are abiding with Knowledge. Without Knowledge, the world merely sweeps you away in its own frenzy. It sweeps you away in its inducements and its mad pursuits.

TODAY YOU ABIDE WITH KNOWLEDGE, and so you are free of the world's persuasions. Repeat today's idea upon the hour and recognize how important it is in maintaining your inner balance and your sense of self and certainty. Realize how important today's idea is in allowing you to keep stillness alive within you so that your deeper meditations, in which you will practice stillness again today, can exert their influence and their results upon all of your activities, for this is their purpose.

RECOGNIZE THE WORLD'S PERSUASIONS AND STEP BACK. This you are given to do, for here you have the power of decision. This you can do once you recognize the world's persuasions and realize how important Knowledge is. This will enable you to exercise the power of decision on your own behalf. Here the world will not claim you, and here you will be a force for good in the world, for this is your purpose.

IN YOUR DEEPER MEDITATION PRACTICES, once again give today's idea as an invocation to prepare you. In stillness and in silence enter into the sanctuary of Knowledge so that you may rejuvenate and refresh yourself there. Find reprieve there from your own internal

conflicts and from the conflicts that rage in the world. When you return from your sanctuary, remind yourself that you will not be claimed by the world's confusion. Remind yourself that you will not fall prey to the world's persuasions. Then, you will carry forth the safety that you are now learning to receive into the world around you.

PRACTICE 303: *Two 30-minute practice periods.*
Hourly practice.

Step 304

I WILL NOT BE A STUDENT OF FEAR TODAY.

*R*EMEMBER THAT YOU ARE ALWAYS A STUDENT — every day, every hour and every moment. Therefore, as you become more conscientious, you must select what you will learn. Here you are given a real choice, for you are either a student of Knowledge or you are a student of confusion. Do not be a student of confusion today. Do not be a student of fear today, for without Knowledge there is uncertainty and there is fear. Without Knowledge there are fearful pursuits which perpetrate greater fear and a greater sense of loss.

REALIZE YOUR RESPONSIBILITY AS A STUDENT. Realize this and accept this with relief, for you have a meaningful choice here — to be a student of Knowledge or a student of confusion. Knowledge will cast its influence upon you to enable you to make the right choice, to choose that which renders you certainty, purpose, meaning and value in the world. Then, you may become a force for Knowledge in the world to dispel confusion, darkness and fear from all minds that labor under their oppressive weight.

DO NOT BE A STUDENT OF FEAR. Make this resolution within yourself upon the hour as you recognize the fearful persuasions of the world, the confusion of the world and its dark influence upon all who feel its oppression. Allow yourself to be a liberated soul within the world. Hold the jewel of love within your heart. Hold the light of Knowledge within your heart. When you return to your two deeper meditation practices today, repeat the idea for today so that you may enter into stillness and silence within your sanctuary. Rejuvenate yourself in Knowledge and refresh yourself, for Knowledge is the great light that you carry. The more that you come within its presence, the more it will radiate itself upon you and the more it will shine upon you and, through you, upon the world.

PRACTICE 304: *Two 30-minute practice periods.*
Hourly practice.

Step 305

I FEEL THE POWER OF LOVE TODAY.

*I*F YOU ARE NOT CAUGHT IN THE WORLD'S PERSUASIONS, you will feel the power of love. If you are not seduced into the world's ambivalence, you will feel the power of love. If you are with Knowledge, you will feel the power of love. This is natural to you, to your being, to your nature and to the nature of all who reside here with you. Therefore, as your studenthood in Knowledge deepens, your experience of love will deepen.

ALLOW LOVE TO BE IN YOUR LIFE TODAY, for Knowledge and love are one. Allow yourself to be a recipient of this today, for in this you are honored and your sense of unworthiness is dispelled. Receive the power of love upon the hour and receive it in your deeper meditation practices, where you practice true receptivity.

ALLOW KNOWLEDGE TO REVEAL THE NATURE OF LOVE TO YOU. Allow your love for Knowledge to generate Knowledge for you, for Knowledge loves you as its own, and as you learn to love Knowledge as your own, your sense of separation from life will disappear. Then, you will be prepared as a contributor in the world, for then you will only wish to contribute that which you have received. You will then realize that there is no other gift that can in any way compare to the gift of Knowledge, which is the gift of love. This you will wish to bestow upon the world with all your heart. Here your Teachers will become more active for you, for they will prepare you to contribute this effectively so that you may fulfill your destiny in the world.

PRACTICE 305: *Two 30-minute practice periods.*
Hourly practice.

Step 306

I WILL REST IN KNOWLEDGE TODAY.

*I*N KNOWLEDGE YOU WILL FIND REST AND REPRIEVE from the world. In Knowledge you will find comfort and assurance. In Knowledge all that is truest in life will abide with you, for in Knowledge the Christ and the Buddha are one. In Knowledge all the great achievements of the great Spiritual Emissaries unite and become revealed to you. In this, their promise is fulfilled, for they have given themselves for this purpose. Thus, the Knowledge that you receive today is the fruit of their giving, for Knowledge has been kept alive in the world for you. It has been kept alive by those who have received and contributed it. Thus, their lives provide the foundation for yours. Their giving provides the foundation for your giving. Their acceptance of Knowledge strengthens your acceptance of Knowledge.

THE PURPOSE OF ALL TRUE SPIRITUAL TEACHING is the experience and the manifestation of Knowledge. This can imbue the simplest gift and the greatest gift, the most mundane action and the most extraordinary action. You are in great company, you who practice Knowledge. You receive the gift of the Christ and the Buddha. You receive the gift of all true Spiritual Emissaries who realized their Knowledge. Thus it is that your participation today is given strength and foundation as you carry on the great purpose of keeping Knowledge alive in the world.

TODAY UPON THE HOUR and in your two deep meditation practices, rest in Knowledge, which is living within you now.

PRACTICE 306: *Two 30-minute practice periods.*
Hourly practice.

Step 307

KNOWLEDGE IS LIVING WITHIN ME NOW.

*K*NOWLEDGE IS LIVING WITHIN YOU, and you are learning to live with Knowledge. Thus, all darkness and illusion are dispelled from your mind as you come to realize what your life has always been and will always be. As you realize the changelessness of your true existence, you will realize how it wishes to express itself in the world of change. Your Knowledge is greater than your mind, greater than your body and greater than your definitions of yourself. It is changeless yet ever changing in its expression. Beyond fear, doubt and destruction it abides within you, and as you learn to abide with it, all of its qualities will become your own.

THERE IS NOTHING THAT THE WORLD CAN PROVIDE that can in any way compare to this, for all the world's gifts are momentary and transitory. As you honor them, your fear of losing them will increase. As you hold them to yourself, your anxiety about death and destruction will be enhanced, and you will re-enter confusion and frustration. But with Knowledge, you may possess things in the world without identifying with them. You may receive them and release them according to the necessity of doing so. Then, the great anxiety of the world will not affect you, but the power of Knowledge that you carry will affect the world. In this way, you will affect the world more than it affects you. In this way, you will be a contributor to the world. In this way, the world will be blessed.

REJUVENATE YOURSELF IN KNOWLEDGE in your deeper practice periods in stillness and remind yourself upon the hour of the power of Knowledge that you carry this day. Let not any doubt or uncertainty dissuade you, for here doubt and uncertainty are completely unnatural. You are learning to become natural because what could be more natural than being yourself? And what could be more yourself than Knowledge itself?

PRACTICE 307: *Two 30-minute practice periods.*
Hourly practice.

Step 308

REVIEW

*I*N YOUR LONGER PRACTICE PERIOD TODAY undertake the Review of the past two weeks of training according to our previous instructions. This is a very important review period, for you will be reviewing the invocations that have been given to you, and you will be reviewing as well the potency of the task that you are undertaking as a student of Knowledge. Recognize in these past two weeks your own fear of Knowledge. Realize your own fear of the mystery of your life. Recognize any attempts that you might have made to re-enter illusion and imagination. Recognize this contrast in learning which is so essential to your understanding.

REVIEW THIS WITH OBJECTIVITY AND COMPASSION. Know that your ambivalence towards life must be realized and that it will continue to express itself with ever decreasing potency as you come closer and closer to Knowledge. Remember that Knowledge is life itself, the very essence of life. It is changeless and yet expressing itself through change constantly. To experience it, you must strengthen your participation as a student of Knowledge and remember that you are a beginning student of Knowledge so that you cannot rely upon your assumptions. You must receive the curriculum and be guided in applying it. In this way, you will be safe from all misapplication, all misinterpretation and thus safe from error.

THIS REVIEW IS VERY IMPORTANT, for you are now reaching a great turning point in your participation as a student of Knowledge. Knowledge is beginning to have potency now. You are beginning to feel its power. You are beginning to realize its total importance to you. You who have been partial with life in the past are now realizing that life is completely with you and will require that you be completely with it. This is your salvation and your redemption, for here all separation, fear and misery are dispelled. What can you possibly lose to receive such a gift? You lose only your imagination, which has haunted

you, threatened you and frightened you. Yet, even your imagination will be given a greater purpose with Knowledge, for it is meant to serve you in a different way.

CARRY ON YOUR REVIEW WITH GREAT DEPTH AND SINCERITY. Do not be concerned how long this takes. Your time cannot be better spent. Review the past two weeks so that you may observe the advancement of Knowledge within yourself. You will need this understanding if you are to support others in the future in reclaiming Knowledge for themselves.

PRACTICE 308: *One long practice period.*

Step 309

THE WORLD I SEE IS ATTEMPTING TO BECOME ONE COMMUNITY.

*T*HE WORLD YOU SEE IS ATTEMPTING TO BECOME one community, for this is its evolution. How can the world evolve when it is fragmented? How can humanity advance when it is opposing itself? How can the world be at peace when one faction competes with another? The world you see is like the mind that you experience within yourself—warring with itself, yet without purpose or meaning. The world you see is attempting to become one community, for all worlds where intelligent life has evolved must become one community.

HOW THIS WILL BE ACHIEVED AND WHEN IT WILL BE ACHIEVED is beyond your present scope, but as you look upon the world without judgment you will see the yearning in each person to join. You will see the desire for separation to be ended. The world's pressing problems merely exemplify its predicament and call for the creation of one community in the world. This is so obvious if you but look. As you yourself are becoming one person and healing all wounds within yourself as a student of Knowledge, so is the world attempting to become one world and to heal all of its wounds and all of its internal conflicts and separation. Why is this? Because Knowledge is in the world.

AS YOU ARE DISCOVERING KNOWLEDGE WITHIN YOURSELF, remember that Knowledge is latent within each person, and even in its latency it is casting its influence and extending its direction. The world contains Knowledge, too. It is a larger representation of yourself that you look upon. Thus, as you become a student of Knowledge and are able to objectively recognize your preparation, you will begin to have a true view of the evolution of the world. Here your viewpoint will not be distorted by personal preferences or fears, for the evolution of the world will simply be obvious to you. The evolution of the world is

obvious to your Teachers, who look upon the world from beyond its constraints. But you who are within the world, who feel the influence of the world and who share the world's doubt and uncertainty, must learn to look upon the world without these restraints as well.

THE WORLD IS ATTEMPTING TO BECOME ONE COMMUNITY. Remind yourself of this upon the hour, and in your two deeper practice periods engage your mind actively in attempting to understand today's idea. Think of the problems of the world and the solutions that they call for. Think of the conflicts in the world and the requirement that they be settled. Realize that if any individual or group of individuals opposes these resolutions and requirements, this will induce them to wage war against the world and one another. The conflicts you perceive are merely the attempt to preserve separation. But the world is attempting to become one community and regardless of the resistance to this, it will relentlessly attempt to do this, for this is its evolution. This is the true desire of all who dwell here, for all separation must be ended and all contribution must be given. This is your purpose and the purpose of all who have come here.

REMEMBER, YOU HAVE BEEN CALLED and you are responding to your one true purpose. In time, others will be called and they will respond. This is inevitable. You are accomplishing the inevitable, which will take a great deal of time and many steps. Knowledge is your source and Knowledge is the result. Therefore, you can be certain of the final outcome of your actions. Regardless of how the world will proceed in its preparation and its difficulties, it must accomplish this one true goal. Thus, you can proceed with certainty.

IN YOUR LONGER MEDITATIONS ATTEMPT TO PENETRATE today's idea. Do not be complacent here, but actively engage your mind as your mind was meant to be engaged. Try to recognize your own ambivalence about the world becoming one community. Try to recognize your fears and concerns about this. Try to recognize as well your desire for one community and your understanding that this is necessary. Once you take inventory of your own thoughts and feelings concerning today's idea, you will further understand why the world is in its current predicament. The world has a certain destiny and a certain course to follow, yet it is ambivalent about everything. Thus,

the world itself must unlearn ambivalence, as you are now learning to do, and your accomplishments will assist it in its great undertaking, for this is your contribution to the world.

PRACTICE 309: *Two 30-minute practice periods.*
Hourly practice.

Step 310

I AM FREE BECAUSE I DESIRE TO GIVE.

*Y*OUR FREEDOM WILL BE FULFILLED, your freedom will be completed and your freedom will be reclaimed forever through the contribution of your true gifts to the world. You who are now dedicating yourself to give and are learning of the nature of your gift and your responsibility as a giver are setting the stage for your own freedom and securing your own freedom within the world. Do not be discouraged that the world does not hold your values and do not be dismayed that the world does not share your commitment, for there are many within the world and beyond the world who are undertaking the same preparation as you. There are many who have accomplished your current preparation who now serve the world with all their heart and soul.

THUS, YOU ARE PART OF A GREAT LEARNING COMMUNITY. What you are learning now all of the world must learn eventually, for all must reclaim Knowledge. This is God's Will. We are now attempting to minimize the amount of time it will take and the difficulty that will be encountered. Yet, we understand that evolution must take its course within the individual and within humanity as well. Thus, Knowledge extends itself to support the true evolution of life so that life may realize itself and fulfill itself. This process continues within you and within the world. You who are claiming your studenthood in Knowledge will claim your advocacy for Knowledge. In this, you will increasingly become a force for good in the world—a force that dispels ambivalence, confusion, and conflict, a force for peace, a force for certainty and a force for true cooperation and relationship.

REMEMBER THIS IDEA UPON THE HOUR throughout the day and in your two deeper practice periods, actively engage your mind in thinking about this. Let your mind be a useful instrument of investigation. Once again review all your ideas and beliefs that are associated with today's idea. Once again realize how ambivalence is still

robbing you of inspiration, robbing you of motivation, robbing you of courage and robbing you of relationship. Strengthen your studenthood and your advocacy for Knowledge so that you may further escape ambivalence this day and receive the certainty that is your inheritance.

PRACTICE 310: *Two 30-minute practice periods.*
Hourly practice.

Step 311

THE WORLD IS CALLING ME. I MUST PREPARE TO SERVE IT.

*Y*OU HAVE COME TO SERVE THE WORLD, yet you must prepare to serve it. You cannot prepare yourself, for you do not know what you are preparing for, and you do not know the methods of preparation, for these must be given to you. But you do know that you must prepare, and you do know that you must follow the steps of preparation, for this is in your Knowledge already.

YOU HAVE COME TO SERVE THE WORLD. If this is denied or neglected, you will fall into disarray within yourself. If your purpose is not being served and furthered, you will feel alienated from yourself, and you will fall into the darkness of your own imagination. You will condemn yourself and believe that God condemns you as well. God does not condemn you. God calls you to recognize your purpose and fulfill it.

LET NOT AMBITION TAKE YOU INTO THE WORLD PREMATURELY. Remember you are a student of Knowledge. You follow Knowledge in the world because you are preparing to be a vehicle for its contribution and a recipient of its gifts. This will require restraint on your part. This will require adherence to a greater preparation. A student need only follow the guidance of the instructor. A student need only trust in the power of the instructor. Your Knowledge will confirm this and will dispel your uncertainty here, for your Knowledge is returning to its Home and to its Source. It is returning to that to which it must return. It is responding to that which it must fulfill in the world.

DO NOT HATE THE WORLD OR RESIST IT, for it is the place where you will fulfill your destiny. Thus, it deserves your gratitude and appreciation. Yet, also remember to respect the power of its confusion and its inducements. Here you must be strong with Knowledge, and

though you appreciate the world for strengthening your resolution for Knowledge, you also take note of the world's confusion and enter into the world carefully, with discernment and adherence to Knowledge. All of these are important, and we will remind you of them as we proceed, for they are essential for you to learn Wisdom as a student. It is both your desire for Knowledge and your capacity for Knowledge that we must cultivate and that you must learn to receive.

PRACTICE 311: *Read the lesson three times today.*

Step 312

THERE ARE GREATER PROBLEMS FOR ME TO SOLVE IN THE WORLD.

*M*ANY OF YOUR PERSONAL PROBLEMS WILL BE RESOLVED as you give yourself to a greater calling. Some of your personal problems you will need to attend to specifically, but even here you will find that their weight upon you will diminish as you enter into a greater arena of participation in life. Knowledge gives you greater things to do, but it does not overlook any detail of what you must accomplish. Therefore, small details and great details, small adjustments and great adjustments are all included. Nothing is left out. You yourself could not possibly balance your preparation in this respect, for you would not know how to establish your priorities between what is great and what is small. Your attempt to do so would merely push you deeper into confusion and frustration.

BE GRATEFUL, THEN, THAT YOU HAVE BEEN SPARED from attempting the impossible for yourself, for what is real is given to you. What you must do is become a student and a vehicle for Knowledge. This will activate all meaningful individual development and all meaningful individual education. It will require more of you than you have required of yourself, and all that it requires will be fulfilled and will yield its true promise for you.

UPON THE HOUR REMIND YOURSELF OF THIS and take heart that a greater involvement is promised which will provide you escape from your individual misery. In your deeper practice periods today, actively engage your mind to review all of your small personal problems. Review all of the things you think hold you back and all of the things you think you must resolve for yourself. As you look at each one objectively, without denial, remember and remind yourself that a greater calling is given you which will correct these things or make their correction unnecessary. Remind yourself that Knowledge will provide correction at all levels as your life becomes uniform and

directed, as your Knowledge begins to emerge and as your true sense of self begins to be recognized and received.

PRACTICE 312: *Two 30-minute practice periods.*
Hourly practice.

Step 313

LET ME RECOGNIZE THAT WHAT IS COMPLEX IS SIMPLE.

*Y*OU THINK YOUR PERSONAL PROBLEMS ARE COMPLEX. You think the world's problems are complex. You think your future and your destiny are complex. This is because you have lived in imagination and have attempted to resolve questions without certainty. This is the result of using your personal beliefs to organize the universe according to your liking. This is the result of attempting the impossible, and this is the result of failing the impossible.

YOU HAVE BEEN SAVED BECAUSE KNOWLEDGE is with you. You have been redeemed because you are learning to receive Knowledge. Thus it is that all conflicts will become resolved, and you will find true purpose, meaning and direction in the world. You will find that you will still attempt to solve your problems for yourself, and this will only remind you that you need Knowledge to guide you, for all your own efforts can do without Knowledge is remind you of your need for Knowledge.

THEREFORE, TODAY REMEMBER UPON THE HOUR that Knowledge is with you and that you are a student of Knowledge. Have confidence that all problems you perceive—great and small, within yourself and without—will be resolved through Knowledge. Remind yourself as well that this does not put you in a passive state. This will require your active engagement as a student of Knowledge and the active development of your abilities for a true purpose. Indeed, you have been passive before because of your attempts at the impossible and your failure at the impossible. Now you are becoming active, and that which is active within you is Knowledge, for you are now receiving your True Self.

IN YOUR TWO LONGER PRACTICES, actively engage yourself with today's idea. Attempt to penetrate its meaning. Review all ideas and

beliefs that you currently possess that are related to it. Allow yourself to take inventory of your thoughts and beliefs so that you may come to recognize the work that must be accomplished within you. You are the first recipient of Knowledge, and once you have attained a certain degree of accomplishment here, Knowledge will naturally flow through you. Your activities will then be increasingly engaged in serving the world around you, and greater problems will be presented to you so that you may be saved from your own dilemma.

PRACTICE 313: *Two 30-minute practice periods.*
Hourly practice.

Step 314

I WILL NOT BE AFRAID TO FOLLOW TODAY.

*D*O NOT BE AFRAID TO FOLLOW, for you are a follower. Do not be afraid to be a student, for you are a student. Do not be afraid to learn, for you are a learner. Merely accept what you are and utilize it for good. Here you end the war against yourself, where you have attempted to be something that you are not. Learn to accept yourself, and you will realize you are accepted. Learn to love yourself, and you will realize that you are loved. Learn to receive yourself, and you will learn that you are received. How can you love, accept and receive yourself? By being a student of Knowledge, because here all these accomplishments are natural. You must accomplish them to be with Knowledge, and Knowledge will accomplish them. Thus, a simple means is given to you to resolve a seemingly complex dilemma.

DO NOT DOUBT THE POWER OF KNOWLEDGE WITHIN YOU and what it can accomplish, for you cannot comprehend the meaning of Knowledge, the source of Knowledge or the mechanism of Knowledge. You can only receive its beneficence. You are only asked to receive this day. You are only asked to be a recipient of Knowledge.

UPON THE HOUR REMEMBER YOUR IDEA and give it serious consideration throughout the day. Realize the many opportunities to practice this day, as your mind now is being drawn away from fantasy and confusion. Realize how much time and energy is available to you. You will be amazed at how your life will open and what great opportunities will begin to emerge for you.

IN YOUR DEEPER PRACTICES TODAY, once again enter stillness. Once again take refuge from the vicissitudes and the confusion of the world. Once again enter the sanctuary of Knowledge to give yourself. It is in this giving that you receive. It is in this giving that you will find what you seek this day.

PRACTICE 314: *Two 30-minute practice periods.*
Hourly practice.

Step 315

TODAY I WILL NOT BE ALONE.

TODAY DO NOT BE ALONE. Do not isolate yourself in your fear or in your negative imagination. Do not isolate yourself in your fantasies. Do not think you are alone, for this is a fantasy. Today do not be alone. Realize that those who are with you are not persuaded by your errors or dismayed by your failures, but recognize your true nature and your Knowledge. Those who are with you today love you without exception. Receive their love, for this will confirm that you are not alone, and this will confirm that you do not wish to be alone. Why else would you want to be alone except to hide your pain, your sense of failure and your sense of guilt? These things which are the result of your separation only isolate you further.

YET, TODAY YOU ARE NOT ALONE. Therefore, choose not to be alone, and you will see that you have never been alone. Choose not to isolate yourself, and you will see that you are part of life already. Confirm this upon the hour and realize again the many opportunities to consider this throughout the day. In your deeper meditation practices, begin with the invocation of today's message. Then, enter into stillness and silence where there is no separation. Allow yourself to receive the great gifts of love which are due you and dispel any sense of inadequacy and unworthiness that are merely the residue of your separate, imagined life. Today you are not alone. Therefore, there is hope for the world.

PRACTICE 315: *Two 30-minute practice periods.*
Hourly practice.

Step 316

I WILL TRUST MY DEEPEST INCLINATIONS TODAY.

*Y*OUR DEEPEST INCLINATIONS EMANATE FROM KNOWLEDGE. As your mind becomes clear of its restraints and as your life begins to open to the greater calling that is emerging for you now, these deeper inclinations will become more powerful and more evident. You will be able to discern them more easily. This will require great self-trust, which of course will require great self-love. To trust your deepest inclinations, to follow Knowledge and to be a student of Knowledge will re-establish your self-love and will place it upon a firm foundation that the world cannot shake.

HERE YOU ARE REDEEMED IN YOUR OWN EYES. Here you are brought into relationship with life. Here your self-love engenders love for others, for there is no inequality here. You are reclaimed, and in your reclamation Knowledge begins to express itself within the world. You are its primary beneficiary, but even greater than this is its impact upon the world. For in your giving, you will remind the world that it is not bereft of hope, that it is not alone, that you are not alone, that others are not alone and that all the deepest inclinations for hope, truth and justice that others feel are not without foundation, but are born of Knowledge within themselves. Thus, you will be a force for confirmation within the world and a force to confirm Knowledge in others as well.

REMEMBER YOUR IDEA UPON THE HOUR and attempt to utilize all situations that you encounter today for the purpose of reclaiming Knowledge. In this way, you will see that your entire life can be used for practice. As this is done, everything that happens will serve you, and you will feel love towards the world. Your deeper inclinations will spark and encourage the deeper inclinations in others, and thus you will be a force for Knowledge in the world.

IN YOUR TWO DEEPER MEDITATION PRACTICES, in stillness take refuge in the temple of Knowledge within you. Attempt here to be still and simply feel the power of Knowledge in your life. Bring not your questions, for they will be answered by Knowledge as it emerges within you. Come in openness, seeking relief, seeking comfort, seeking power and seeking certainty. These you will experience because these emanate from the essence of Knowledge within you. Let this day be a day of self-trust and therefore a day of self-love.

PRACTICE 316: *Two 30-minute practice periods.*
Hourly practice.

Step 317

I NEED BUT RELINQUISH MY AMBIVALENCE TO KNOW THE TRUTH.

*H*OW SIMPLE IT IS TO KNOW THE TRUTH when the truth is truly desired. How easy it is to recognize ambivalence and to see its devastating impact upon your life. How simple it is to see the evidence of ambivalence in the world around you and how it undermines the deeper inclinations of all who dwell here. Seek, then, escape from ambivalence, for this is confusion. Seek, then, escape from the burden of constant decision making and choice, for this is a burden.

THE MAN AND WOMAN OF KNOWLEDGE need not burden themselves with constant deliberation of what they must do, how they must be, who they are and where they are going in life, for these things become known as each step is anticipated and taken. Thus, the great weight that you carry in the world is released from your shoulders. Thus, you begin to trust yourself and the world. Here peace is possible and assured even for those who are active in the world, for they carry stillness and openness within them. They are unburdened now and are in a position to truly contribute.

REMINDE YOURSELF OF YOUR LESSON UPON THE HOUR and as you look upon the world, see the effect and influence of ambivalence. Recognize how disabling it is and how it emanates from and supports confusion. It is the result of attempting to value the meaningless and to ignore the meaningful. Here things of no value compete with things of true value in the estimation of those who perceive them. Recognize this as you look upon the world. Let not an hour pass today without practice, for in this way this day will teach you the importance of Knowledge. It will teach you that ambivalence must be escaped and that it is the curse of confusion upon the world.

IN YOUR DEEPER PRACTICE PERIODS, escape your own ambivalence and re-enter the sanctuary of Knowledge where in stillness and in

peace you can fully experience the power of Knowledge and the truth of your own nature. This is a day of freedom. This is a day of understanding your dilemma and realizing that your escape is at hand. Take this step with confidence, for today you can escape ambivalence.

PRACTICE 317: *Two 30-minute practice periods.*
Hourly practice.

Step 318

THERE IS A GREATER POWER AT WORK IN THE WORLD.

*T*HERE IS A GREATER POWER AT WORK IN THE WORLD because there is a Greater Power at work in your life, and this Greater Power is at work in the lives of all who dwell here. Even if the majority of the inhabitants of your world are not yet ready to begin the reclamation of Knowledge, Knowledge dwells within them still and casts its influence upon them—an influence which will affect them in certain ways and which they will ignore in other ways. Yet, as you become the recipient and the representative of Knowledge and as you become the vehicle for Knowledge's expression in the world, you will have the power to activate and to influence all who need to receive Knowledge within themselves. In this way, everything you do, great and small, becomes a blessing upon the world. You who are now learning to give up self-condemnation and to escape ambivalence will see the efficacy of your own Inner Guidance casting its spark of life upon the world. Thus, you become a part of the force for good, a force that is serving a Greater Power in the world.

THE WORLD DEMONSTRATES ITS ERRORS with gravity and magnitude, but these errors are offset by the presence of a Greater Power in the world. Without this Greater Power, humanity would not have evolved this far. Without this Greater Power, all that has been good in your manifestations, all that has served and inspired humanity and all that has spoken of the greatness of Knowledge, directly or indirectly, would not have occurred. The Greater Power in the world has allowed the evolution of humanity to continue and has kept Knowledge alive in the world through individuals such as yourself who, through the spark of their own Knowledge, have been called into preparation so that Knowledge may be reclaimed and expressed and thus kept alive.

THEREFORE, HAVE HOPE BECAUSE A GREATER POWER is in the world. But do not think that this makes you passive. Do not think that this lifts from your shoulders the responsibility that always accompanies the reclamation of Knowledge. This Greater Power in the world requires that you be prepared to receive it and to express it. Your voice is its voice; your hands are its hands; your eyes are its eyes; your ears are its ears; your movement is its movement. It relies upon your preparation and upon your demonstration, as you rely upon it for certainty and as you rely upon it for purpose, meaning and direction. Thus, it is through your reliance upon Knowledge and Knowledge's reliance upon you that your union with Knowledge is made complete.

UPON THE HOUR REMIND YOURSELF that a Greater Power is at work in the world. Think of this as you look upon the world in its ambivalence and error. Think of this when you look upon the world in its magnificence and its inspiring expression. If you will but look without judgment, you will see the amazing presence of Knowledge in the world. This will give you confidence in the world as you are now learning to have confidence in yourself.

IN YOUR DEEPER PRACTICE PERIODS TODAY, re-enter your sanctuary where you come to give yourself to a Greater Power that is in the world and that is within yourself. Allow your mind to be still so that you may receive and experience this Greater Power in your life. Here you learn to receive that which receives you. Here you learn to recognize that which receives the world and which gives the world its only true hope.

PRACTICE 318: *Two 30-minute practice periods.*
Hourly practice.

Step 319

WHY SHOULD I BE AFRAID WHEN A GREATER POWER IS IN THE WORLD?

*W*Henever you fall into the darkness of fear, you are withdrawing from Knowledge and entering the darkness of imagination. Whenever you fall into the darkness of your own fear, you are denying the reality of a Greater Power in the world and are thus losing its beneficence for yourself. Whenever you fall into the darkness of your own fear, you are following the teaching of fear, which runs rampant in the world. You are allowing yourself to be a student of fear. You are allowing yourself to be governed by fear. Recognize this and you will realize that this need not be, that you have the power to redirect your studenthood and that you have the ability to re-enter true preparation.

THINK OF THIS SERIOUSLY TODAY. Why should you be afraid when a Greater Power is in the world? This Greater Power which you are now learning to receive is the source of your redemption. What can you possibly lose as this source becomes recognized, as you learn to come into relationship with this source and as you serve this source and allow it to serve you? What can the world take from you when the source of Knowledge is within you? What can the world do to itself when the source of Knowledge is within the world?

THIS AWARENESS CALLS FOR YOUR COMPLETE PARTICIPATION in the world and your complete service to Knowledge. It calls for your complete engagement in contributing to others because you are a vehicle for the Greater Power in the world. Yet, in this active participation you understand as well that it is only a matter of time before all minds awaken to the light of Knowledge within themselves. This can take a very long time, but time is with you and in patience and in confidence you may proceed, for what can undermine your preparation and your contribution but self-doubt and fear? What can

dissuade you from proceeding with certainty and complete engagement but the doubt that Knowledge exists in the world?

THEREFORE, WHENEVER YOU ENTER INTO FEAR, practice this day recognizing that a Greater Power is in the world. Utilize this recognition to bring yourself out of fear by remembering that a Greater Power is in the world and by remembering that a Greater Power is in your life. Think about this on the hour and in your two deeper meditation practices, re-enter your sanctuary where in stillness and in confidence you receive the Greater Power that is in the world. Here you must realize that your preparation requires that you step away from fear and darkness and that you step forward into the light of truth. These two activities will confirm your nature and will betray nothing that is real within you or within the world.

AS YOU LOOK UPON THE WORLD WITHOUT JUDGMENT and as you look upon yourself without judgment, you will see that a Greater Power is at work. This will restore happiness to you, for you will realize that you have brought your Ancient Home with you and your Ancient Home is here as well. This will lift the burden of fear, the oppression of anxiety and the confusion of ambivalence from your mind. Then, you will remember why you have come, and you will devote your life to contributing that which you have come to give. Then, your life will be a statement of happiness and inclusion, and all who see you will remember that they too have come from your Ancient Home.

PRACTICE 319: *Two 30-minute practice periods.*
Hourly practice.

Step 320

I AM FREE TO WORK WITHIN THE WORLD.

*W*HEN THE WORLD DOES NOT OPPRESS YOU, you are free to work in the world. When the world does not intimidate you, you are free to work in the world. When you recognize that the world is a place calling for your contribution, you are free to work in the world. Thus, the greater your experience of Knowledge within your life, the freer you are to work within the world. And work within the world you will in time, and your work will be far more effective, far more engaging and far more complete than anything you have done thus far. In your past you have been afraid of the world, intimidated by the world, angered by the world and depressed by the world. Therefore, your past contribution to the world has been limited by these reactions. You have been ambivalent about being in the world because you were afraid of the world. Perhaps you have sought refuge in spiritual things, but your true spiritual nature will redirect you into the world and bring you back with greater power, certainty and purpose, for you have come to be in the world.

UNDERSTANDING THIS, YOU WILL AGAIN REALIZE the importance of Knowledge. You will again confirm how much you want to give to the world and how painful it is for you when this giving is obstructed or withheld. You have come to work in the world, and you want to do this completely so that when you leave, you leave with your gifts given and with everything presented. You have nothing to take Home with you from the world except the reclamation of relationships. With this understanding, you will become free to be in the world.

UPON THE HOUR REPEAT TODAY'S IDEA and recognize that to whatever extent you are still ambivalent about being in the world, your ambivalence is caused and is being perpetuated by your own intimidation and fear of the world. Remember this upon the hour so that you may learn the great lesson that is being taught today, the great lesson that you are becoming free to be in the world. Here you

bring your Ancient Home with you. Here you will not attempt to escape the world simply because it frightens you, threatens you or depresses you.

YOU ARE HERE TO GIVE TO THE WORLD, for Knowledge is greater than the world—the world only being a temporary place where Knowledge has been temporarily forgotten. In this, you will realize that which gives and that which receives, that which is great and that which is small. Your work in the world can now have your complete attention and devotion. Your work can now have your complete engagement. Thus, your physical life can become fully meaningful, purposeful and filled with value.

IN YOUR TWO DEEP MEDITATION PRACTICES TODAY, rekindle the fire of Knowledge within you by re-entering your sanctuary. Remember to be still. Remember to give yourself to practice. This is the work at hand. From this work your work in the world will be given freedom to express itself, and you who are within the world will be given the certainty and the comfort that your Ancient Home is with you.

PRACTICE 320: *Two 30-minute practice periods.*
Hourly practice.

Step 321

THE WORLD IS AWAITING MY CONTRIBUTION.

*T*RULY THE WORLD IS AWAITING YOUR CONTRIBUTION, but remember your contribution will express itself in all things you do, great and small. So do not imagine for yourself a role that is grandiose or that will be devastatingly difficult. That is not The Way of Knowledge. Knowledge will express itself through all of your activities, for it is a presence you carry with you. As your mind and your life become free of conflict, this presence will express itself increasingly through you, and you will be a witness of Knowledge at work, both within yourself and within your life. Here you will begin to understand what it means to bring Knowledge into the world.

YOUR IMAGINATION HAS PAINTED GRANDIOSE PICTURES and devastating nightmares for you. It is not in harmony with life. It exaggerates life in its hope and in its fear. It exaggerates your sense of yourself, primarily to your own self-deprecation. When your imagination is redirected by Knowledge, it will engage itself in an entirely new way. It will serve an entirely new purpose. Then you will be able to be free, and your imagination will not betray you.

THE WORLD IS CALLING FOR YOU. You are now preparing. In its great need you recognize your great contribution. But remember always that your contribution gives of itself, and your desire to have it give of itself is your desire to give. Your desire to have your life become a vehicle of expression is your desire to have your life become unfettered by conflict and ambivalence. Your desire to give is your desire to become free and whole. This is your desire—to have your life be a vehicle for Knowledge.

YOUR TASK, THEN, IS GREAT but not as great as your imagination might indicate, for your task is to perfect your vehicle so that Knowledge may express itself freely. You do not have to wonder or imagine how this can be done, for it is being done today and will be

done tomorrow. As you follow the steps within your current preparation and as you learn to follow the steps beyond this preparation, you will see you need but follow the steps as they are given to proceed.

UPON THE HOUR REMIND YOURSELF of your lesson and do not forget. Look upon the world and realize that it is calling for you to contribute. In your deeper meditations, re-enter your sanctuary in stillness and in receptivity. In doing so, realize that Knowledge needs you to become its vehicle. It needs you to become its recipient. It needs to fulfill itself through you. Thus, you and Knowledge are fulfilled together.

UPON THE HOUR AND IN YOUR DEEPER PRACTICES TODAY, realize the importance of your role. Realize as well that all true assistance is given to you to prepare and will abide with you in your contribution as you learn to express Knowledge and to allow Knowledge to express itself through you.

PRACTICE 321: *Two 30-minute practice periods.*
Hourly practice.

Step 322

REVIEW

*L*ET US NOW REVIEW THE PAST TWO WEEKS OF PREPARATION. Once again review each step, rereading its instructions carefully and recalling your practice for that particular day. Carry this forward for all the days in this two-week period. Be objective and recognize where your practice could have become deeper or more conscientious. Recognize how you still let the world overtake you and how you need to reapply yourself with greater certainty and determination. Do this objectively. Condemnation will only discourage you and will only lead you to quit your participation, for condemnation is simply the decision not to participate and the justification for not participating.

THEREFORE, DO NOT FALL INTO THIS HABIT, but view your participation objectively. Here you will learn how to learn, and you will learn how to prepare yourself and govern yourself. You must choose to participate, and you must choose to deepen your participation. Every decision you make on behalf of Knowledge is supported by the decisions of all others who are making the same decision and by the power and the presence of your Teachers who are with you. Thus, your decision for Knowledge, whenever it is made and supported, is greatly amplified by the presence of all who practice with you and by the presence of your Spiritual Teachers. This is certainly adequate to overcome any obstacle you view within yourself or within your world.

THE POWER OF DECISION IS GIVEN TO YOU. Here the power of decision is to view your participation objectively and to recognize where it can be deepened and strengthened. Resolve within the next two weeks of practice to carry forth what you have recognized as necessary this day. Here you will be acting powerfully on your own behalf, and the application of your power will be in the service of Knowledge, for you are preparing to receive Knowledge. Here

your will and your determination are confirmed, for they serve a greater good.

PRACTICE 322: *One long practice period.*

Step 323

MY ROLE IN THE WORLD IS TOO IMPORTANT TO NEGLECT.

*Y*OUR ROLE IN THE WORLD IS TOO IMPORTANT TO NEGLECT. Therefore, do not neglect it this day. Carry forth the resolution that yesterday's Review has given to you. Carry forth that which you need to do to deepen your practice, to utilize your practice, to utilize your experience in the world for practice, to carry your practice into the world and to allow your world to support your practice. Do not neglect this, for if you neglect this, you but neglect yourself, your certainty, your fulfillment and your happiness.

DO NOT NEGLECT THE PREPARATION that is underway now. Every day you strengthen this, and as you do this every day you advocate Knowledge. You advocate your participation in life. Indeed, even in your preparation now you are teaching Knowledge, and you are strengthening Knowledge in the world. Perhaps you cannot yet see this, but in time this will become so evident to you that you will learn to value every moment, every encounter with another, every thought and every breath. You will value every experience in life because you will be present to them, and you will realize that within each, you can express Knowledge and experience Knowledge expressing itself.

REMEMBER UPON THE HOUR TODAY. Make this dedication, at the beginning of today and at the beginning of all the days to follow, to utilize your steps as completely as possible. In your two deeper practice periods, re-enter stillness to refresh your mind. Strengthen your ability and your resolution to allow your mind to become still and receptive. This you must fortify each day, for this is part of your practice. This you must give yourself to each day, for this is how you give to yourself and to the world.

DO NOT UNDERESTIMATE THE IMPORTANCE OF YOUR ROLE, but do not burden yourself with thinking that your role is beyond your grasp,

for what could be more natural to you than to fulfill the role for which you have come? What could be more fully confirming of the importance and the value of your life than to carry forth what your life was meant to be? The power of decision is given you today to strengthen and to apply, yet the Greater Power behind your decision is greater even than your decision. This Greater Power abides with you now. Do not neglect your preparation. Do not neglect to move towards the completion and the fulfillment of your role in the world, for as you approach this, happiness will approach you.

PRACTICE 323: *Two 30-minute practice periods.*
Hourly practice.

Step 324

I WILL NOT JUDGE ANOTHER TODAY.

A GAIN PRACTICE AFFIRMING THIS IDEA. Again apply it to your real experiences. Again strengthen your understanding that Knowledge is with you and does not require your judgment or evaluation.

DO NOT JUDGE ANOTHER TODAY. Learn to see. Learn to hear. Learn to look. There is not one person in the world who cannot give you something beneficial if you will not judge them. There is not one person in the world who, through their accomplishments or their errors, cannot confirm the importance of Knowledge and cannot demonstrate its need in the world. Thus, those whom you love and those whom you despise all offer gifts to you of equal value. Those who you think are virtuous and those who you think are not virtuous all offer what is essential to you. The world in truth is demonstrating everything that this preparation is providing for you, if you will but look upon the world without judgment or condemnation. To the extent that you look upon another with judgment, you will judge yourself. You do not want your judgment upon yourself, so do not judge another.

REMEMBER UPON THE HOUR. Do not neglect your practice today, for it is essential for your happiness. It is essential for the well-being and advancement of the world. In your two deeper practice periods, re-enter stillness. Come to give yourself to practice. Come to give yourself. You will feel your strength as you do this. Here the power of decision is yours to utilize. As you do so, it will become more potent and effective in dispelling everything that stands in its way. Remember you are a student of Knowledge, and students must practice to advance and to proceed. Do not judge another today and you will proceed in truth.

PRACTICE 324: *Two 30-minute practice periods.*

Hourly practice.

Step 325

THE WORLD IS EMERGING INTO THE GREATER COMMUNITY OF WORLDS. THEREFORE, I MUST BE ATTENTIVE.

*T*HE WORLD IS EMERGING into the Greater Community of Worlds. How can you recognize this if you are preoccupied with your own concerns, your own hopes and your own ambitions? How can you recognize what is happening in your world? How can you see those forces that are influencing your outer life and that govern your affairs to such a great extent? Part of becoming strong with Knowledge is becoming attentive. You can only become attentive if your mind is not preoccupied with its own imaginings and fantasies.

THE WORLD IS PREPARING TO EMERGE into the Greater Community of Worlds, and this underlies its evolution and all of its advancements now. That is why conflict is erupting in the world, because those who oppose the evolution of the world will fight against it. Those who wish to further the advancement of the world will attempt to fortify the goodness of humanity and the sense that humanity is one community that must nurture and support itself beyond all division of nation, race, religion, culture and tribe. Thus it is that you who are becoming a representative and recipient of Knowledge will fortify peace, unity, understanding and compassion in the world. All this is part of the preparation of the world to emerge into the Greater Community of Worlds, because this represents the evolution of the world. This represents Knowledge within the world.

KNOWLEDGE WITHIN THE WORLD does not foster conflict in any way. It does not promote hatred or division. It does not promote anything that is divisive or anything that is cruel or destructive. It is the collective experience of Knowledge in the world that moves the world towards union and community. Because your world is part of a Greater Community, it is moving towards union and community

because of its own evolution and because it is responding to the Greater Community of which it is a part. You cannot know the importance of this idea unless you can be attentive to the world, and you cannot know the importance of this to you who have come to serve this emergence unless you become attentive to yourself.

REMEMBER ONCE AGAIN that you can only lose contact with yourself if you re-enter imagination or fantasy, because this is the only alternative to being attentive to yourself and your world. Awake from your dreams, then, and become attentive. Remember upon the hour to look upon the world without judgment, and you will see that the world is attempting to become one community, for it seeks to extend itself into the Greater Community. The Greater Community represents a community that is calling upon humanity to enter and to participate. You cannot understand the mechanism for this, for it is far too great for your eyes and for your mental capacity now, but the movement of this is so obvious and apparent if you will but look.

UPON THE HOUR LOOK, and in your deeper meditation practices, actively engage your mind in considering this idea. Today's practice is not a practice in stillness, but a practice in active and useful engagement of your mind. Consider your own response to today's idea. Take note of your thoughts for and against it. Take note of your anxieties, especially concerning the world becoming one community in its emergence and participation in the Greater Community. Take note of these things, for here you will understand that within yourself which supports your advancement and that which denies it. As you learn to look upon these things without condemnation but with true objectivity, you will understand why the world is in conflict. You will understand this, and you will not see this with hatred, malice or envy. You will see this with understanding and compassion. This will teach you, then, how you must learn to work in the world so that you may fulfill your purpose here.

PRACTICE 325: *Two 30-minute practice periods.*
Hourly practice.

Step 326

THE GREATER COMMUNITY IS SOMETHING I CAN FEEL BUT CANNOT UNDERSTAND.

*H*OW CAN YOU UNDERSTAND THE GREATER COMMUNITY when you can barely understand the community in which you live, let alone the nation in which you live and the world in which you live? Here you must only understand that there is a Greater Community and that it is a larger context in which life expresses itself. As humanity attempts to become one community and as you attempt to become one person instead of many people, you will realize that you emerge into the world as a larger person and the world emerges into the Greater Community as a larger community. Here all individuality seeks community, for in community it finds its true expression, its true contribution and its true role. This is as true for you as it is for the world.

YOU CAN FEEL THIS. It is so evident. You can know this, for this idea is born of Knowledge. Don't burden yourself with trying to understand all of this, for understanding is not necessary here. Only know and feel the reality of this. As you do this, your understanding will grow naturally. It will not be born of your own fantasy or idealism, but instead will be born of Knowledge and experience. Thus, it will abide with you, serve you and make your life more real and effective.

REMEMBER THAT YOU WILL UNDERSTAND AS YOU PROCEED, for understanding is born of hindsight and true application. Have confidence, then, that your understanding will grow as your participation grows. You need not understand the universe, but you do need to experience it. You need to feel it within yourself and around you. You need to see yourself as one person, you need to see your world as one community and you need to see your universe as a

Greater Community that, within a larger sphere of participation, is attempting to unify itself as well. Thus, Knowledge works in all arenas and at all levels of participation — within each person, within each community, within each world, between each world and within the universe as a whole. That is why Knowledge is so great and why, though you receive it within yourself, it is far greater than you can conceive of.

THUS IT IS THAT NOW YOU MAY EXPERIENCE the Greater Community and not separate yourself in attempting to understand it. Understanding comes through participation. Remind yourself of today's idea upon the hour and in your two deeper practice periods, attempt once again to think actively what this lesson means. Apply it to your experience. Apply it to your perception of the world. Recognize those thoughts that are for it and those that are against it. Recognize the inspiration and hope that this gives you and recognize the anxieties that may be aroused. Take inventory of your thoughts and experiences concerning today's idea, but do not judge it, for it emanates from Knowledge. It is meant to free you from the disability of your own imagination. It is meant to free you and the world as well.

TODAY UTILIZE YOUR MIND AND YOUR BODY to become a student of Knowledge. In this, you will learn to comprehend the meaning of yourself, your world and the Greater Community of Worlds.

PRACTICE 326: *Two 30-minute practice periods.*
Hourly practice.

Step 327

I WILL BE AT PEACE TODAY.

*Y*OU CAN BE AT PEACE TODAY, even while you consider greater things in the world and beyond the world. You can be at peace today even while you meet the challenge of becoming a student of Knowledge and the challenge of observing your world with objectivity. How can you be so active and have such challenge and still be at peace? The answer is that Knowledge is with you. As you abide with Knowledge, feel Knowledge and carry Knowledge out into the world, within yourself you will be still, though on the outside you may be actively engaged. There is no contradiction between peace and movement, between inner stillness and outer engagement. Though the world is a difficult and frustrating place to be, it is a natural recipient of Knowledge. Its difficulties and its frustrations need not affect your internal state, which is becoming ever more unified and harmonious.

REMINDE YOURSELF UPON THE HOUR to be at peace while you are in the world. Release all fear and anxiety and fortify your adherence to Knowledge as you do so. In your two deeper practice periods when you take refuge from the world, rekindle the fire of Knowledge and take comfort in its warm presence. Realize that within this fire all things that are imaginary and harmful are consumed. The fire of Knowledge will not burn you, but it will warm your soul. You can enter this fire without fear of pain or harm. It will purify and cleanse you, for it is the fire of love. Today be at peace, for today is a day of peace, and peace is given you to receive this day.

PRACTICE 327: *Two 30-minute practice periods.*
Hourly practice.

Step 328

TODAY I WILL HONOR THOSE WHO HAVE GIVEN TO ME.

ONCE AGAIN WE AFFIRM THIS LESSON which will affirm the reality of love and giving in the world. Your ideas concerning giving are far too limited and small. They will need to be expanded so that you may recognize the extent of giving in the world.

UPON THE HOUR REMIND YOURSELF to remember those who have given to you. Do not only think of those who you are certain have given to you, but remember those who you feel have hurt you, who have denied you or who have stood in your way. Remember them, for they have given something to you as well. They have given you a reminder that Knowledge is necessary, and they have demonstrated to you a life without Knowledge. They have demonstrated to you that Knowledge is attempting to emerge in them as well. Whether they accept or resist this emergence, it is still present and still manifesting itself.

YOU ARE ADVANCING because others have demonstrated their inspiration and their errors to you—their acceptance of Knowledge and their denial of Knowledge. If there were no denial of Knowledge in the world, you could not learn here. You could not recognize the importance of Knowledge. Contrast in learning will teach you what is valuable and what is not, and this will teach you to be compassionate and to be loving. Understanding this will enable you to serve in the world.

UPON THE HOUR RECOGNIZE WHO IS GIVING TO YOU at that moment and recognize who has given to you in the past. In this way, this will be a day of gratitude and appreciation. You will understand how important your preparation is and how many have given themselves to you to serve you so that you may undertake this preparation.

IN YOUR TWO DEEPER MEDITATION PRACTICES, repeat today's idea and then allow to come into your mind each individual that awaits to be recognized and blessed by you. As you do this, all individuals who need to will present themselves to you. Look and see how they have served you and thank them for their service to you. Thank them for helping you to recognize your need for Knowledge. Thank them for showing you that there is no alternative to Knowledge. And thank them for strengthening your participation in Knowledge. Bless each one and allow the next individual to come to mind. In this way, you will bless all who have been in your life and are in your life currently. In this way, you will learn to appreciate your past and not condemn it. In this way, love will emanate from you naturally, for love must be born of gratitude, and gratitude must be born of true recognition. It is true recognition that you will practice today.

PRACTICE 328: *Two 30-minute practice periods.*
Hourly practice.

Step 329

I AM FREE TO LOVE THE WORLD TODAY.

ONLY THE FREE CAN LOVE THE WORLD, for only the free can give to the world. Only they can fully recognize the world's need and their own contribution. Only the free can love the world because only they can see that the world has supported and served them to enable them to become free and to become contributors to the world. Because the world so yearns for your contribution, it has given itself to your preparation so that you may learn to be a contributor. It has fortified this through the truth that exists in the world and through the denial of truth that exists in the world.

IN ALL WAYS THE WORLD SERVES THE EMERGENCE OF KNOWLEDGE. Though the world contradicts Knowledge and seems to deny, to reject and to attack Knowledge, if seen from this perspective, you will realize that it actually serves Knowledge. How can anything compete with Knowledge? How can anything deny Knowledge? Anything that seems to deny Knowledge only calls for Knowledge and pleads for Knowledge to come. Those in confusion, in darkness and in despair yearn for relief and comfort. And though they do not understand the message of their own plight, those who are with Knowledge can perceive this and through Wisdom will learn how to serve these individuals, all individuals and the world as a whole.

TODAY UPON THE HOUR REMIND YOURSELF that as you become free, you will be able to love the world. As you learn to love the world, you will be able to become free because you are in this world but not of this world. Because you are in this world, you are representing that which you have brought with you from your Ancient Home. How simple and clear this is with Knowledge, and yet how difficult it is to grasp when you are in your own imagination and are entertaining your own separate ideas. That is why you practice—so you may confirm that which is natural to you and step away from that which is unnatural to you.

IN YOUR DEEPER MEDITATION PRACTICES once again receive the freedom that comes to you in stillness and receptivity. A mind that is still is a mind that is unfettered and free. It will naturally expand itself, and within this expansion it will naturally express that which is most natural to it. Thus, in your deeper meditations you practice receiving, and in your hourly practices you practice giving. You are free to love the world today, and the world needs your freedom because it needs your love.

PRACTICE 329: *Two 30-minute practice periods.*
Hourly practice.

Step 330

I WILL NOT NEGLECT THE SMALL THINGS IN MY LIFE.

*O*NCE AGAIN WE AFFIRM THIS IDEA that you not be negligent of those simple, practical tasks that enable you to be a student of Knowledge. Remember you are not attempting to escape the world, but are working on becoming powerful within the world. Therefore, do not neglect those simple, little things that enable you and give you the freedom to become a student of Knowledge. Here all of your activities, even the most mundane and repetitive, can be seen as a form of service and contribution. In this way, all small things, however mundane and repetitive, can serve the world because they represent that you are honoring your True Self. This is the Self that exists in all individuals, the Self that exists in the world and the Self that exists in the Greater Community of Worlds.

BE ATTENTIVE TO THE LITTLE THINGS YOU DO this day and do not neglect them. If you do not fear them, you will not resist them. If you do not resist them, you will be able to attend to them. And as you attend to them, you will be able to give yourself to them. Here Knowledge will express itself in all activities and Knowledge will be taught and reinforced in all activities. The world needs this demonstration, for the world thinks that God, love, true power and inspiration exist only in ideal states and only in ideal situations. The world does not understand that God expresses God everywhere and that Knowledge expresses itself everywhere and in all things.

AS YOU COME TO UNDERSTAND THIS GREAT TRUTH, you will see the presence of Knowledge in all things. You will see Knowledge within the world. You will see Knowledge within yourself. This will give you complete confidence in your own participation and in your own service to Knowledge. You will then realize that you are saving the world time in its evolvment, advancement and salvation. This is so important for your confidence. But it is even more important for you

to realize the greatness of Knowledge and the greatness that you will experience within yourself as you learn to receive it.

UPON THE HOUR REMEMBER TODAY'S IDEA and apply it so that you may be conscientious within each hour. In your two deeper meditation practices, re-enter stillness so that you may rekindle your experience of the fire of Knowledge so that the fire of Knowledge may purify and cleanse your mind and free it from all restraint. In this way, you will be able to be in the world more completely, and small things will not be neglected.

PRACTICE 330: *Two 30-minute practice periods.*
Hourly practice.

Step 331

WHAT IS SMALL EXPRESSES THAT WHICH IS GREAT.

*L*OOK AT NATURE AROUND YOU. Look at the tiniest creature and realize the mystery of that creature's existence, the wonder of its physical mechanism and the truth of its total inclusion in nature as a whole. The smallest creature can express the greatest truth. The simplest thing can express the power of the universe. Does a creature that is small express life and inclusion in life any less than a creature that is great? Using this analogy, realize that the smallest activity can embody the greatest teaching. Realize that the simplest word, the most common gesture, can express the deepest feeling and emotion. Realize that the simplest thing can add to your practice and confirm the presence of Knowledge within you.

AS YOU BECOME ATTENTIVE TO LIFE, you will begin to witness the mystery of life in all things. How great this will be for you who are now awakening from the sleep of your own separate imagination. The mystery of life will inspire you and call to you. It will confirm the mystery of your own life, which is becoming ever more real and demonstrative to you.

YOU MAY FEEL SMALL, but you express the great. You do not need to be great to express the great because greatness is within you, and your physical vehicle is small in comparison to it. Your reality is born of the greatness that is with you that wishes to express itself in the simplicity of your small vehicle. Here you understand that you are of the great and you are working through the small. Here you will not contradict the relationship between the great and the small, where the small must express the great, which it does naturally. Does a little creature have to attempt to express the great? No. The great merely expresses itself through the little creature.

THUS, IN YOUR LIFE — which at any moment may look small to you, which at any moment may look separate and confined—greatness

is with you. Therefore, the small is utilized, confirmed, honored and blessed. Then, there is no basis for self-condemnation and hatred. All things great and small become appreciated, for all things great and small are together.

UPON THE HOUR, THEN, WITHIN WHATEVER SMALL TASK, within whatever expression or gesture and within whatever small view, allow the great to express itself. In your two deeper practice periods, come again into the proximity of that which is great within you. Re-enter the fire of Knowledge which purifies you. Take sanctuary in the sanctuary of Knowledge. Here you encounter the great completely. This is beyond all form. Here that which infuses all form and gives it purpose, meaning and direction awaits you to receive it. The small expresses the great, and the great blesses the small.

PRACTICE 331: *Two 30-minute practice periods.*
Hourly practice.

Step 332

I AM ONLY BEGINNING TO COMPREHEND THE MEANING OF KNOWLEDGE IN MY LIFE.

*Y*OU ARE ONLY BEGINNING TO COMPREHEND THIS, for your comprehension will be born of experience, recognition and the result of your application. Because you are a beginning student of Knowledge, you have a beginning comprehension. Take heart in this, for this frees you from attempting to draw conclusions about your participation and about your life. Thus, you need not attempt the impossible and can relieve your mind of a great burden that would otherwise overshadow your happiness and dispel your sense of peace and meaningful activity today. When you accept that you are only beginning to comprehend the meaning of your life and the meaning of Knowledge within your life, this frees you to participate and to learn more. Without the burden of judgment, which you would place upon your life otherwise, you are free to participate and your participation will make you free.

REMIND YOURSELF UPON THE HOUR that you are only beginning to comprehend the meaning of Knowledge in your life. In your deeper practice periods, once again enter your sanctuary of Knowledge so that your capacity for Knowledge may grow, your desire for Knowledge may grow and your experience of Knowledge may grow. Only as these things grow can your comprehension grow. Therefore, you are freed from judgment. You are free to participate, where all understanding will emerge.

PRACTICE 332: *Two 30-minute practice periods.*
Hourly practice.

Step 333

THERE IS A PRESENCE WITH ME. I CAN FEEL IT.

*F*EEEL THE PRESENCE OF YOUR TEACHERS TODAY who abide with you and oversee your preparation as a student of Knowledge. Feel their presence today and you will feel your own presence, for you are joined together in this presence that you feel. Remember that you are not alone, and you will not become isolated in your own thoughts. You will not become isolated in your own fearful considerations.

UPON THE HOUR EXPERIENCE THIS PRESENCE, for this presence is with you upon the hour. Feel this presence no matter where you are today, whether you are at work or at home, whether you are alone or with another, for this presence is with you wherever you go.

IN YOUR TWO DEEP MEDITATION PRACTICES allow yourself to experience the presence of love, which is the presence of Knowledge, which is the presence of Wisdom, which is the presence of certainty, which is the source of your purpose, meaning and direction in the world and which contains for you your calling in the world. Come into the proximity and into the experience of this presence in your deeper meditations. Do not neglect this, for here you will experience self-love, self-worth and true inclusion in life. Take this presence with you today and receive this presence in your deeper meditations, and you will know that the presence is with you every day.

PRACTICE 333: *Two 30-minute practice periods.*
Hourly practice.

Step 334

THE PRESENCE OF MY TEACHERS IS WITH ME EVERY DAY.

EVERY DAY, NO MATTER WHERE YOU ARE, no matter where you go, the presence of your Teachers is with you. This idea is to remind you that you are not alone. This idea is to give you an opportunity to come out of the isolation of your own imagination and to experience this presence and to receive the gift of this presence. In this gift, your Teachers will give to you the ideas and inspiration that you need. In this, you will express what you have received and thus confirm what you have received.

PRACTICE REMEMBERING THIS UPON THE HOUR by once again concentrating on the presence that is with you. You need only relax to feel it, for it is most certainly with you. In your deeper practices, once again enter stillness in the sanctuary of Knowledge so that you may receive this presence and the great confirmation and comfort that it gives to you. Allow yourself to leave self-doubt and the sense of unworthiness aside, for these things will be consumed in the fire of Knowledge and purified from your mind. When this is done, you will not need to give yourself grandiose ideas of yourself. You will not need to misrepresent yourself in the attempt to escape your sense of guilt and inadequacy, for guilt and inadequacy are consumed in the fire of Knowledge. Therefore, bring all that obstructs your participation and all fears that haunt and oppress you to the fire of Knowledge so that they may be consumed. You will sit in front of this fire, and you will see them being consumed, and you will feel your mind being bathed and cleansed in the loving fire of Knowledge. The presence is with you every day. The fire of Knowledge is with you every day.

PRACTICE 334: *Two 30-minute practice periods.*
Hourly practice.

Step 335

THE FIRE OF KNOWLEDGE IS WITH ME EVERY DAY.

*W*HEREVER YOU GO, WHATEVER YOU DO, the fire of Knowledge is burning within you. Feel it burning. Upon the hour feel it burning. Regardless of what you see and what you think, feel the fire of Knowledge burning. This is the presence of Knowledge that you will feel within yourself as you feel the presence of the Teachers all around you. The fire of Knowledge is burning and as you experience this, it will consume all that holds you back—all that haunts and oppresses you, all sense of unworthiness and guilt and all pain and conflict. As these things are consumed, they will no longer cast their influence upon your life, and your life will naturally become more uniform and harmonious.

TODAY YOU TAKE A MAJOR STEP IN THIS DIRECTION by remembering and experiencing the fire of Knowledge upon the hour. In your two deeper practice periods re-enter the fire of Knowledge in the sanctuary of Knowledge. Remember that this fire will comfort you and release you. It will not burn you but will only warm your soul. It will give you comfort and reassurance. It will give you confirmation of the meaning and the purpose of your life and of the greatness that you carry within you.

DO NOT NEGLECT YOUR PRACTICE TODAY, but realize its total benefit to you. Nothing you can see in the world can possibly give you the certainty, the power, the peace and the sense of inclusion that the fire of Knowledge can bestow. Nothing can remind you of your total inclusion in life more than the presence of your Teachers who abide with you. Therefore, you have the experience that you need already, and from this experience you will learn in time to extend it to all your relationships—with others, with the world and with the Greater Community of Worlds in which you live.

PRACTICE 335: *Two 30-minute practice periods.*
Hourly practice.

Step 336

REVIEW

*B*EGIN YOUR TWO-WEEK REVIEW by reviewing the first lesson in this two-week period, rereading the lesson and recalling your practice for that day. Follow this subsequently for each following day. Review your practice. Realize what your practice is for and recognize what your practice is reinforcing within you. Recognize how much you want this reinforcement to occur and realize the tremendous value that you are receiving and are attempting to receive as you prepare as a student of Knowledge. Let your review today be a confirmation of the importance of your preparation. Recognize how much you need to strengthen your participation and how much you need to set aside ideas that are debilitating or that deny the existence of Knowledge within your life. Remember that Knowledge is with you and that your Teachers are with you, to be experienced and received every moment. As you learn to receive this, you will naturally express this.

IN YOUR ONE LONG PRACTICE PERIOD TODAY, review the past two weeks of practice and realize what is being offered to you. Realize how much you need to receive. Realize how much you want to receive.

PRACTICE 336: *One long practice period.*

Step 337

ALONE I CAN DO NOTHING.

*A*LONE YOU CAN DO NOTHING, but you are not alone. Yes, you are an individual, but you are greater than an individual. Thus it is that you cannot be alone, and thus it is that your individuality has great promise and purpose in the world. Thus it is that you who are part of the greatness that is greater than your individuality and you who are part of your individuality as well become whole and unified. In this, everything that you have constructed for yourself is turned for good. All of your creations are given purpose, meaning, direction and inclusion in life. Thus, your life is redeemed and reclaimed, and you become part of life and a vehicle for its unique expression. This is the true meaning of today's lesson.

ONLY IN THE SHADOWS AND THE DARKNESS OF IMAGINATION can you hide from the light of truth. You must believe that you are alone to think that your imaginings are real. To learn that you are not alone at first may seem fearful because you are afraid that your imaginings and guilt would be revealed. Yet, as you consider this honestly and without condemnation, you realize that it means that you have been reclaimed, rejuvenated and are now being prepared to receive the power that abides with you, the power that is your Source and True Self.

REPEAT TODAY'S IDEA UPON THE HOUR and realize that it is an affirmation of your strength and inclusion in life. In your deeper meditations allow yourself to re-enter the stillness of your sanctuary of Knowledge where it will become evident that you are not alone. Here you are in true marriage with life and in true union with those who have come to serve you and guide you and with those who practice with you now. In your inclusion is your happiness. In your isolation is your misery. Your misery has no foundation, for you are not alone and your success is guaranteed, for alone you can do nothing.

PRACTICE 337: *Two 30-minute practice periods.*
Hourly practice.

Step 338

TODAY I WILL BE ATTENTIVE.

*B*E ATTENTIVE TODAY so that you may see what is occurring around you. Be attentive today so that you may experience yourself in the world. Be attentive today so that you may experience that the fire of Knowledge is burning within you. Be attentive today so that you may experience that the presence of your Teachers is with you. Be attentive today so that you may see that the fire of Knowledge is burning within the world and that the presence of your Teachers is present in the world as well. These things will naturally come to you as you are attentive, for without condemnation you will see what is actually occurring. This will confirm your spiritual nature and purpose in the world. This will confirm your true identity and give meaning to your individual life.

BE ATTENTIVE UPON THE HOUR TODAY and have confidence that being attentive will yield its own true results for you. Without judgment and evaluation, you will see through all fearful appearances that the world may present to you. You will see through all fearful appearances that your imagination may present to you, for all fearful appearances are born of and substantiated by imagination. In being attentive to the world, you recognize the world's confusion and its need for Knowledge. This will confirm your own confusion and need for Knowledge and will make you happy that you are now preparing to receive Knowledge itself.

IN YOUR DEEPER MEDITATION PRACTICES BE ATTENTIVE, be present and give yourself in stillness within the sanctuary of Knowledge. You need only be attentive. Judgment is not necessary. Be attentive and you will penetrate the false and you will receive the true. For true attention will always give you that which is true, and false attention will always give you that which is false.

TODAY YOU STRENGTHEN THIS FACULTY OF MIND, this ability to be attentive. You strengthen this for yourself and for the world, which needs to be recognized. For the world needs to be loved, and love only comes through true recognition.

PRACTICE 338: *Two 30-minute practice periods.*
Hourly practice.

Step 339

THE PRESENCE OF LOVE IS WITH ME NOW.

*T*HE PRESENCE OF LOVE IS WITH YOU, within the fire of Knowledge within you. As exemplified by the presence of your Teachers, this presence permeates all things in the world. It is the context in which the world exists. It is still; therefore, it abides with everything. Can you who perceive the world perceive this abiding presence? Can you who act in the world see the effect of this presence within the world? If this presence were not in the world, the world would have destroyed itself long ago and there would be no hope for your salvation. There would be no hope for true community and for all the things that human beings are capable of in their temporary life here. All things of true value would not emanate, for the darkness of imagination and the darkness of fear would cover the world permanently and all would live in complete darkness. Without the presence of love in the world, this would be the case. Your life here would be sealed in darkness, and you would never be able to escape.

THAT IS WHY YOUR LIFE IN THE WORLD IS TEMPORARY. It could not be permanent, for you are born of the light, to which you will return. How could you live in darkness permanently when you are born of the light, to which you will return? You have been sent into the world to bring the light into the world, not to confirm the world's darkness. God's Will is that you bring the light into the world, not that you be banished to the world in darkness. You are here to bring the light into the world.

YOU WHO ARE A STUDENT OF KNOWLEDGE ARE NOW LEARNING step by step to receive the light of Knowledge and the fire of Knowledge. As you experience this within yourself, you will see the fire of Knowledge burning in the world, for this is the presence of love. This is God within the world. What God does in the world God will do through you, but God's presence in the world activates Knowledge in all minds and calls to all minds to awaken. This

substantiates, confirms and strengthens the emergence of Knowledge wherever it is occurring.

GOD'S PRESENCE IS PERMANENT. The world itself is temporary. The physical universe is temporary. God's presence is permanent. Can you then see what is great and what is small? Can you then see that which gives and that which must learn to receive? Can you then realize the importance of your preparation? Can you then realize the importance of your service in the world?

UPON THE HOUR BE ATTENTIVE and experience the presence of love in the world. If you are attentive, you will experience this. In your deeper meditation practices experience the presence of love within yourself, which is the fire of Knowledge. Remember as you look upon this, within your world and within yourself, that from the stillness of this presence emanate all good works, all important ideas and the motivation for all important activities. This is what drives humanity and even the Greater Community of Worlds towards Knowledge and, with Knowledge, towards becoming one community.

PRACTICE 339: *Two 30-minute practice periods.*
Hourly practice.

Step 340

MY PRACTICE IS MY CONTRIBUTION TO THE WORLD.

*Y*OU ARE A BEGINNING STUDENT OF KNOWLEDGE. As a beginning student, you engage yourself completely with your practice. Do not imagine for yourself a great role as a saviour or redeemer in the world, for this will only discourage you because you are not yet prepared to carry forth things of greatness. Your duty is to follow the steps as they are given. This is the requirement. In time, greatness will grow within your experience, and you will experience greatness within the world. Yet, as we have so often indicated in our preparation thus far, the greatness you will experience will express itself in simple and mundane things. Therefore, do not imagine grandiose ideas of yourself as a saviour. Do not see yourself being crucified in the world, for these images are born of ignorance and you do not comprehend their true meaning.

FOLLOW EACH STEP, for each will require your complete attention and engagement. Without your attempting to add what is unnecessary to your preparation, you may then become fully engaged with your preparation. This will fully engage you and will elevate all of your physical and mental abilities and give them uniform purpose and direction. Your practice is your gift to the world. From your practice all gifts that you will give in the future will be able to be given with confidence, with love and with certainty.

UPON THE HOUR REMIND YOURSELF that your practice is your gift to the world. If you really wish to serve the world and if you really wish to exemplify within the world that which you hold most dear and that which you honor within yourself, then give yourself to your practice and do not neglect it this day. In your deeper meditations give yourself to practice, for practice is an act of giving. And you who are learning now to receive are also giving yourself to learn to receive. Thus, you are learning to give as well. If you cannot give yourself to practice, you will not be able to give to the world, for giving to the

world is a form of practice as well. Remember that all you can do is practice. No matter what you do, you are practicing something, you are asserting something, you are confirming something and you are studying something. Given this understanding, give yourself to your true preparation, for this is your gift to yourself and to the world.

PRACTICE 340: *Two 30-minute practice periods.*
Hourly practice.

Step 341

**I AM HAPPY,
FOR I CAN NOW RECEIVE.**

*L*EARN TO RECEIVE AND YOU WILL LEARN TO BE HAPPY. Learn to give and your happiness will be confirmed. In the simplest of words, this is what you are undertaking. If you do not make this complicated with your own ideas and expectations, you will be able to see the ever present truth of this, and you will learn exactly what it means and what it will require. Remember that complexity is a denial of the simplicity of truth. The truth will carry forth its activity each day, step by step, as you are carrying forth your preparation each day, step by step. As you learn to become a student of Knowledge, you learn to live the truth. The simplicity of this is ever present to you, for truth is simple and evident to all who look for truth and to all who look without the weight of condemnation or judgment.

REMEMBER YOUR PRACTICE UPON THE HOUR and in your deeper meditations, once again reinforce your capacity and desire for stillness. For if you experience a little more stillness each day, it will grow and grow and will fill your life and emanate from your life like a great light, for you are here to be a light unto the world.

PRACTICE 341: *Two 30-minute practice periods.*
Hourly practice.

Step 342

I AM A STUDENT OF KNOWLEDGE TODAY.

TODAY YOU ARE A STUDENT OF KNOWLEDGE. You are following your preparation step by step. You are learning to be unburdened of your own judgment and anxiety. You are learning to be confirmed by the presence of Knowledge within you and by the presence of love within your life. You are learning to honor yourself and learning to appreciate your world. You are learning to recognize your responsibility and learning to recognize the world's need for this responsibility to be carried forth. You are learning to be still within and meaningfully engaged without. You are learning to receive. You are learning to give. You are learning to recognize that your life is being redeemed.

BE A STUDENT OF KNOWLEDGE TODAY and carry forth today's directions as completely and as explicitly as you can. Remind yourself upon the hour that you are a student of Knowledge and take a moment upon each hour to think what this means, particularly in your current circumstances. In your deeper practice periods, actively engage your mind in considering what a student of Knowledge is. Recall what you have been taught thus far. Recognize what is being reinforced step by step and what you are being encouraged to relinquish. Your two practice periods are periods of active mental engagement where you look at today's idea and attempt to see its meaning in terms of your life. When you think, think constructively, for all thinking must be constructive. When thinking isn't necessary, Knowledge will carry you forth. In the world you must have Knowledge, and you must learn to think constructively because you are a student of Knowledge. Today be a student of Knowledge and you will honor that which guides you, that which leads you and that which blesses you. You will represent Knowledge, for you are a student of Knowledge.

PRACTICE 342: *Two 30-minute practice periods.*
Hourly practice.

Step 343

TODAY I WILL HONOR THE SOURCE OF MY PREPARATION.

*H*ONOR THE SOURCE OF YOUR PREPARATION by being a student of Knowledge today. Remember this upon the hour and think again about what being a student of Knowledge means. Try to recall all that has been given to you and all that is being reinforced and try to recognize objectively that which obstructs you and holds you back. Strengthen your faith. Strengthen your participation. Use your power of decision to do so, and remember as you do this that you honor and represent that which guides you and that which you serve.

IN YOUR TWO DEEPER PRACTICE PERIODS, actively engage your mind in considering what today's idea means. Remember that you can only serve that which you value. If you value Knowledge, you will serve Knowledge. If you value ignorance and darkness, you will serve that. That which you value is your master, and your master will give you that which you must learn. You are a student of Knowledge. You are a student of Knowledge because you have chosen that your studenthood and the master that guides you reflect Knowledge and truth in the world. Here you only have two choices, for you can only serve Knowledge or that which attempts to replace Knowledge. Since nothing can really replace Knowledge, the desire to serve that which replaces Knowledge is the desire to serve nothing, to be nothing and to have nothing. This is what we mean when we speak of poverty. It is a state of serving nothing, being nothing and having nothing.

THEREFORE, HONOR THAT WHICH SERVES YOU. Honor that which acknowledges your reality and the meaning and the value of your presence in the world, and you will serve something real, you will be something real and you will have something real. Thus it is that you who are learning to serve will be the one who is learning to receive.

PRACTICE 343: *Two 30-minute practice periods.*
Hourly practice.

Step 344

MY KNOWLEDGE IS THE GIFT I GIVE UNTO THE WORLD.

*K*NOWLEDGE IS YOUR GIFT TO THE WORLD, but first you must become a vehicle for it to express itself. You must accept it, receive it, learn from it and give what it gives you to give. You must open yourself so that it may naturally shine upon the world through you. From your Knowledge will come everything—all meaningful activities, all important contributions, all important thoughts, all meaningful expressions of emotion and all motivation to reassure, to comfort, to love, to heal, to join and to liberate others. This simply means that the real you is finally expressing itself. This is your gift to the world.

UPON THE HOUR REMIND YOURSELF OF THIS and feel the fire of Knowledge burning within you. Feel yourself as a vehicle for carrying Knowledge in the world. Be glad that you do not need to torment yourself by trying to figure out how you will give Knowledge, how Knowledge will give itself and what will happen as a result. You simply follow the steps. As you have seen thus far, the steps require that you develop your mental abilities and apply them appropriately. They require that you be mentally present. They require that you balance and harmonize your life. Even this far in your preparation, you are realizing that you know many things about your life that you have not yet accepted or implemented. Knowledge has been with you all along and even now in your beginning preparation, as you advance with others who are advancing with you, the power and the efficacy of Knowledge is becoming ever more real to you. This is your gift to the world.

IN YOUR TWO LONGER PRACTICE PERIODS TODAY, in stillness and receptivity, practice receiving the power of Knowledge so that it may grow within you and so that you may have a greater and greater experience of it as you venture out into the world. These longer

practice periods are so vital for your preparation, for they increase your capacity, they increase your comprehension, they increase your experience and they make it ever easier for you to experience Knowledge while you are in the world. For your Knowledge is your gift to the world, and your Knowledge is your gift to yourself.

PRACTICE 344: *Two 30-minute practice periods.*
Hourly practice.

Step 345

MY KNOWLEDGE IS MY GIFT TO MY SPIRITUAL FAMILY.

*Y*OUR KNOWLEDGE IS YOUR GIFT TO YOUR SPIRITUAL FAMILY, for you have come into the world not only to advance yourself and the world but to advance your Spiritual Family. Your specific learning group requires that you advance so that it may itself advance, for it is seeking a greater union as well. Throughout time you have been cultivating your range of and capacity for relationship. All of your successes thus far are embodied in the expression and the evidence of your Spiritual Family.

THE RETURN TO GOD IS THE RETURN TO INCLUSION in relationship. This is beyond your ability to comprehend, and it is certainly beyond your ideas and your idealism. It can only be experienced. It must be experienced, and through this experience you will understand that you have come here not only for your own redemption and not only to serve the world, but to serve those who have sent you. In this, your role becomes ever more important. In this, your preparation becomes ever more important. If you think of this, you will know that it is true.

UPON THE HOUR TODAY think of this idea and remember your Spiritual Family, whom you are now learning to remember. In your two deeper meditation practices, re-enter your sanctuary of Knowledge and attempt to experience the presence of your Spiritual Family. If your mind is still, you will realize that they are with you now. How could they be apart from you who cannot be apart from them, and as you are in the world they are with you now.

PRACTICE 345: *Two 30-minute practice periods.*
Hourly practice.

Step 346

I AM IN THE WORLD TO WORK.

*Y*OU ARE IN THE WORLD TO WORK. Work is what you want to do. Work is why you have come. But what is this work that we speak of? Is it your current employment, which you resist and have difficulty with? Is it the many tasks that you think are your own and that you assign to yourself? Your true work may be expressed in any of these activities, but it is truly greater. It will be your happiness and your fulfillment to carry out each step of your true work. Your true work in the world is to discover your Knowledge and allow it to express itself through you. Your true work in the world is to respond to your specific calling, which engages you with certain people in certain ways so that you may fulfill your individual destiny in the world.

THIS IS YOUR WORK. Do not think at this moment that you can understand what this work is and do not try to give it definition beyond what we have given you. It is all right not to know fully what this means. It is all right to apprehend the mystery of your life without attempting to make it concrete.

YOU ARE IN THE WORLD TO WORK. Therefore, apply yourself so that your application may reveal to you the source of your purpose, meaning and direction. It is through your work and meaningful activity that you will experience your value—the value of your individual life and the assurance of your true destiny. Your true work guarantees you all things of value and provides you escape from all things that conceal you and render you helpless and miserable.

REMINDE YOURSELF OF TODAY'S IDEA upon the hour. In your two deeper practices, once again engage your mind actively in considering today's idea. Consider how you view work itself and all of your associations with work. Review how you have responded to work in the past—your desire to work, your ambivalence concerning work

and your resistance to work. Recognize how all desire to escape work has really been a desire to discover Knowledge. Realize that Knowledge will engage you with work with new purpose, new meaning and new direction. Examine your thoughts. You must understand your thoughts, for they are still very effective in influencing your perception and your understanding. When you can become objective with your own mind, you will be able to allow Knowledge to shine upon it, and you will be able to use the power of decision to prepare yourself and to work with the content of your mind. This is effective within your range of participation, for it is not given you to determine the purpose, the meaning or the direction of Knowledge, but to become the recipient of Knowledge, to experience Knowledge and to allow Knowledge to express itself through you.

THUS, IN YOUR TWO LONGER PRACTICE PERIODS engage your mind actively. Concentrate on this one idea. Recognize all the thoughts and feelings that are associated with it. In the last portion of each long practice period, allow all thoughts to leave you. Re-enter stillness and receptivity so that you may come to know. Knowledge does not require your thinking when you are experiencing Knowledge itself, for all thinking is a replacement for Knowledge. Yet, Knowledge will direct all your thinking to serve a greater purpose.

PRACTICE 346: *Two 40-minute practice periods.*
Hourly practice.

Step 347

I ALLOW MY LIFE TO UNFOLD TODAY.

*A*LLow YOUR LIFE TO UNFOLD TODAY. Without your own internal disorientation, without the darkness of your own imagination and without your own confusion and conflicts, you may bear witness to the unfolding of your life. Today represents a step in the unfoldment of your life, in the emergence of your Knowledge, in the cultivation of your true comprehension and in the expression of your true accomplishments. Be attentive this day and learn to observe your outer life and your inner life objectively. In this way, you may experience what is truly there, and you will love what is truly there, for what is truly there is true and reflects love itself.

UPON THE HOUR REMIND YOURSELF to observe your life unfolding. Within your deeper meditation practices, in stillness and receptivity, observe your inner life unfolding. Observe your outer life and inner life unfolding together as they must. Here you will feel the movement of your life. Here you will know that your life is being guided and directed. Here you will know that all things that you truly value and hold most dear and everything that we have indicated in our preparation thus far are coming into being. Here you allow certain things to fall away and certain things to emerge. Here you govern the part of your life which is yours to govern, which is your thinking and behavior. Here you allow that part of your life which you cannot govern, which is your purpose, meaning and direction, to naturally emerge and express itself. Here you bear witness to your life, which this day is emerging and unfolding.

PRACTICE 347: *Two 30-minute practice periods.*
Hourly practice.

Step 348

TODAY I WILL WITNESS THE WORLD UNFOLDING.

*W*ITHOUT YOUR FEARFUL SPECULATION, without your anxious reaction to fearful appearances and without your ambitions and denials, you may see the world unfolding today. Your eyes will see this, your ears will hear it, your skin will sense it and you will feel it with your entire physical and mental being. You will know this because your being knows while your mind thinks and your body acts. Thus it is that the power of Knowledge is the power of being, of which you are a part.

IT IS WITH THIS POWER that you can observe the world unfolding, for the world has a being, a mind and a body. Its being knows, its mind thinks and its body acts. Nature is its body. Your collective thinking is its mind. Knowledge is its being. Thus, as you begin to realize Knowledge within your life, you will realize Knowledge within the world. As you see Knowledge cleansing and purifying your mind, you will see Knowledge cleansing and purifying all minds in your world. As you see Knowledge guiding you into effective action, you will see Knowledge in the world guiding others into effective action. Thus, as you learn to have compassion towards yourself, you will learn to have compassion towards the world. As you witness your own unfoldment, you will witness the world's unfoldment.

TODAY UPON THE HOUR REPEAT THIS IDEA and bear witness to the unfoldment of the world. In your two longer practice periods today, with your eyes open, gaze upon the world around you. Spend these times alone, gazing upon the world around you. Look without judgment. Feel the world unfolding. You need not try to feel this. You will feel it because it is natural. Without obstruction or intervention on your part, this experience will be ever present and available to you. Feel the world unfolding, for it will confirm all that you are learning now, and all that you are learning now will serve the world in its unfoldment.

PRACTICE 348: *Two 30-minute practice periods.*
Hourly practice.

Step 349

I AM HAPPY THAT I CAN FINALLY SERVE THE TRUTH.

*I*T IS YOUR GREATEST JOY, it is your greatest happiness and it is your greatest contentment to finally serve the truth. Your past has been frustrated and dismal because you have attempted to serve things without foundation and meaning. You have attempted to identify with things without purpose and direction. This has rendered to you the feeling that you have no purpose, meaning or direction. Feel happy now that you can represent the truth and serve the truth, for the truth gives you all that is true. It gives you purpose, meaning and direction which are what you have sought in all of your engagements, relationships, activities and endeavors. This is what you have sought in all of your fantasies, in all of your concerns and in all of your hopes.

EVERYTHING YOU HAVE TRULY WANTED is being given to you now. Learn now to receive what you have truly wanted, and you will realize what is true. You will also realize what you have always truly wanted. This enables the truth to become simple and evident. This enables your own individual nature to become simple and evident, for in simplicity all things are known. In complexity all things are concealed. Only what is mechanical in the world can be complex, yet its essence is simple and can be directly experienced. Only in controlling what is mechanical in life, which you must do to a certain extent, are there complexities, but even these complexities are simple to determine step by step. Thus, your approach to life must be simple, whether you are dealing with simplicity or complexity. The complexity that we speak of, which is a form of denial, represents the complexity of your own thinking and the difficulty in your own approach.

BE HAPPY, THEN, THAT YOU CAN SERVE THAT WHICH IS TRUE, for this will simplify all things and will enable you to deal with mechanical complexity in a direct and effective manner. Be happy, then, that your

life has purpose, meaning and direction, for you serve that which has purpose, meaning and direction. Remember this upon the hour, and in your two deeper practice periods re-enter stillness with great receptivity and devotion. Remember that you give yourself here, that practice is giving, that you are learning to give and that you are learning to serve. You give what is true and you serve what is true, and as a result you experience what is true and you receive what is true. Therefore, this is a day of happiness because you serve what is true.

PRACTICE 349: *Two 30-minute practice periods.*
Hourly practice.

Step 350

REVIEW

ONCE AGAIN REVIEW THE PAST TWO WEEKS of your training, reading each lesson and reviewing each day of practice. Once again develop your ability to be objective. Once again recognize the overall movement of your life—the slow but very important and substantive changes that are occurring within your values, within your engagements with others, within your activities and, most importantly, within your entire sense of yourself.

KEEP IN MIND THAT IMPORTANT CHANGE is gradual and often goes unnoticed until its results become evident. Realize that minor or insignificant change often involves great emotional upheavals where people think that something tremendous has just happened. The greater change is deeper and changes everything. Small, incremental change affects your point of view immediately, but its overall effect is not that lasting. The only exception to this is when your Teachers intervene into your personal sphere to demonstrate their presence or to deliver a message of potency that you absolutely require at that moment. These interventions are rare but can occur on occasion when it is required for your own behalf.

THEREFORE, VIEW THE OVERALL MOVEMENT OF YOUR LIFE. View your life unfolding. This is preparing you for the future, for this program is preparing you for the future. Everything that is taught here you must utilize and reinforce, and you must practice both within the scope of this preparation and far beyond it as well. In your longer practice period today, become a wise observer of your own development. Recognize where your practice needs to be strengthened. Realize that this emanates from your Knowledge. Follow this to the very best of your ability as we now approach the final lessons in this stage of *Steps to Knowledge*.

PRACTICE 350: *One long practice period.*

STEPS TO KNOWLEDGE

FINAL LESSONS

YOU ARE ABOUT TO BEGIN THE FINAL STEPS in our preparation. These are not the final steps in your overall approach to Knowledge or in your utilization and experience of Knowledge. Yet, they are the final steps in this one great stage of development in which you are now engaged. Therefore, give yourself to the next section of practice with increased desire and intensity. Allow Knowledge to direct you in your participation. Allow yourself to be this powerful, this strong and this involved. Do not think of your past, but realize the reality of Knowledge in the moment and its great promise for the future. You are honored who honor the source of your preparation. You are honored this day as you begin the final steps in this essential stage of your development.

Step 351

I SERVE A GREATER PURPOSE, WHICH I AM NOW BEGINNING TO EXPERIENCE.

*R*EPEAT THIS IDEA UPON THE HOUR and do not forget. As you strengthen this understanding, it will become ever more real and apparent to you. As it becomes ever more real, all other ideas and notions that compete with it will fade away, for this one great truth has substance. All other things which pretend to be the truth and are in conflict with this will fade because they are without substance. That which is true exists whether you want it or not, whether you believe in it or not and whether you adhere to it or not. That is what makes it true.

YOU HAVE THOUGHT IN THE PAST that all things exist because you wanted them to. This is only true in the realm of imagination, a realm that you are learning now to escape. Even in the realm of imagination, you learn to value that which is closest to the truth so that you may escape the realm of imagination. For the realm of imagination is not the realm of Creation. What creates, creates from Knowledge. This is Creation that is permanent, meaningful and has true power and value even in the world. It is not the realm of imagination.

IN YOUR DEEPER PRACTICE PERIODS ENTER STILLNESS. Come with great reverence for what you are attempting to do. Remind yourself of the importance of these times of stillness. Remind yourself that these are times of worship, times of true dedication, times where you open yourself and times where Knowledge opens itself. Allow this day to be a day of greater comprehension. Allow this day to be a day of greater devotion, for you are a true student of Knowledge today.

PRACTICE 351: *Two 30-minute practice periods.*
Hourly practice.

Step 352

I AM A TRUE STUDENT OF KNOWLEDGE TODAY.

*A*FFIRM THIS UPON THE HOUR, and in your two meditation practices enter your periods of silence with great reverence and devotion. These are your times of worship. You are truly going to church now—not from obligation, not from fear or anxiety and not from a sense of duty to an unloving God, but out of a sense of great joy and out of a desire to give yourself to that which gives itself to you. Be a true student of Knowledge. Remember all that has been told to you thus far and utilize it every hour. Engage with practice meaningfully, both internally and externally. Strengthen this day. Give this day to Knowledge as Knowledge gives this day to you so that you may learn about the presence of Knowledge in your life.

KNOWLEDGE IS GOD'S GIFT TO YOU, for Knowledge is God's extension to you. Thus, Knowledge will be God to you but will speak of greatness beyond itself, for Knowledge is here to enable you to be in relationship meaningfully with yourself, with others and with life. Through this you will be able to reclaim relationships and thus move towards your True Home in God.

PRACTICE 352: *Two 30-minute practice periods.*
Hourly practice.

Step 353

MY TRUE HOME IS IN GOD.

*Y*OUR TRUE HOME IS IN GOD. Your True Home is. Your Home is true. You are true. You are at home even now while you are in the world, though the world is not your True Home. Because you are at home in the world and because you are with Knowledge, you can give to the world and provide exactly what it needs, and you will want to give this sense of home to the world, which feels homeless and lost.

UPON THE HOUR REPEAT THIS IDEA and look upon people in the world and see how homeless they appear to be. Remember how they are truly at home but do not realize it. Like yourself, they are asleep at home. You are learning now to awaken from your sleep, and you are realizing that you are still at home because your Spiritual Family is with you, Knowledge is with you and your Teachers are with you.

THUS IT IS THAT YOU ARE AT HOME IN GOD, even though you seem to be far from your True Home now. You have brought your True Home with you. How can you be where God is not if God is everywhere? How can you not be with your Teachers if they accompany you? How can you not be with your Spiritual Family if your Spiritual Family is ever present? It may seem contradictory that you can be away from your True Home and be at home, but you only seem to be away from Home as you look upon the world and identify with the world you see. But within yourself you carry Knowledge, which is a reminder that you are truly at home and that you are in the world to extend your True Home into the world. For your True Home wishes to give itself to the world so that the world may find its Homecoming.

UPON THE HOUR REMEMBER THIS, and in your two deep meditations return home to Knowledge. Return home in the sanctuary of your inner temple. Here you experience your True Home

and here it becomes more real to you. As it becomes more real to you, it abides with you more and more in your experience. You must experience your True Home while you are in the world.

PRACTICE 353: *Two 30-minute practice periods.*
Hourly practice.

Step 354

I MUST EXPERIENCE MY TRUE HOME WHILE I AM IN THE WORLD.

*I*N YOUR TRUE HOME YOU ARE HAPPY, you are included, you are complete, you are in relationship, you are a complete participant, you are essential and you are meaningful. Your True Home is incomprehensible to you while you are in the world. In fact, your True Home will be incomprehensible to you until you have fully arrived at your True Home, until your Spiritual Family has rejoined all other Spiritual Families and all joining is complete in the universe.

YET, EVEN THOUGH YOUR TRUE HOME IS INCOMPREHENSIBLE, do not think that it is beyond your reach. It is given you this day to experience your True Home, for you carry Knowledge within you. Your only limitation here is your capacity to experience and to express Knowledge. Yet, as you take each step and as you receive each step in your preparation, your capacity to experience relationship and communication grows. As you increasingly seek freedom from your own imagination and from your own isolated thinking, you experience your inclusion in life to an ever greater and greater degree. Thus, your evolution can be gauged in terms of your ever increasing capacity to experience relationship and communication and your ever increasing capacity to experience and express Knowledge. Thus, you are at home while you are in the world, for your True Home is growing within you in your own experience. The fire of Knowledge is growing more powerful, and its consuming benevolence is ever more evident as your mind becomes free, whole and directed.

UPON THE HOUR remember this and return to your True Home in your deeper practice periods. You are at home in the world. Therefore, you can be at peace in the world.

PRACTICE 354: *Two 30-minute practice periods.*
Hourly practice.

Step 355

I CAN BE AT PEACE IN THE WORLD.

*I*T IS POSSIBLE TO BE AT PEACE IN THE WORLD because you have brought the source of peace with you. You can be at peace in the world even though the world is a place of active engagement, a place of difficulty, a place of challenge and a place of necessary accomplishment because you carry peace within you and because of the fire of Knowledge. From Knowledge all meaningful thinking and activity emerge—all true inspiration, all important ideas and all great expressions. Yet, Knowledge is greater than its expressions, for it is a light unto the world.

YOU ARE AT PEACE IN THE WORLD because you are with the light of the world, and yet you are engaged in the world because you have come here to work. Only through participation by following each step can you realize that there is no contradiction between peace and work. There is no separation between stillness and activity. This you must fully experience, for it is a complete experience, and your capacity for this experience must be increasingly expanded. Your understanding and comprehension must be continually expanded. Your engagement in life must become increasingly harmonious and uniform. Your discernment regarding relationship must be increased and actually applied. All qualities that are associated with the cultivation of Knowledge must be elevated as well. This will make it possible for you to have peace in the world, for you were meant to have peace in the world. Peace in the world is an expression of your True Home in the world and in this you will find yourself.

PRACTICE 355: *Read the lesson three times today.*

Step 356

I WILL FIND MY SELF TODAY.

*Y*OUR SELF IS GREATER THAN YOUR CURRENT CAPACITY to experience it. Yet, within your current capacity you can find your Self and experience it. Remember that this is your great desire. Remember this upon the hour. Remember that you want to find your Self, for without your Self you are lost in your own thinking and in the erratic thinking of the world. Without your Self, you will feel as temporary and as changeable as the world. Without your Self, you will feel as threatened and as threatening as the world. Therefore, your true desire is to reclaim your Self and with your Self all things that are inherent within your Self that are born of your one True Source, that are expressed through your Knowledge and that live within your Ancient Home.

TODAY IN YOUR DEEPER PRACTICE PERIODS, come again to Knowledge. Come to give yourself. Come to worship. Come in devotion and reverence so that you may increase your capacity to experience yourself, both within your meditation practice time and within your time in the world. You have come into the world to reclaim your Knowledge and to allow your Knowledge to express itself. You will then express your Self, for you are in the world to express your Self.

PRACTICE 356: *Two 30-minute practice periods.*
Hourly practice.

Step 357

I AM IN THE WORLD TO EXPRESS MY SELF.

EVERYTHING YOU HAVE EVER SAID and everything you have ever done has been an attempt to express your Self. Your dilemma in the past is that you have attempted to express a self that is not your Self. This temporary self, this personal self, has been used as a substitute for your True Self, though it is only meant to be an intermediary between your True Self and the world. Because it has been used as a substitute, its own inherent confusion and lack of foundation have disabled your communication and expression. Therefore, you have not found the source of your expression or the best vehicle for your expression.

THAT YOUR TRUE SELF WISHES TO EXPRESS ITSELF is evident in all of your past activities if you will understand them objectively. Everything you have ever said to anyone contains a seed of true expression. Everything you have ever done or attempted to demonstrate contains the seed of true demonstration and expression. You need only purify your expression to have it be complete and truly representative of your nature and, therefore, truly satisfying to you.

BECAUSE YOU ARE HERE TO EXPRESS YOUR SELF, you must also learn how to express your Self, how your true expressions will affect others and how this effect can be utilized appropriately, for your well-being and their well-being as well. Here you learn what you wish to express and how to express it. And you also learn to realize its impact upon the world. This requires the cultivation of Knowledge within you, the cultivation of your personal abilities and the transformation of your personal self from being a substitute for Knowledge to being an intermediary for Knowledge. As an intermediary, your personal self must be developed and activated properly. Here it serves a Greater Self within you, as your Greater Self serves the Great Self of the Universe. Here everything finds its rightful place and its uniform expression.

REMINDE YOURSELF UPON THE HOUR that you wish to express your Self and in your deeper meditation experiences, where you come in stillness and devotion, allow your True Self to express itself to you. Beyond words and beyond actions, your True Self will express itself and you will know its expression. You will know that you wish to receive its expression and to extend its expression into the world. The world is the place where you have come to express your Self because the world is the place where you wish to be at home.

PRACTICE 357: *Two 30-minute practice periods.*
Hourly practice.

Step 358

I WISH TO BE AT HOME IN THE WORLD.

*Y*OU WISH TO BE AT HOME IN THE WORLD. You have not come here to escape the world. You have come here to be at home in the world. Understanding this will enable you to value your contribution and engage yourself completely in its expression. To escape the world without contributing to the world will only compound your dilemma, and you will return to your Spiritual Family with your gifts unopened and undelivered. You will then realize that you must return because the work that you set out to accomplish in the world was not accomplished.

BE GLAD, THEN, THAT YOU ARE IN THE WORLD NOW and that you need not wait to re-enter. You are here already. You have progressed this far. You are in the perfect position to fulfill your destiny here. You have brought your Ancient Home with you—within the seed and within the light of your Knowledge, which is now growing, emerging and sprouting forth.

THE WORLD IS NOT YOUR HOME, but you are meant to be at home in the world. Upon the hour think of this and realize how much you want to be at home in the world. Realize how much you do not want to condemn the world or simply escape from the world. When you are at home in the world, you will be able to move beyond the world to serve in a greater way and to experience a greater reality than the world can present to you. But you will not leave with regret, with anger or with disappointment. You will leave with happiness and satisfaction. This will complete your experience here. This will bless the world and will bless you who have blessed yourself and the world while you were in the world.

IN YOUR DEEPER MEDITATION PRACTICES, allow yourself to seriously consider what home means to you. Again, this is a practice of active mental engagement. Utilize your mind to consider the

important things that are being given to you now. You will need to examine all the thoughts you have in relation to today's idea in order to understand how you are approaching today's idea and how you will respond to it. The power of decision is yours, but you must understand the current content of your mind. With this, you will be able to make an appropriate and wise decision on your own behalf, within your range of responsibility. You are meant to be at home in the world. Bring home with you so that others may feel at home in the world. In this way, the world becomes blessed because it is not a place apart any longer. Do not escape the world today, but be present to serve the world.

PRACTICE 358: *Two 30-minute practice periods.*
Hourly practice.

Step 359

I AM PRESENT TO SERVE THE WORLD.

*B*E PRESENT TO SERVE THE WORLD, and the presence that serves the world will speak through you. Be present to serve the world, and you will be present to that presence. You will be engaged in every activity, and every activity will be important and meaningful. Then, you will not seek escape from your experience, you will not seek escape from the world and you will not seek to find a dark place in which to hide, for you will realize the light of Knowledge is totally beneficent. You will wish to bathe in it more and more and express it more and more within the world. This is your duty here and your great love.

UPON THE HOUR REMIND YOURSELF that you wish to be present to serve the world. Remind yourself as well that you wish to be present to have the world serve you. Remind yourself that you must learn how to receive and how to give, and that is why you are a beginning student of Knowledge. Do not burden yourself with expectations of yourself beyond what is being indicated in your program of preparation. Your Teachers recognize your current stage and they recognize your current step. They do not underestimate your power, but they do not overestimate your current capabilities, either. That is why you will need them to proceed with certainty, honesty and reliability.

IN YOUR DEEPER PRACTICES, be present to give yourself to your practice in stillness. Remember again that all practice is giving. You are giving yourself so that your True Self may be given to you. Here you bring what is small to what is great and what is great brings itself to what is small. Here you realize that you too are great and that the small is meant to express the greatness of which you are a part. The world calls desperately for this greatness to be revealed, yet you must learn how to reveal greatness in the world.

PRACTICE 359: *Two 30-minute practice periods.*
Hourly practice.

Step 360

I MUST LEARN HOW TO REVEAL GREATNESS IN THE WORLD.

*W*ITH SIMPLICITY, HUMILITY and without false assumptions, remembering that you are a beginning student of Knowledge, you will be able to learn how to reveal greatness in the world. This is quite essential because the world is ambivalent towards greatness, towards Knowledge and towards love. If you present the world's desire to it when the world is in an ambivalent state, it will not know how to react. Therefore, its reaction will either demonstrate that it is for or against your contribution. Any individual, any community or any world that is beset with ambivalence will react in more than one way because it is ambivalent. For this reason you must learn to approach ambivalence with Wisdom, for those who are ambivalent must learn how to receive their certainty, as you are now learning to do.

RECOGNIZE THUS FAR HOW AMBIVALENT YOU HAVE BEEN regarding your life and regarding this preparation. Realize that for this reason, this preparation has been given to you in very incremental steps, one step at a time, day after day. One step at a time, you learn to develop and to accept your desire and capacity for Knowledge and you learn to express Knowledge as well. Being a student means you are here to learn, and as you learn you will demonstrate, teach and produce the great results that Knowledge wishes to produce. Yet, Knowledge cannot exceed your limitations because Knowledge cares for you and protects you as its vehicle. Because you are a part of Knowledge, you will wish to care for your vehicle as well. That is why you must take the utmost care of your mind and body as you proceed.

TODAY IN YOUR DEEPER PRACTICE PERIODS, allow yourself to be instructed in how to reveal greatness in the world. Realize that the world is ambivalent and accept this, for this is the current state of the world. Realize that you must give with Wisdom and discernment. And realize that you must let Knowledge give of itself and not try to give

from your own ambition or need to avoid a sense of inadequacy. Allow your giving to be true and your giving will be true. Your giving, then, will give of itself in a way that is appropriate, that will preserve you and that will honor those who receive your gift. This will bring them out of their ambivalence, as you are now being led into the light yourself.

PRACTICE 360: *Two 30-minute practice periods.*

Step 361

I AM BEING LED INTO THE LIGHT OF KNOWLEDGE TODAY.

*Y*OU CARRY THE LIGHT. Carry it with you each hour and in every circumstance. Use your entire day to practice carrying Knowledge. Do not try to express Knowledge, for Knowledge will do this itself when it is appropriate. Your task today is to carry Knowledge, to be attentive and to remember that Knowledge is with you. Whether you are alone or with others, whether you are at work or at home and whether you are in a situation that is pleasant or unpleasant, carry Knowledge within you. Feel it burning in your heart. Feel it filling the great expanse of your mind.

IN YOUR TWO DEEPER PRACTICE PERIODS, re-enter the sanctuary of Knowledge so that you may be refreshed and renewed, so that you may be blessed and honored and so that you may find reprieve and freedom. The more you find this in your inner life, the more you will be able to carry it into your outer life, for you are meant to carry Knowledge into the world today.

PRACTICE 361: *Two 30-minute practice periods.*
Hourly practice.

Step 362

I AM LEARNING TO LEARN BECAUSE I CARRY KNOWLEDGE WITHIN ME TODAY.

*Y*OU ARE LEARNING TO LEARN. You are learning to receive Knowledge. You are learning to value Knowledge. You are learning to carry Knowledge. You are learning to express Knowledge. You are learning to cultivate all of your mental and physical faculties that are essential for this overall preparation. You are a consummate student. Therefore, be totally engaged with your studenthood today, which will free you from false assumptions and from placing impossible burdens upon yourself. That which is given in truth you will naturally be able to do, for you are naturally created to do this. Your physical and mental vehicles, those things that are tied to this world, will naturally be engaged in your true fulfillment.

LEARN TO LEARN. Learning to learn means that you are learning to participate. It means you are both following and leading all at once. You follow your Teachers and their program for development, and you lead your mental and physical vehicles. In this way, leading and following become all the same, as giving and receiving are all the same. Thus it is that those who receive will give and those who follow will lead. Thus it is that those who give will need to continue to receive and those who lead will need to continue to follow. Here the duality of such things disappears. Their uniformity and their complementary natures are recognized because this is simple, because it is apparent and because it is true.

REMEMBER THIS IDEA UPON THE HOUR and use your two practice periods to engage yourself with Knowledge in stillness and simplicity. Allow these final practice periods in this program to have great depth. Give yourself to them as completely as you can, for in doing so you will increase your capacity for Knowledge and your experience of Knowledge. As your capacity and experience of

Knowledge grow, your desire for Knowledge will grow as well, for
Knowledge is your true desire.

PRACTICE 362: *Two 30-minute practice periods.*
Hourly practice.

Step 363

KNOWLEDGE IS MY TRUE DESIRE BECAUSE I AM A STUDENT OF KNOWLEDGE.

*K*NOWLEDGE IS YOUR TRUE DESIRE. Think not that your desires are false, for all desires, if recognized, are for Knowledge. It is because you have misinterpreted your desires or have attempted to use them to fortify other things that they have led you astray. Do not attempt to be without desire, for life is desire. Desire is purpose. Desire is meaning and direction. Yet, you must recognize your true desire, which is the desire for Knowledge to fulfill itself and to claim itself, the desire for Knowledge to save you and for you to save Knowledge. How can you save Knowledge? By holding it within yourself, by being a student of Knowledge, by carrying Knowledge everywhere you go, by reinforcing your awareness of Knowledge, by being simple with Knowledge and by not attempting to use Knowledge to fulfill your own aims and your own purposes.

CARRY FORTH THE NORMAL ACTIVITIES OF THE DAY, but carry Knowledge with you. If Knowledge is not in doubt, you need not be in doubt. If Knowledge is not afraid, you need not be afraid. If Knowledge is not changing the situation, you need not change the situation. Yet, if Knowledge holds you back, hold yourself back. If Knowledge changes the situation, change the situation. If Knowledge tells you to leave a circumstance, leave a circumstance. If Knowledge tells you to stay in a circumstance, stay in a circumstance. Here you become as simple and as powerful as Knowledge. Here you become Knowledge itself.

UPON THE HOUR REPEAT THE IDEA FOR TODAY and experience it. Within your inner life, experience it as well in your deeper meditation practices. Your inner and outer life are where you apply yourself and where you give yourself. They are where you carry Knowledge. In time, you will see that Knowledge will carry you.

PRACTICE 363: *Two 30-minute practice periods.*
Hourly practice.

Step 364

KNOWLEDGE CARRIES ME BECAUSE I AM A STUDENT OF KNOWLEDGE.

*A*S YOU CARRY KNOWLEDGE, you will feel Knowledge carrying you. You will feel Knowledge guiding you and directing you, preserving you, protecting you from harm, keeping you from difficult and harmful engagements, engaging you with individuals with whom you must be engaged and leading you away from divisive engagements which do not have purpose. Thus it is that you become a leader and a follower, for you follow Knowledge and you lead yourself. You yield to Knowledge, yet you exercise the power of decision upon your own behalf. Thus it is that you become a great follower and a great leader. Thus, you are in a position to serve, and you will increasingly feel as if Knowledge were carrying you through life. And you will feel that you are carrying Knowledge as well. Seen correctly, you will realize your true relationship to Knowledge. You will realize that you carry Knowledge within you and that Knowledge carries your well-being within itself. This is perfectly complementary. It is perfect because it is born of perfection itself.

BE A TRUE STUDENT OF KNOWLEDGE. Engage yourself in practice. Give yourself in practice. Do not alter your practice. Do not neglect your practice. All you need to do is practice and be attentive, practice and be attentive. Upon the hour and in your two deeper meditation practices, where you come into stillness to be with stillness itself, practice to practice, practice to learn and learn to learn. Today you are learning to learn. Today you are a student of Knowledge.

PRACTICE 364: *Two 30-minute practice periods.*
Hourly practice.

Step 365

I AM COMMITTED TO LEARN TO LEARN.

I AM COMMITTED TO GIVE WHAT I AM MEANT TO GIVE.

I AM COMMITTED BECAUSE I AM PART OF LIFE.

I AM PART OF LIFE BECAUSE

I AM ONE WITH KNOWLEDGE.

*W*HAT IS COMMITMENT but the natural expression of your true desire? It frees you; it does not bind you. It engages you; it does not obligate you. It fortifies you; it does not limit you. True commitment is born of true Knowledge, of which you yourself are born. In this final step in this stage of your preparation, give yourself and your entire day to practice.

HONOR YOURSELF for accomplishing a remarkable and substantial task in completing this one year of preparation. Honor your Knowledge for giving you the desire to participate and the strength to participate. Honor your Knowledge for giving you the vision that is now emerging. Honor all who have served you in your life—your family, your parents, your friends and your seeming enemies and adversaries. Honor all who have enabled you to value Knowledge and who have given you the strength and the resolve to undertake the preparation for Knowledge. Remember your Teachers as well, for they remember you and abide with you even now. Remember that you are a student of Knowledge, and with this you will be able to proceed forward in your preparation.

TODAY UPON THE HOUR and in your two deeper meditation practices, give yourself. Consider all that is given to you. Let this be a day of accomplishment and gratitude. Let this be a day to honor that Knowledge is real in you and that you are real in Knowledge. Open yourself to the next step beyond this program. The next step is awaiting you—a step that will meaningfully engage you with other students of Knowledge, a step that will meaningfully engage you with

those who have advanced beyond what you have accomplished thus far, a step that will engage you in serving those who are only beginning to advance in the stage that you have just completed. Thus, you receive from those ahead of you and you give to those behind you. Thus, all are nurtured and supported in their return Home to God. Thus it is that you follow and you lead, you receive and you give. Thus it is that all of your activities become uniform and you find escape from all negative imagination. Thus it is that you are a student of Knowledge. And thus it is that Knowledge blesses you who are meant to bless the world.

Nasi Novare Coram

