



Mornings with Peter J



## *A Course in Miracles 2022 - Lesson 1*

### **A Course In Miracle Workbook LESSON 1**

**Nothing I see in this room [on this street, from this window, in this place] means anything.**

Now look slowly around you, and practice applying this idea **that nothing I see means anything** very specifically to whatever you see:

This table does not mean anything.

This chair does not mean anything.

This hand does not mean anything.

This foot does not mean anything.

This pen does not mean anything.

Then look farther away from your immediate area, and apply the idea to a wider range:

That door does not mean anything.

That body does not mean anything.

That lamp does not mean anything.

That sign does not mean anything.

That shadow does not mean anything.

Notice that these statements, **nothing I see means anything**, are not arranged in any order, and **that these statements** make no allowance for differences in the kinds of things to which they are applied. That is the purpose of the exercise. The statement,

**nothing I see means anything**, should merely be applied to anything you see. As you practice the idea for the day, use **this idea that nothing I see means anything** totally indiscriminately. Do not attempt to apply **the statement that nothing I see means anything** to everything you see, for these exercises should not become ritualistic. Only be sure that nothing you see is specifically excluded. One thing is like another as far as the application of the idea is concerned.

Each of the first three lessons should not be done more than twice a day each, preferably morning and evening. Nor should **the first three lessons** be attempted for more than a minute or so, unless that entails a sense of hurry. A comfortable sense of leisure is essential.

### **Notes to Lesson # 1**

**Nothing I see in this room [on this street, from this window, in this place] means anything.**

Do this exercise and notice your reaction to this idea.

Did certain items invoke different reactions?

Was it easy or did some objects create a state of tension or disbelief?

Just note your response and move on to the next item.

Have fun with the experience and stop judging whether you are doing it right and getting the "right" answer. It is being and having the experience that we are after.

Some students may find the notion that nothing you see means anything to be very upsetting.

You see a picture of a loved one and emotions well up. How can that picture be meaningless?

Yet, if someone else observed that same picture, they would have an entirely different reaction. The picture is the same, so why the different reaction?

Why, because each observer has a different interrelationship with that picture in question. It is the observer's own mind that gives the meaning to the picture, not the item itself.

The world you observe is a world of perception, not one of physical reality.

Perception requires the belief in separation. Perception implies both an observer and something to observe. This duality and separation is an underlying assumption with all things you see. If there was nothing outside yourself to observe, what would there be to see?

When we realize this, we should recognize the fact that an item by itself means nothing unless you are there to observe it. Without your awareness of the item at hand, it would not appear on your radar screen. It is your mind that empowers the object with any meaning you give it

This is similar to the question, "If a tree falls and there is nothing to hear it, does not make a sound?" The answer is no. You need the interaction of the vibrating air current with an eardrum to make a sound.

It is your interaction with your perceived world that gives an item meaning to you. A rock can have existed for millions of years but until you choose to place your conscious attention upon it and observe it, the million year old rock means nothing to you. It only becomes meaningful to you when you have developed some relationship with it.

**Question:** Who is really in control over the meaning of what is observed?

**Question:** In this world of private individual perception, is it the object or the observer that gives the object the meaning that the observer holds to be true?

**Question:** Must both the object and the observer agree with whatever meaning each perceives to be true or can they differ?



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