

A Course in Miracles - Lesson 26

My attack thoughts are attacking my invulnerability.

1. It is surely obvious that if you can be attacked, you are not invulnerable. You see attack as a real threat. This is because you believe that you can really attack. And what would have effects through you must also have effects on you. It is this law that will ultimately save you. But you are misusing it now. You must therefore learn how it can be used for your own best interests rather than against them.
2. Because your attack thoughts will be projected, you will fear attack. And if you fear attack, you must believe that you are not invulnerable. Attack thoughts therefore make you vulnerable in your own mind, which is where the attack thoughts are. Attack thoughts and invulnerability cannot be accepted together. They contradict each other.
3. The idea for today introduces the thought that you always attack yourself. If attack thoughts must entail belief that you are vulnerable, their effect is to weaken you in your own eyes. Thus they have attacked your perception of yourself. And because you believe in them, you can no longer believe in yourself. A false image of yourself has come to take the place of what you are.
4. Practice with today's idea will help you to understand that vulnerability or invulnerability is the result of your own thoughts. Nothing except your own thoughts can attack you. Nothing except your thoughts can prove to you this is not so.
5. Six practice periods are required in applying today's idea. A full two minutes should be attempted for each of them, although the time may be reduced to a minute if the discomfort is too great. Do not reduce it further.
6. The practice period should begin with repeating the idea for today, then closing your eyes and reviewing the unresolved situations whose outcomes are causing you concern. The concern may take the form of depression, worry, anger, a sense of imposition, fear, foreboding, or preoccupation. Any problem as yet unsettled which tends to recur in your thoughts during the day is a suitable subject. You will not be able to use very many for any one practice period, because a longer time than usual should be spent with each one. Today's idea should be applied as follows:
7. First, name the situation:
 8. *I am concerned about _____.*
9. Then go over every possible outcome which has occurred to you in that connection and which has caused you concern, referring to each one quite specifically, saying:
 10. *I am afraid _____ will happen.*