

A Course in Miracles - Lesson 27

Above all else I want to see.

1. Today's idea expresses something stronger than mere determination. It gives vision priority among your desires. You may feel hesitant about using the idea on the ground that you are not sure you really mean it. This does not matter. The purpose of today's exercises is to bring the time when the idea will be wholly true a little nearer.
2. There may be a great temptation to believe that some of the sacrifice is being asked of you when you say that you want to see above all else. If you become uneasy about the lack of reservation involved, add:

3. *Vision has no cost to anyone.*

If fear of loss still persists, add further:

4. *It can only bless.*

5. The idea for today needs many repetitions for maximum benefit. It should be used at least every half hour, and more often if possible. You might try for every 15 or 20 minutes. It is recommended that you set a definite time interval for using the idea when you wake or shortly afterwards and attempt to adhere to it throughout the day. It will not be difficult to do this, even if you are engaged in conversation or otherwise occupied at the time. You can still repeat one short sentence to yourself without disturbing anything that is going on.
6. The real question is how often will you remember? How much do you want today's idea to be true? Answer one of these questions, and you have answered the other. You will probably miss several applications and perhaps quite a number. Do not be disturbed by this, but do try to keep on your schedule from then on. If only the once during the day you feel that you were perfectly sincere while you were repeating today's idea, you can be sure that you have saved yourself years of effort.