

## A Course in Miracles - Lesson 36

### *My holiness envelopes everything I see.*

1. Today's idea extends the idea for yesterday from the perceiver to the perceived. You are holy because your mind is part of God's. And because you are holy, your sight must be holy as well. "Sinless" means without sin. You cannot be without sin a little. You are sinless or not. If your mind is part of God's, you must be sinless or part of His mind would be sinful. Your sight is related to His holiness, not your ego and therefore not your body.
2. Four three to five minute practice periods are required for today. Try to distribute them fairly evenly, and make the shorter applications frequently to protect your protection throughout the day. The longer practice periods should take this form:
3. First close your eyes and repeat the idea for today several times slowly. Then open your eyes and look quite slowly about you, applying the idea specifically to whatever you note in your casual survey. Say, for example:
  4. *My holiness envelopes that rug.*  
*My holiness envelopes that wall.*  
*My holiness envelopes these fingers.*  
*My holiness envelopes that chair.*  
*My holiness envelopes that body.*  
*My holiness envelopes this pen.*
5. Several times during these practice periods, close your eyes and repeat the idea to yourself. Then open your eyes and continue as before.
6. For the shorter exercise periods, close your eyes and repeat the idea; look about you as you repeat it again; and conclude with one or more repetition with your eyes closed. All applications should, of course, be made quite slowly, as effortlessly and unhurriedly as possible.