

## A Course in Miracles - Lesson 48

### *There is nothing to fear.*

1. The idea for today simply states a fact. It is not a fact to those who believe in illusions, but illusions are not facts. In truth there is nothing to fear. It is very easy to recognise this. But it is very difficult to recognise for those who want illusions to be true.
2. Today's practice periods will be very short, very simple, and very frequent. Merely repeat the idea as often as possible. You can use it with your eyes open at any time and in any situation. It is strongly recommended, however, that you take a minute or so whenever possible to close your eyes and repeat the idea slowly to yourself several times. It is particularly important that you use the idea immediately should anything disturb your peace of mind.
3. The presence of fear is a sure sign that you are trusting in your own strength. The awareness that there is nothing to fear shows that somewhere in your mind, not necessarily in a place which you recognise as yet, you have remembered God and let His strength take the place of yours. The instant you are willing to do this there is indeed nothing to fear.