

A Course in Miracles

DAILY PRACTICE FOR STUDENTS

DAILY RITUAL

Be sure to spend a brief period in which you close your eyes and think of God.

MORNING

Spend quiet time with God as soon as possible after waking.

Continue for a minute or two after you begin to find it difficult. You may find that the difficulty will diminish and drop away. If not, that is the time to stop.

ALL DAY

There is one thought in particular that should be remembered throughout the day. It is a thought of pure joy; a thought of peace, a thought of limitless release, limitless because all things are freed within it.

NIGHT

Just before sleep, devote time to God. It's better to sit up, in whatever position you prefer. It sets your mind into a pattern of rest, and orients you away from fear.

(M-16.4-6)