

DAY 3

11) My meaningless thoughts are showing me a meaningless world.

2 Since the thoughts of which I am aware do not mean anything, the world that pictures them can have no meaning. 3 What is producing this world is insane, and so is what it produces. 4 Reality is not insane, and I have real thoughts as well as insane ones. 5 I can therefore see a real world, if I look to my real thoughts as my guide for seeing.

(12) I am upset because I see a meaningless world.

2 Insane thoughts are upsetting. 3 They produce a world in which there is no order anywhere. 4 Only chaos rules a world that represents chaotic thinking, and chaos has no laws. 5 I cannot live in peace in such a world. 6 I am grateful that this world is not real, and that I need not see it at all unless I choose to value it. 7 And I do not choose to value what is totally insane and has no meaning.

(13) A meaningless world engenders fear.

2 The totally insane engenders fear because it is completely undependable, and offers no grounds for trust. 3 Nothing in madness is dependable. 4 It holds out no safety and no hope. 5 But such a world is not real. 6 I have given it the illusion of reality, and have suffered from my belief in it. 7 Now I choose to withdraw this belief, and place my trust in reality. 8 In choosing this, I will escape all the effects of the world of fear, because I am acknowledging that it does not exist.

(14) God did not create a meaningless world.

2 How can a meaningless world exist if God did not create it? 3 He is the Source of all meaning, and everything that is real is in His Mind. 4 It is in my mind too, because He created it with me. 5 Why should I continue to suffer from the effects of my own insane thoughts, when the perfection of creation is my home? 6 Let me remember the power of my decision, and recognize where I really abide.

(15) My thoughts are images that I have made.

2 Whatever I see reflects my thoughts. 3 It is my thoughts that tell me where I am and what I am. 4 The fact that I see a world in which there is suffering and loss and death shows me that I am seeing only the representation of my insane thoughts, and am not allowing my real thoughts to cast their beneficent light on what I see. 5 Yet God's way is sure. 6 The images I have made cannot prevail against Him because it is not my will that they do so. 7 My will is His, and I will place no other gods before Him.