

A Better Way

“The healing of God’s Son is all the world is for.” T.C.24.VI.

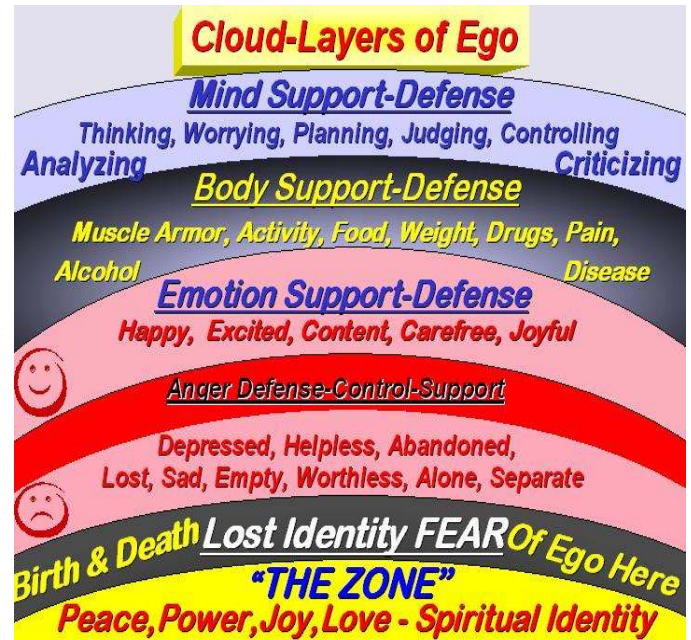
The growing suffering we experience, journeying through this dream of a physical universe in bodies able to feel emotional and physical pain, will eventually force us into making different choices. This is the gift of “**dream living**” in a physical environment where every mistaken choice we make has painful consequences. Without the experience of these painful consequences, we would never know or desire to look for “**a better way.**” In this light, it was the growing pain of the relationship conflicts in their Psychology Department that led Bill Thetford and Helen Schucman into their readiness to ask for “**a better way.**” “**A Course In Miracles**” was the answer the Holy Spirit gave them.

By experiencing the escalating and painful dramas of our own relationship conflicts and other’s, I hope we will all be more deeply inspired to choose “**this better way.**” “Seek not to change the world, but choose to change your mind about the world. Perception is a result, not a cause.” T.C.21.1. In this article, I hope to explain the difficulties, methods and reasons for choosing this “**Better Way.**”

Our ego and the universe it projected were born from the pain and fear of separation from God, the loss of our Spiritual Identity. Until the unconscious pain, fear, blame and guilt within us, born from this **initial error**, are exposed, experienced, faced **without defense**, and released, we cannot forgive or find the peace of God within. “Your task is...to seek and find (release) all of the barriers within yourself that you have built against it.” (Our Love or Spiritual Identity) T.C.16.IV. These “barriers” are the defenses, pain and fear housed within the mind-body-emotion, or ego self that act like clouds to hide from us our real identity as Unified Spirit.

Because we have attached ourselves to these layers of ego for our identity, security and protection for so long, even though they are illusions and have not worked, giving them up means losing our identity and support **as we**

know it and thus holds great terror for us, a terror known as “**suffering our death.**” “Yet God can bring you there, (to the Love or Spiritual Identity beneath) if you are willing to follow the Holy Spirit through seeming terror, trusting Him not to abandon you... You are severely tempted to abandon Him at the outside ring of fear, but He would lead you safely through and far beyond.” T.C.18.IX.3.



“The healing of God’s Son is all the world is for.” T.C.24.VI. Into **every relationship**, we bring the unconscious body of pain and fear that is **within us**. When we are ready, at the request of our Soul Self, these “pain body” vibrations will attract to us those situations and relationships of like vibration that can best serve to activate, reflect and bring to the surface, for healing and release, this inner pain and fear. We cannot heal what we cannot see and feel. This unconscious body of pain and fear, born from the terror of the first moment we forgot our identity as Unified Spirit in the Consciousness of God, has **grown** and been locked deep within our mind and its projections for years, even lifetimes, waiting, for our readiness, to be released. “Everything that seems to happen to me I ask for, and receive as I have asked.” (From the level of Soul Self) T.C.21.II

Without the mirror and challenges of these difficult and painful relationship experiences, the pain and fear we need to release would remain trapped and unknown within us, separating us further from our Source, causing more sickness, suffering and disease. Keep in mind that only courageous and loving members of our Soul Family have agreed to play these difficult roles in our healing dramas here. Because they mirror or activate the feelings, fears and pain within our **own consciousness**, at the request of our Soul Self, in truth, there is only gratitude to give and nothing to forgive. Our ego, however, until we are well advanced on our spiritual path, becomes very threatened with the activation of this hidden pain and quickly reacts to shut it down any way it can, through mind-body-emotion attacks and defenses.

The upset, anger pain and fear we experience in our relationship conflicts provide some of the most important healing opportunities and difficult forgiveness lessons we will ever learn. We judge the integration of these healing and forgiveness lessons through our actions, not words. If we trust that, "all events, ...are gently planned by One Whose only purpose is your good," *W.L.135.18* we must then accept our current relationships and their dramas as "lesson God would have us learn." *WL.193* Any relationship conflict dealt with correctly, can help release the pain and fear within us, teach us the futility of fighting with shadows that are **ourselves**, and bring us peace. "The world you see is what you gave it, nothing more... the outside picture of an inward condition." *T.C.21.1* "If I attack, I suffer. But if I forgive, salvation will be given me." *W.L.216*.

Any time our peace is disturbed, an aspect of our ego (mind-body-emotion self) is feeling hurt or threatened in some way, resulting in a judgment against a brother and further separation and suffering for us. "All that I give is given to myself." *W.L.126*. There will come a time of readiness through this suffering when we will turn and face our pain and fear **without defense**. Through this trembling and courageous act, we find our freedom and Inner Peace. Until we gain the readiness and courage to feel and willingly release to the Holy

Spirit these fears and wounds within us, **without defense**, we will remain locked in cycles of conflict, pain and suffering that will grow in strength every time we react or resist in any way. "What we resist will persist and strengthen." *Law of Attraction*
"Whatever is (**willingly**) given Him (the Holy Spirit) that is not of God (Love) is gone." *T.12.II.10*.

By experiencing (suffering) the pain and fear within our emotional body, releasing it and **surviving**, we eliminate the catastrophic fear that somehow, by experiencing this hidden part of ourselves, we will become lost, hurt or die. Much of the tiredness, depression and illness we experience come from the stress of defending ourselves against unknown forces within and without we think will overwhelm or harm us. Without this fear, we travel through the world far less defensive, much lighter and brighter. By releasing **stored** emotions and their fear, we can then deal with current ones, when they arise, as a natural and non-threatening part of our human experience. This gives us the readiness to begin **practicing** "Authentic Forgiveness," whenever we are not at Peace.

Whenever I am disturbed in a situation, I look for a painful emotion like loss, separation, aloneness, failure, helpless, worthless, etc., **beneath** the outer challenge. "I am never upset for the reason I think." *W.L.5*. Then I breathe and relax into the feeling of this pain, (located somewhere in my heart area) on every out breath. Don't rush this part! Finally, I release it to the Holy Spirit with these words. "Holy Spirit, I willingly give you the appearance of this pain and fear to dissolve into the nothingness from which it was born," and then I **let it go!**

If you are interested in a more detailed approach to releasing painful emotions and practicing "Authentic Forgiveness," **within relationships**, please read my article, "Waking From The Dream," found on the "Additional Articles" page of my web site: <http://www.peakrecovery.com>.



Forgiveness" within any relationship, or situation is a gift given to us through the Grace of God at the appointed time of our individual "readiness."

ACIM and its lessons have been delivered to us to help in the reprogramming of our minds for this readiness. Offering "Authentic Forgiveness," the kind that Jesus demonstrated on the cross, is the same as seeing with "Christ or Spiritual Vision. This can only be accomplished through readiness with the help of the Holy Spirit, not through our will alone. "The Holy Instant does not come from your little willingness alone. It is always the result of your small willingness combined with the unlimited power of God's Will." T.C. 18.IV.4.

The entire "Course In Miracles" is devoted to training and reprogramming our mind to the point where we can meet all situations, with the potential to disturb our peace, without resistance or judgment of any kind (forgiveness). Whenever we resist, defend or attack any discomfort, upset or challenge we meet in our ego's dream (world), we strengthen our belief in its reality, give it more power, and thus anchor ourselves more deeply in its suffering and insanity. "Forgiveness is the means appointed for perception's ending." W.L.336.1. "**Authentic Forgiveness**," from ACIM perspective, means to accept without resistance or judgment and overlook with compassion the parts of our own consciousness not of love, first projected from us, then activated in us, or reflected to us in our dream of separation here.

"The ego effects can be dispelled merely by denying their reality." T.C. 11.V.2.4.

This is why "learning Forgiveness is our only function." T.C.26.VII.8. Denying, overlooking, not reacting to the seeming painful, fearful or disturbing perceptions of our ego, seeing them as "appearances only" and not the truth, will eventually dispel all ego effects that attach us to the dream of separation here. Then we are free to awaken into the "Mystical Experience of God Presence," at Home within the consciousness of God. Keep in mind, however, the ability to achieve "Authentic

When anything arises within the worldly dream to disturb my peace, lately I have been using the following mantra as an ongoing readiness practice to prepare for this "Holy Instant," or the awakening of "Authentic Forgiveness" within my mind. It is taken partly from the Joel Goldsmith, "Infinite Way" teachings, and partly from **ACIM**. "You are an appearance only, not the truth, with no power over me. Holy Spirit, help me accept without judgment and overlook with compassion this part of me not of love being reflected/activated here and Forgive!"

"There is no world! This is the central thought the course attempts to teach. Not everyone is ready to accept it, and each one must go as far as he can let himself be led along the road to truth...But healing is the gift of those who are prepared to learn there is no world, and can accept the lesson now." W.L. 132.7

Summary

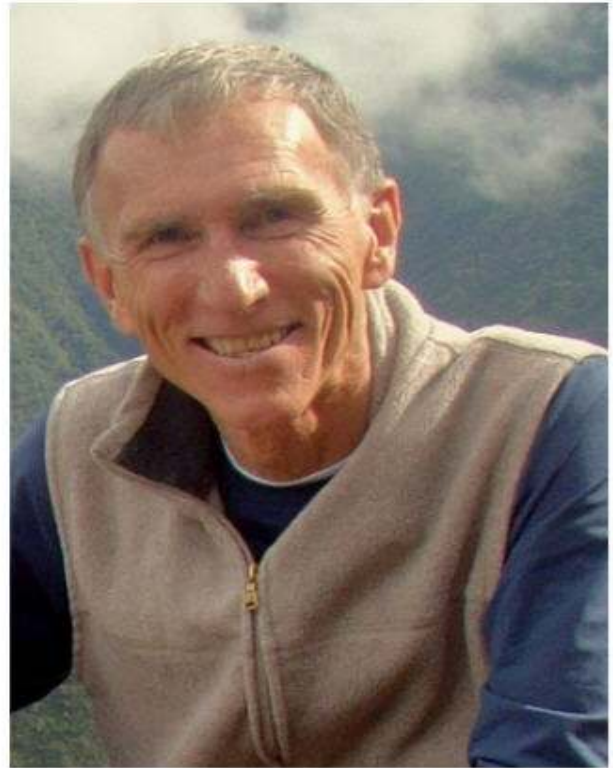
Remember, whenever we respond or react to the perceptions of the ego, we give it life and power. By overlooking or denying the reality of these perceptions, (forgiveness in ACIM terms) we dispel the ego effects, eventually awakening from its dream of separation and fear and reclaim our Spiritual Identity. It is the ever growing suffering and loss of peace that eventually creates the readiness and motivation to feel and heal our pain and fear and begin the practice of "**AUTHENTIC FORGIVENESS.**" This means denying the

ego effects, seeing them as appearances only and not the truth. This is the **“Better way!”** **“Forgiveness is my function as the light of the world. I would fulfill my function that I may be happy.”** W.L.62.

I have worked with ACIM over three decades and offer Recovery Counselling, as well as talks and workshops on Healing, Peak Recovery, Forgiveness and ACIM. If you are interested, wish to question or comment further, please visit my web site where you will find my approach to healing and recovery, mp3 guided meditation files, a power point “Peak Recovery” presentation, workshop feedback, additional articles, detailed background and contact information.

David Ott, M.Ed.

<http://www.peakrecovery.com>



Extracted ACIM Quotes For “A Better Way” by David Ott, M.Ed., July, 2010

1. **T.21.1: Projection makes perception. 2 The world you see is what you gave it,** nothing more than that. 3 But though it is no more than that, it is not less. 4 Therefore, to you it is important. 5 It is the witness to your state of mind, the outside picture of an inward condition. 6 As a man thinketh, so does he perceive. 7 Therefore, seek not to change the world, but choose to change your mind about the world. 8 Perception is a result and not a cause. 9 And that is why order of difficulty in miracles is meaningless. 10 Everything looked upon with vision is healed and holy. 11 Nothing perceived without it means anything. 12 And where there is no meaning, there is chaos. T-21.in.2. Damnation is your judgment on yourself, and this you will project upon the world. 2 See it as damned, and all you see is what you did to hurt the Son of God. 3 If you behold disaster and catastrophe, you tried to crucify him. 4 If you see holiness and hope, you joined the Will of God to set him free. 5 There is no choice that lies between these two decisions. 6 And you will see the witness to the choice you made, and learn from this to recognize which one you chose. 7 The world you see but shows you how much joy you have allowed yourself to see in you, and to accept as yours. 8 And, if this <is> its meaning, then the power to give it joy must lie within you.

2. T.16.IV: 6. **Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it.** 2 It is not necessary to seek for what is true, but it <is> necessary to seek for what is false. 3 Every illusion is one of fear, whatever form it takes. 4 And the attempt to escape from one illusion into another must fail. 5 If you seek love outside yourself you can be certain that you perceive hatred within, and are afraid of it. 6 Yet peace will never come from the illusion of love, but only from its reality.

3.T.18.IX.3: From the world of bodies, made by insanity, insane messages seem to be returned to the mind that made it. 2 And these messages bear witness to this world, pronouncing it as true. 3 For you sent forth these messengers to bring this back to you. 4 Everything these messages relay to you is quite external. 5 There are no messages that speak of what lies underneath, for it is not the body that could speak of this. 6 Its eyes perceive it not; its senses remain quite unaware of it; its tongue cannot relay its messages. 7 ***Yet God can bring you there, if you are willing to follow the Holy Spirit through seeming terror, trusting Him not to abandon you and leave you there. 8 For it is not His purpose to frighten you, but only yours. 9 You are severely tempted to abandon Him at the outside ring of fear, but He would lead you safely through and far beyond.***

T-18.IX.4. The circle of fear lies just below the level the body sees, and seems to be the whole foundation on which the world is based. 2 Here are all the illusions, all the twisted thoughts, all the insane attacks, the fury, the vengeance and betrayal that were made to keep the guilt in place, so that the world could rise from it and keep it hidden. 3 Its shadow rises to the surface, enough to hold its most external manifestations in darkness, and to bring despair and loneliness to it and keep it joyless. 4 Yet its intensity is veiled by its heavy coverings, and kept apart from what was made to keep it hidden. 5 The body cannot see this, for the body arose from this for its protection, which depends on keeping it not seen. 6 The body's eyes will never look on it. 7 Yet they will see what it dictates.

T-18.IX.5. The body will remain guilt's messenger, and will act as it directs as long as you believe that guilt is real. 2 For the reality of guilt is the illusion that seems to make it heavy and opaque, impenetrable, and a real foundation for the ego's thought system. 3 Its thinness and transparency are not apparent until you see the light behind it. 4 And then you see it as a fragile veil before the light.
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T-18.IX.6. This heavy-seeming barrier, this artificial floor that looks like rock, is like a bank of low dark clouds that seem to be a solid wall before the sun. 2 Its impenetrable appearance is wholly an illusion. 3 It gives way softly to the mountain tops that rise above it, and has no power at all to hold back anyone willing to climb above it and see the sun. 4 It is not strong enough to stop a button's fall, nor hold a feather. 5 Nothing can rest upon it, for it is but an illusion of a foundation. 6 Try but to touch it and it disappears; attempt to grasp it and your hands hold nothing.

T-18.IX.7. Yet in this cloud bank it is easy to see a whole world rising. 2 A solid mountain range, a lake, a city, all rise in your imagination, and from the clouds the messengers of your perception return to you, assuring you that it is there. 3 Figures stand out and move about, actions seem real, and forms appear and shift from loveliness to the grotesque. 4 And back and forth they go, as long as you would play the game of children's make-believe. 5 Yet however long you play it, and regardless of how much imagination you bring to it, you do not confuse it with the world below, nor seek to make it real.

T-18.IX.8. So should it be with the dark clouds of guilt, no more impenetrable and no more substantial. 2 You will not bruise yourself against them in traveling through. 3 Let your Guide teach you their unsubstantial nature as He leads you past them, for beneath them is a world of light whereon they cast no shadows. 4 Their shadows lie upon the world beyond them, still further from the light. 5 Yet from them to the light their shadows cannot fall.

T-18.IX.9. This world of light, this circle of brightness is the real world, where guilt meets with forgiveness. 2 Here the world outside is seen anew, without the shadow of guilt upon it. 3 Here are you forgiven, for here you have forgiven everyone. 4 Here is the new perception, where everything is bright and shining with innocence, washed in the waters of forgiveness, and cleansed of every evil thought you laid upon it. 5 Here there is no attack upon the Son of God, and you are welcome. 6 Here is your innocence, waiting to clothe you and protect you, and make you ready for the final step in the journey inward. 7 Here are the dark and heavy garments of guilt laid by, and gently replaced by purity and love.

4. T.24.VI. 4. **Forget not that the healing of God's Son is all the world is for.** 2 That is the only purpose the Holy Spirit sees in it, and thus the only one it has. 3 Until you see the healing of the Son as all you wish to be accomplished by the world, by time and all appearances, you will not know the Father nor yourself. 4 For you will use the world for what is not its purpose, and will not escape its laws of violence and death. 5 Yet it is given you to be beyond its laws in all respects, in every way and every circumstance, in all temptation to perceive what is not there, and all belief God's Son can suffer pain because he sees himself as he is not.

T-24.VI.5. Look on your brother, and behold in him the whole reversal of the laws that seem to rule this world. 2 See in his freedom yours, for such it is. 3 Let not his specialness obscure the truth in him, for not one law of death you bind him to will you escape. 4 And not one sin you see in him but keeps you both in hell. 5 Yet will his perfect sinlessness release you both, for holiness is quite impartial, with one judgment made for all it looks upon. 6 And that is made, not of itself, but through the Voice that speaks for God in everything that lives and shares His Being.

5. T.21.II. 2. This is the only thing that you need do for vision, happiness, release from pain and the complete escape from sin, all to be given you. 2 Say only this, but mean it with no reservations, for here the power of salvation lies:

3 I am responsible for what I see.

4 I choose the feelings I experience, and I decide upon the goal I would achieve.

5 And everything that seems to happen to me I ask for, and receive as I have asked.

6 Deceive yourself no longer that you are helpless in the face of what is done to you. 7 Acknowledge but that you have been mistaken, and all effects of your mistakes will disappear.

T-21.II.3. It is impossible the Son of God be merely driven by events outside of him. 2 It is impossible that happenings that come to him were not his choice. 3 His power of decision is the determiner of every situation in which he seems to find himself by chance or accident. 4 No accident nor chance is possible within the universe as God created it, outside of which is nothing. 5 Suffer, and you decided sin was your goal. 6 Be happy, and you gave the power of decision to Him Who must decide for God for you. 7 This is the little gift you offer to the Holy Spirit, and even this He gives to you to give yourself. 8 For by this gift is given you the power to release your savior, that he may give salvation unto you.

6. W.L.135. 18. **What could you not accept, if you but knew that everything that happens, all events, past, present and to come, are gently planned by One Whose only purpose is your good?**

2 Perhaps you have misunderstood His plan, for He would never offer pain to you. 3 But your defenses did not let you see His loving blessing shine in every step you ever took. 4 While you made plans for death, He led you gently to eternal life.

W-135.19. Your present trust in Him is the defense that promises a future undisturbed, without a trace of sorrow, and with joy that constantly increases, as this life becomes a holy instant, set in time, but heeding only immortality. 2 Let no defenses but your present trust direct the future, and this life becomes a meaningful encounter with the truth that only your defenses would conceal.

W-135.20. Without defenses, you become a light which Heaven gratefully acknowledges to be its own. 2 And it will lead you on in ways appointed for your happiness according to the ancient plan, begun when time was born. 3 Your followers will join their light with yours, and it will be increased until the world is lighted up with joy. 4 And gladly will our brothers lay aside their cumbersome defenses, which availed them nothing and could only terrify.

W-135.21. We will anticipate that time today with present confidence, for this is part of what was planned for us. 2 We will be sure that everything we need is given us for our accomplishment of this

today. 3 We make no plans for how it will be done, but realize that our defenselessness is all that is required for the truth to dawn upon our minds with certainty.

W-135.22. For fifteen minutes twice today we rest from senseless planning, and from every thought that blocks the truth from entering our minds. 2 Today we will receive instead of plan, that we may give instead of organize. 3 And we are given truly, as we say:

4 If I defend myself I am attacked. 5 But in defenselessness I will be strong, and I will learn what my defenses hide.

W-135.23. Nothing but that. 2 If there are plans to make, you will be told of them. 3 They may not be the plans you thought were needed, nor indeed the answers to the problems which you thought confronted you. 4 But they are answers to another kind of question, which remains unanswered yet in need of answering until the Answer comes to you at last.

W-135.24. All your defenses have been aimed at not receiving what you will receive today. 2 And in the light and joy of simple trust, you will but wonder why you ever thought that you must be defended from release. 3 Heaven asks nothing. 4 It is hell that makes extravagant demands for sacrifice. 5 You give up nothing in these times today when, undefended, you present yourself to your Creator as you really are.

W-135.25. He has remembered you. 2 Today we will remember Him. 3 For this is Eastertime in your salvation. 4 And you rise again from what was seeming death and hopelessness. 5 Now is the light of hope reborn in you, for now you come without defense, to learn the part for you within the plan of God. 6 What little plans or magical beliefs can still have value, when you have received your function from the Voice for God Himself?

7. W.L.193. 9. **All things are lessons God would have you learn.** 2 He would not leave an unforgiving thought without correction, nor one thorn or nail to hurt His holy Son in any way. 3 He would ensure his holy rest remain untroubled and serene, without a care, in an eternal home which cares for him. 4 And He would have all tears be wiped away, with none remaining yet unshed, and none but waiting their appointed time to fall. 5 For God has willed that laughter should replace each one, and that His Son be free again.

8. T.C.21. 1. Projection makes perception. 2 **The world you see is what you gave it, nothing more than that. 3 But though it is no more than that, it is not less. 4 Therefore, to you it is important. 5 It is the witness to your state of mind, the outside picture of an inward condition.** 6 As a man thinketh, so does he perceive. 7 Therefore, seek not to change the world, but choose to change your mind about the world. 8 Perception is a result and not a cause. 9 And that is why order of difficulty in miracles is meaningless. 10 Everything looked upon with vision is healed and holy. 11 Nothing perceived without it means anything. 12 And where there is no meaning, there is chaos.

T-21.in.2. Damnation is your judgment on yourself, and this you will project upon the world. 2 See it as damned, and all you see is what you did to hurt the Son of God. 3 If you behold disaster and catastrophe, you tried to crucify him. 4 If you see holiness and hope, you joined the Will of God to set him free. 5 There is no choice that lies between these two decisions. 6 And you will see the witness to the choice you made, and learn from this to recognize which one you chose. 7 The world you see but shows you how much joy you have allowed yourself to see in you, and to accept as yours. 8 And, if this <is> its meaning, then the power to give it joy must lie within you.

9. W.L.216. (196) **It can be but myself I crucify.**

2 All that I do I do unto myself. 3 If I attack, I suffer. 4 But if I forgive, salvation will be given me.

10. T.C.12. 9. You who have tried to banish love have not succeeded, but you who choose to banish fear must succeed. 2 The Lord is with you, but you know it not. 3 Yet your Redeemer liveth, and abideth in you in the peace out of which He was created. 4 Would you not exchange this awareness for the awareness of fear? 5 When we have overcome fear—not by hiding it, not by minimizing it, and not by denying its full import in any way—this is what you will really see. 6 You cannot lay aside the obstacles to real vision without looking upon them, for to lay aside means to judge against. 7 If you will look, the Holy Spirit will judge, and He will judge truly. 8 Yet He cannot shine away what you keep hidden, for you have not offered it to Him and He cannot take it from you. T-12.II.10. We are therefore embarking on an organized, well-structured and carefully planned program aimed at learning how to offer to the Holy Spirit everything you do not want. 2 He knows what to do with it. 3 You do not understand how to use what He knows. 4 **Whatever is given Him that is not of God is gone. 5 Yet you must look at it yourself in perfect willingness, for otherwise His knowledge remains useless to you.** 6 Surely He will not fail to help you, since help is His only purpose. 7 Do you not have greater reason for fearing the world as you perceive it, than for looking at the cause of fear and letting it go forever?

11. W.L.5. **I am never upset for the reason I think.**

W-5.1. This idea, like the preceding one, can be used with any person, situation or event you think is causing you pain. 2 Apply it specifically to whatever you believe is the cause of your upset, using the description of the feeling in whatever term seems accurate to you. 3 The upset may seem to be fear, worry, depression, anxiety, anger, hatred, jealousy or any number of forms, all of which will be perceived as different. 4 This is not true. 5 However, until you learn that form does not matter, each form becomes a proper subject for the exercises for the day. 6 Applying the same idea to each of them separately is the first step in ultimately recognizing they are all the same.

W-5.2. When using the idea for today for a specific perceived cause of an upset in any form, use both the name of the form in which you see the upset, and the cause which you ascribe to it. 2 For example:

3 I am not angry at ___ for the reason I think.

4 I am not afraid of ___ for the reason I think.

12. W.L.336. Forgiveness lets me know that minds are joined.

W-336.1. **Forgiveness is the means appointed for perception's ending. 2**

Knowledge is restored after perception first is changed, and then gives way entirely to what remains forever past its highest reach. 3 For sights and sounds, at best, can serve but to recall the memory that lies beyond them all. 4 Forgiveness sweeps away distortions, and opens the hidden altar to the truth. 5 Its lilies shine into the mind, and call it to return and look within, to find what it has vainly sought without. 6 For here, and only here, is peace of mind restored, for this the dwelling place of God Himself.

W-336.2. <In quiet may forgiveness wipe away my dreams of separation and of sin. 2 Then let me, Father, look within, and find Your promise of my sinlessness is kept; Your Word remains unchanged within my mind, Your Love is still abiding in my heart.>

13. T.11. **The Dynamics Of The Ego.** V. 2. What is healing but the removal of all that stands in the way of knowledge? 2 And how else can one dispel illusions except by looking at them

directly, without protecting them? 3 Be not afraid, therefore, for what you will be looking at is the source of fear, and you are beginning to learn that fear is not real. 4 You are also learning that **its effects can be dispelled merely by denying their reality.** p202 5 The next step is obviously to recognize that what has no effects does not exist. 6 Laws do not operate in a vacuum, and what leads to nothing has not happened. 7 If reality is recognized by its extension, what leads to nothing could not be real. 8 Do not be afraid, then, to look upon fear, for it cannot be seen. 9 Clarity undoes confusion by definition, and to look upon darkness through light must dispel it.

T-11.V.3. Let us begin this lesson in "ego dynamics" by understanding that the term itself does not mean anything. 2 It contains the very contradiction in terms that makes it meaningless. 3 "Dynamics" implies the power to do something, and the whole separation fallacy lies in the belief that the ego <has> the power to do anything. 4 The ego is fearful to you because you believe this. 5 Yet the truth is very simple:

6 All power is of God.

7 What is not of Him has no power to do anything.

14. T.C.26. 8. Nothing gives meaning where no meaning is. 2 And truth needs no defense to make it true. 3 Illusions have no witnesses and no effects. 4 Who looks on them is but deceived. 5 ***Forgiveness is the only function here***, and serves to bring the joy this world denies to every aspect of God's Son where sin was thought to rule. 6 Perhaps you do not see the role forgiveness plays in ending death and all beliefs that rise from mists of guilt. 7 Sins are beliefs that you impose between your brother and yourself. 8 They limit you to time and place, and give a little space to you, another little space to him. 9 This separating off is symbolized, in your perception, by a body which is clearly separate and a thing apart. 10 Yet what this symbol represents is but your wish to <be> apart and separate.

T-26.VII.9. Forgiveness takes away what stands between your brother and yourself. 2 It is the wish that you be joined with him, and not apart. 3 We call it "wish" because it still conceives of other choices, and has not yet reached beyond the world of choice entirely. 4 Yet is this wish in line with Heaven's state, and not in opposition to God's Will. 5 Although it falls far short of giving you your full inheritance, it does remove the obstacles that you have placed between the Heaven where you are, and recognition of where and what you are. 6 Facts are unchanged. 7 Yet facts can be denied and thus unknown, though they were known before they were denied.

15. W.L.62. **Forgiveness is my function as the light of the world.**

W-62.1. It is your forgiveness that will bring the world of darkness to the light. 2 It is your forgiveness that lets you recognize the light in which you see. 3 Forgiveness is the demonstration that you are the light of the world. 4 Through your forgiveness does the truth about yourself return to your memory. 5 Therefore, in your forgiveness lies your salvation.

W-62.2. Illusions about yourself and the world are one. 2 That is why all forgiveness is a gift to yourself. 3 Your goal is to find out who you are, having denied your Identity by attacking creation and its Creator. 4 Now you are learning how to remember the truth. 5 For this attack must be replaced by forgiveness, so that thoughts of life may replace thoughts of death.

W-62.3. Remember that in every attack you call upon your own weakness, while each time you forgive you call upon the strength of Christ in you. 2 Do you not then begin to understand what forgiveness will do for you? 3 It will remove all sense of weakness, strain and fatigue from your mind. 4 It will take away all fear and guilt and pain. 5 It will restore the invulnerability and power God gave His Son to your awareness.

W-62.4. Let us be glad to begin and end this day by practicing today's idea, and to use it as frequently as possible throughout the day. 2 It will help to make the day as happy for you as God wants you to be. 3 And it will help those around you, as well as those who seem to be far away in space and time, to share this happiness with you.

2 Forgiveness is my function as the light of the world. 3 I would fulfill my function that I may be happy.

16. T.C.18.IV. 4. **The holy instant does not come from your little willingness alone. 2 It is always the result of your small willingness combined with the unlimited power of God's Will.** 3 You have been wrong in thinking that it is needful to prepare yourself for Him. 4 It is impossible to make arrogant preparations for holiness, and not believe that it is up to you to establish the conditions for peace. 5 God has established them. 6 They do not wait upon your willingness for what they are. 7 Your willingness is needed only to make it possible to teach you what they are. 8 If you maintain you are unworthy of learning this, you are interfering with the lesson by believing that you must make the learner different. 9 You did not make the learner, nor can you make him different. 10 Would you first make a miracle yourself, and then expect one to be made <for> you?

T-18.IV.5. You merely ask the question. 2 The answer is given. 3 Seek not to answer, but merely to receive the answer as it is given. 4 In preparing for the holy instant, do not attempt to make yourself holy to be ready to receive it. 5 That is but to confuse your role with God's. 6 Atonement cannot come to those who think that they must first atone, but only to those who offer it nothing more than simple willingness to make way for it. 7 Purification is of God alone, and therefore for you. 8 Rather than seek to prepare yourself for Him, try to think thus:

9 I who am host to God am worthy of Him.

10 He Who established His dwelling place in me created it as He would have it be.

11 It is not needful that I make it ready for Him, but only that I do not interfere with His plan to restore to me my own awareness of my readiness, which is eternal.

12 I need add nothing to His plan. p381

13 But to receive it, I must be willing not to substitute my own in place of it.

17. W.L.132, **I Loose The World From What I Thought It Was.** 4. The world is nothing in itself. 2 Your mind must give it meaning. 3 And what you behold upon it are your wishes, acted out so you can look on them and think them real. 4 Perhaps you think you did not make the world, but came unwillingly to what was made already, hardly waiting for your thoughts to give it meaning. 5 Yet in truth you found exactly what you looked for when you came.

W-132.5. **There is no world apart from what you wish, and herein lies your ultimate release. 2 Change but your mind on what you want to see, and all the world must change accordingly. 3 Ideas leave not their source.** 4 This central theme is often stated in the text, and must be borne in mind if you would understand the lesson for today. 5 It is not pride which tells you that you made the world you see, and that it changes as you change your mind.

W-132.6. But it is pride that argues you have come into a world quite separate from yourself, impervious to what you think, and quite apart from what you chance to think it is. 2 There is no world! **3 This is the central thought the course attempts to teach. 4 Not everyone is ready to accept it, and each one must go as far as he can let himself be led along the road to truth. 5 He will return and go still farther, or perhaps step back a while and then return again.**

W-132.7. **But healing is the gift of those who are prepared to learn there is no world, and can accept the lesson now.** 2 Their readiness will bring the lesson to them in some form which they can understand and recognize. 3 Some see it suddenly on point of death, and

rise to teach it. 4 Others find it in experience that is not of this world, which shows them that the world does not exist because what they behold must be the truth, and yet it clearly contradicts the world. W-132.8. And some will find it in this course, and in the exercises that we do today. 2 Today's idea is true because the world does not exist. 3 And if it is indeed your own imagining, then you can loose it from all things you ever thought it was by merely changing all the thoughts that gave it these appearances. 4 The sick are healed as you let go all thoughts of sickness, and the dead arise when you let thoughts of life replace all thoughts you ever held of death.

18. W.L.62. ***Forgiveness is my function as the light of the world.***

W-62.1. It is your forgiveness that will bring the world of darkness to the light. 2 It is your forgiveness that lets you recognize the light in which you see. 3 Forgiveness is the demonstration that you are the light of the world. 4 Through your forgiveness does the truth about yourself return to your memory. 5 Therefore, in your forgiveness lies your salvation.

W-62.2. Illusions about yourself and the world are one. 2 That is why all forgiveness is a gift to yourself. 3 Your goal is to find out who you are, having denied your Identity by attacking creation and its Creator. 4 Now you are learning how to remember the truth. 5 For this attack must be replaced by forgiveness, so that thoughts of life may replace thoughts of death.

W-62.3. Remember that in every attack you call upon your own weakness, while each time you forgive you call upon the strength of Christ in you. 2 Do you not then begin to understand what forgiveness will do for you? 3 It will remove all sense of weakness, strain and fatigue from your mind. 4 It will take away all fear and guilt and pain. 5 It will restore the invulnerability and power God gave His Son to your awareness.

W-62.4. Let us be glad to begin and end this day by practicing today's idea, and to use it as frequently as possible throughout the day. 2 It will help to make the day as happy for you as God wants you to be. 3 And it will help those around you, as well as those who seem to be far away in space and time, to share this happiness with you.

W-62.5. As often as you can, closing your eyes if possible, say to yourself today:

2 Forgiveness is my function as the light of the world. 3 I would fulfill my function that I may be happy.