We say "God is," and then we cease to speak (W-pl.169:5:4) Oneness joined as One (T-25.I.7:1) And then your Father will lean down to you and take the last Non-Duality Mind = God (Cause) = Heaven = Oneness = Spirit = Christ (Effect) = Perfect Love = Knowledge = Truth = Life = Reality = Will = Creation = Light = Changelessness = Timeless = Eternity step for you, by raising you unto Himself (T-11.VIII.15:5) The Ladder of Prayer (S-1.II) Son of God = decision maker = observer = the part of "tiny, mad idea" (T-27.VIII.6:2) = dream / thought **Duality** mind (S1) Atonement of separation = original sin = the fall of man The 'mythology' of the four splits (KW) the mind that chooses between the wrong mind (ego) and the right mind (Holy Spirit) The Voice for God is your voice, split # 1 (S1) - "the tiny mad idea" = consciousness (mind) (T-3.IV.2:1-2) because you are Christ a period of This is the "you" that Jesus is referring to in the course split # 2 (S2) - mind splits into right mind, wrong mind, decision maker achievement real world [The phrase "decision maker" appears only once in ACIM (M-5.II.1:7). the only 'problem' split # 3 (S3) - decision maker chooses the borderland (M-4.I.A.8:1)It was a term introduced by FACIM for teaching purposes] **wrong mind** & the ego (wrong mind) purposively makes S2) cause = content = split mind = source up a story about sin, guilt & fear in order to motivate the Son (s₃) wrong mind = ego right mind = Holy Spirit happy dreams of God to want to leave the mind the dreamer of the dream (T-27.VII) = puppeteer separation is real separation never happened = split # 4 (S4) - wrong mind (thought of separation, sin, a period of **Atonement principle** (T-6.II.10:7) trans-temporal, non-spatial = outside of time and space guilt & fear) seemingly projected outside the mind, ideas leave their source ideas leave not their source unsettling resulting in the illusory world of time (past=sin, "dark night levels of mind (DH) error is real (serious) error is not real (silly dream met with present=guilt, future=fear) and space (separation) of the soul" (M-4.I.A.7:1)desire -> belief -> thought -> emotion -> perception gentle laughter) Whenever the mind splits, its new condition is hologram of hatred (darkness) hologram of correction (light) This is a course in **cause** and not effect. (T-21.VII.6:8) reality to it, and its former condition is denied and The miracle is the first step in giving back to cause sin-guilt-fear forgiveness All inclusive, abstract, forgotten (TDOTU p.131) the function of causation, not effect. (T-28.II.9:3) of oneself non-specific Love a period of destruction of heaven = sin forgiveness true perception The miracle establishes you dream a dream, and crucifixion of his son = quilt = self hatred settling down innocent victim victimizer holy instant **Christ Vision** that its content is not true. (T-28.II.7:1) specifics abstract guilt demands punishment = **fear** of retribution (M-4.I.A.6:1)(fear) (sin-guilt) salvation happy dream **Jesus** projection miracle healing real world reason the secret dream (T-27.VII.11:7) forgiveness forgiveness the original special relationship holy relationship Projection makes perception. The world of others to destroy The **miracle** does not awaken you, but merely projection of quilt extension of love you see is...the outside picture of an inward shows you who the dreamer is. (T-28.II.4:2) a period of battleground of victimization above the battleground (T-23.IV) condition....seek not to change the world, shared shared interests = together or relinquishment separate interests = one or the other but choose to change your mind about The task of the miracle worker thus becomes to purpose kill or be killed (M-17.7:11) not at all (T-19.IV-D.12:8) the world. (T-21.in.1:1,5,7) (M-4.I.A.5:1)deny the denial of truth. (T-12 II.1) For you specialness pain separation The **memory of God** have answered "yes" without perceiving that Ideas leave not their source, and their individuality death differences The Voice for God (T-5.II) "yes" must mean "not no." (T-12.VII.12) effects but seem to be apart from them. Ideas shared separate selfishness sacrifice stately calm within (T-18.I.8:3) judgment are of the mind. What is projected out, and interests interests "The Course can be summarized as a journey scarcity, lack murder attack quiet center (T-18.VII.8:2) seems to be external to the mind, is not a period of from mindlessness to mindfulness through the outside at all, but an effect of what is in, and sorting out mindfulness process of forgiveness" (KW) has not left its source. (T-26.VII.4:7-8) inclusive exclusive (M-4.I.A.4:1)-denial (veil of forgetfulness)-Effect and cause are first split off [denial], and then mindlessness effect = form = body = symbol reversed [projection], so that effect becomes a cause; differences same the cause effect. This is the separations final step... Illusory world of time (past = sin, present = guilt, future figure in the dream = puppet a period of projection = fear) and space (separation) (T-28.II.8:8;9:1) the "hero" of the dream undoing big bang = shattered pane of glass = world of multiplicity Each day, and every minute in each day, and every instant (T-27.VIII) battleground/prison classroom (M-4.I.A.3:1)hiding place, distraction, smokescreen that each minute holds, you but relive the single instant innocent victim victimizer We experience Jesus or the Holy lack/scarcity = deprivation innocent victim = when the time of terror took the place of love. (T-26.V.13:1) (sin-guilt) (fear) Spirit as being separate from us dreaming of the world (T-27.VII.11:6) = body (brain, psyche) I exist but it's not my fault effect cause Of one thing you were sure: Of all the many causes problems (pleasure/pain, sickness) & solutions (magic) (KW) you perceived as bringing pain and suffering to you, battleground = one or the other = kill or be killed prison classroom your guilt was not among them. (T-27.VII.7:4) For you have barely started to allow your first, uncertain steps to be directed up the There is no world! This is the central thought the course attempts to teach. (W-pl.132.6:2-3) ladder separation led you down. (T-28.III.1:2) Eventually everyone begins to The idea for today introduces the thought that you are not trapped in the world you Three steps of Forgiveness (KW) recognize, however dimly, that there must be a better way. (T-2.III.3:5-6) see, because its cause can be changed. This change requires, first, that the cause 1. Reverse the projection, realizing that the guilt is not in another but in your mind At the bottom of the ladder: be identified and then let go, so that it can be replaced. The first two steps in this 2. Gently look at the guilt in your mind with the Love of Jesus or the Holy Spirit beside you We believe we are bodies living in the world and that we have physical and process require your cooperation. The final one does not. (W-pl.23.5:1-4) 3. Let Jesus or the Holy Spirit remove the guilt from your mind once you have released it to them psychological needs that have to be met, otherwise we cannot exist Three steps of **Forgiveness** (**TDOTU** pp. 235-238) TRUE FORGIVENESS: A Thought Process Example (TDOTU p. 256) We no longer see the world as a prison but rather as a classroom in which we 1. Remember that you're dreaming You're not really there. If I think you are guilty or the cause of the problem, and if I made learn the Holy Spirit's lessons of undoing guilt through forgiveness 2. Forgive both your projected images and yourself for dreaming them you up, then the imagined guilt and fear must be in me. Since the separation from God As we ascend the ladder: 3. Trust the Holy Spirit and choose His strength never occurred, I forgive "both" of us for what we haven't really done. Now there is only We spend more time forgiving (i.e. watching the ego) and less time judging Forgiveness...is still, and quietly does nothing...It merely looks, and waits, and judges innocence, and I join with the Holy Spirit in peace. We become acutely aware of the price we are paying by identifying with the ego not. (W-pII.1.4:1,3) No one can escape from illusions unless he looks at them, for not looking is the way We also become aware of our resistance to letting go of the ego thought system I am immortal spirit. The body is just an image. It has nothing to do with what I am. (YIR p. 78) they are protected. There is no need to shrink from illusions, for they cannot be We become less identified as a body and more identified as a mind Holy Spirit, please help me to forgive myself for using to attack myself and to separate dangerous. We are ready to look more closely at the ego's thought system because

We finally realize there are only two choices and that only one of them is real undo this error quietly together (T-11.V.1:1-4,6) You are spirit. Whole and innocent. All is forgiven and released. (YIR p. 80) © Copyright MKM 08/24/14 http://acim.mkmtrading.net KW = Ken Wapnick NS = Nouk Sanchez DH = David Hoffmeister TDOTU = Gary Renard The Disappearance of the Universe YIR = Gary Renard Your Immortal Reality LHFNO = Gary Renard Love Has Forgotten No One

from your Love as my Holy Self (NS)

together we have the lamp that will dispel it...Let us be very calm in doing this...We will

It becomes clearer that all of our problems are the same (i.e. generalization)

The Laws of Chaos 1. The truth is different for everyone (T-23.II.2:1)

- 2. Each one must sin, and therefore deserves attack and death (T-23.II.4:1) 3. God...must accept His Son's belief in what he is, and hate him for it (T-23.II.6:5-6)
- 4. The belief that you have what you have taken (T-23.II.9:2-3)
- 5. There is a substitute for love (T-23.II.12:3-4)
- The Obstacles to Peace (T-19.IV)

T-19.IV.A The First Obstacle: The Desire to Get Rid of It T-19.IV.A.i The Attraction of Guilt

- T-19.IV.B The Second Obstacle: The Belief the Body is Valuable for What It Offers
- T-19.IV.B.i The Attraction of Pain
- T-19.IV.C The Third Obstacle: The Attraction of Death T-19.IV.C.i The Incorruptible Body
- T-19.IV.D The Fourth Obstacle: The Fear of God
- T-19.IV.D.i The Lifting of the Veil In any situation in which you are uncertain, the first thing to consider, very simply, is
- "What do I want to come of this? What is it for?" The clarification of the goal belongs at the beginning, for it is this which will determine the outcome. (T-17.VI.2:1-3)
- would not react at all to figures in a dream you knew you were dreaming. Let them be as hateful and as vicious as they may, they could have no effect on you unless you failed to recognize it is your dream. (T-27-VIII.10:1,5-7)

Temptation has one lesson it would teach, in all its forms, wherever it occurs. It would

persuade the holy Son of God he is a body, born in what must die, unable to escape it's

The secret of salvation is but this: That you are doing this unto yourself...For you

frailty, and bound by what it orders him to feel. (T-31.VIII.1:1-2) Into eternity, where all is one, there crept a tiny, mad idea, at which the Son of God remembered not to laugh. In his forgetting did the thought become a serious idea, and possible of both accomplishment and real effects. Together, we can laugh them both away, and understand that time cannot intrude upon eternity. It is a joke to think that time can come to circumvent eternity, which means there is no time. (T-27.VIII.6:2-5)

mistake, held also the Correction for that one, and all of them that came within the first. And in that tiny instant time was gone, for that was all it ever was. What God gave answer to is answered and is gone. (T-26.V.3:5-7) Time seems to go in one direction, but when you reach its end it will roll up like a long

The tiny tick of time in which the first mistake was made, and all of them within that one

carpet spread along the past behind you, and will disappear. (T-13.I.3:5) The revelation that the Father and the Son are one will come in time to every mind. Yet is that time determined by the mind itself, not taught.

The time is set already. It appears to be quite arbitrary. Yet there is no step along the road that anyone takes but by chance. It has already been taken by him, although he has not yet embarked on it. For time but seems to go in one direction . We but undertake a journey that is over. Yet it seems to have a future still unknown to us. **Time** is a trick, a sleight of hand, a vast illusion in which figures seem to come and go as

if by magic. Yet there is a plan behind appearances that does not change. The script is written. When experience will come to end your doubting has been set. For we but see the journey from the point at which it ended, looking back on it, imagining we make it once again; reviewing mentally what has gone by. (W-pl.158.2:7-8;3:1-2;4:1-5) If this were the real world, God would be cruel. For no Father could subject His children to this as the price of salvation and be loving. (T-13.in.3:1-2) If God is real, there

Resign now as your own teacher...for you were badly taught. (T-12.V.8:3;T-28.I.7:1) To learn this course requires willingness to question every value that you hold (T-24.in.2:1 This course requires almost nothing of you. It is impossible to imagine one that asks so little, or could offer more. (T-20.VII.1:7-8)

is no pain. If pain is real, there is no God. (W-pl.190.3:3-4)

And who could weep but for his innocence? (P-2.IV.1:7)

Beware of the temptation to perceive yourself unfairly treated. (T-26.X.4:1) ...a slight twinge of annoyance is nothing but a veil drawn over intense fury. (W-pl.21.2:5) Anger is never justified. (T-30.VI.1:1) All anger is nothing more than an attempt to make

someone feel guilty,...(T-15.VII.10:3) ..everyone who wanders in the world uncertain, lonely, and in constant fear. (T-31.VIII.7:1)...a dry and dusty world, where starved and thirsty creatures come to die. (W-pll.13.5:1)

The world you see is the delusional system of those made mad by guilt. (T-13.in.2:2)

The Three Steps of Forgiveness 1) I recognize that the darkness is not in another, but in myself. This does not deny the

awakening in God. (LHFNO p.138)

no secret we are healed (T-27.VIII.13:9).

A Course in Miracles, p 137-138

to your slightest invitation:

darkened spots of sin in someone, but only that they are irrelevant to my perception. I understand that the darkness I made real in you by my reaction, originated in me, and thus I recall the projection and remove the wall I had placed between us. This is a painful step, for in the instant of recognition the pain of my guilt returns to awareness. I realize (from Lesson 190) the gun pointed at me is not held by your hand, but my own. In other words, the guilt is not in you. I am the secret murderer. 2) I now understand, with Jesus' love beside me, that not only is it an illusion that you were the killer, the fact that I am a killer is an illusion, too. I made up the guilt in you because I made it up in me. Heaven's Love was only believed to be destroyed. It truth, not one note in its joyous song of oneness was lost (T-26.V.5:4). Recognizing this happy fact completes my part in the Atonement, and the wall between my self and Self dissolves into nothingness. 3) We are taught this step is not our responsibility. Once I look at the guilt I put in you and recall it, realizing it was only my dark fantasy, I have fulfilled my part. I looked at guilt without judgment, and remembered to laugh at the tiny, mad idea of separation, which allowed it to dissolve into the Holy Spirit's gentle laughter (T-27.VIII.6:2;9:1). If I become afraid of love again, I need but let the tender hand of Jesus touch another's pain, and immediately his light of truth abolishes the darkness of illusion, as we together return to the

I am innocent, and nothing has happened. The Holy Spirit knows What I am. I am

Therefore, the first step in the undoing is to recognize that you actively decided wrongly, but can as actively decide otherwise. Be very firm with yourself in this, and keep yourself fully aware that the undoing process, which does not come from you, is nevertheless within you because God placed it there. Your part is merely to return your thinking to the point at which the error was made, and give it over to the Atonement in peace. Say

this to yourself as sincerely as you can, remembering that the Holy Spirit will respond fully

place of truth we believed we had abandoned for the ego's home of separation and guilt.

is the light of forgiveness, which shines the way to the home we never left. And thus it is

Ken Wapnick, Ending Our Resistance to Love: From Dissociation to Acceptance of

The secret walls of defense are no longer needed, and so have disappeared. In their place

I made the decision myself, but I can also decide otherwise. I want to decide otherwise, because I want to be at peace.

I must have decided wrongly because I am not at peace.

decision if I will let Him. I choose to let Him, by allowing Him to decide for God for me. (T-5.VII.6:3-11) forgiveness looking at our specialness with the Holy Spirit or Jesus, without guilt or

I do not feel quilty, because the Holy Spirit will undo all the consequences of my wrong

judgment: our special function that shifts perception of another as "enemy" (special hate) or "savior-idol" (special love) to brother or friend, removing all projections of guilt from him; the expression of the miracle or vision of Christ, that sees all people united in the Sonship of God, looking beyond the seeming differences that reflect separation: thus, perceiving sin as real makes true forgiveness impossible; the recognition that what we thought was done to us we did to ourselves, since we are responsible for our scripts, and therefore only we can deprive ourselves of the peace of God: thus, we forgive others for what they have not done to us, not for what they have done. looking at our ego the essence of forgiveness: looking with the Holy Spirit's or Jesus' nonjudgmental gentleness and patience at our ego thought system; since it is guilt that

prevents us from looking at our specialness, thus sustaining the ego and keeping its true nature hidden, it is looking without judgment at our attack thoughts that undoes the ego: thus, looking at the ego without guilt and fear is the essence of the Atonement. bringing darkness (illusions) to the light (truth) the process of undoing denial and dissociation, expressing the decision to bring our guilt to the light of the Holy Spirit to be looked at and forgiven, rather than fearfully keeping it in the darkness of our unconscious

pain, bringing them to truth is healing and salvation. Ken Wapnick, Glossary-Index for a Course in Miracles, Sixth Edition, copyright FACIM, Temecula, CA

minds where it could never be seen and undone; living in illusions brings sickness and

I do not know the thing I am, and therefore do not know what I am doing, where I am, or how to look upon the world or myself.

There is no statement that the world is more afraid to hear than this:

Yet in this learning is salvation born. And What you are will tell you of Itself. (T-31.V.17:6-9) Sickness is a decision. It is not a thing that happens to you, quite unsought, which

makes you weak and brings you suffering. It is a choice you make, a plan you lay, when for an instant truth arises in your own deluded mind, and all your world appears to totter and prepare to fall. Now are you sick, that truth may go away and threaten your establishments no more. (W-pl.136.7) It is essential to realize that all defenses do what they would defend. The underlying basis for their effectiveness is that they offer what they defend. (T-17.IV.7.1-2)

almost impossible to perceive it once was one, and still is what it was. That one error, which brought truth to illusion, infinity to time, and life to death, was all you ever made. Your whole world rests upon it. Everything you see reflects it, and every special relationship that you have ever made is part of it....You do not realize the magnitude of that one error. (T-18.1.4:1-5;5:2;6) Trials are but lessons that you failed to learn presented once again, so where you made a

faulty choice before you now can make a better one, and thus escape all pain that what

you chose before has brought you. (T-31.VIII.3:1)

You who believe that God is fear made but one substitution. It has taken many forms,

become so splintered and subdivided and divided again, over and over, that it is now

because it was the substitution of illusion for truth; of fragmentation for wholeness. It has

Who with the Love of God beside him would find the choice between miracles and murder hard to make? (T-23.IV.9:8) What is not love is murder. (T-23.IV.1:10) The ego believes that by punishing itself it will mitigate the punishment of God. (T-5.V.5:6) You hold a picture of your crucifixion before his [your brother] eyes, that he

may see his sins are writ in Heaven in your blood and death, and go before him, closing off the gate and damning him to hell. (T-27.1.3:2) Death seems an easy price, if they can say, "Behold me, brother, at your hand I die." (T-27.I.4:6) All that is needed is you look upon the problem as it is, and not the way that you have

set it up. (T-27.VII.2:1-2) If you perceived the **special relationship** as a triumph over God, would you want it? (T-16.V.10:1) Whenever any form of special relationship tempts you to seek for love in ritual, remember love is content, and not form of any kind. The special relationship is a

ritual of form, aimed at raising the form to take the place of God at the expense of content. There is no meaning in the form, and there never will be. The **special relationship** must be recognized for what it is; a senseless ritual in which strength is extracted from the death of God, and invested in His killer as the sign that form has triumphed over content, and love has lost its meaning. (T-16.V.12:1-4) Yet it [perception] but witnesses to what you taught. It is the outward picture of a wish; an image that you wanted to be true. (T-24.VII.8:9-10)

truth may reach to you through what you understand. (T-25.I.5:1-2) A miracle...merely looks on devastation, and reminds the mind that what it sees is false. (W-pll.13.1:1,3)

separate, too. Not that it is in truth, but that the link that has been given you to join the

The message of the crucifixion is perfectly clear: Teach only love, for that is what you are. (T-6.I.13:1-2) Teach not that I died in vain. Teach rather that I did not die by demonstrating that I live in you. (T-11.VI.7:3-4)

You were at peace until you asked for special favor. And God did not give it for the request was alien to Him...Therefore you made of him an unloving father (T-13.III.10:2-4)

Since you believe that you are separate, Heaven presents itself to you as

But the only meaningful prayer is for forgiveness, because those who have been forgiven have everything. (T-3.V.6:2)

Forgive your Father it was not His Will that you be crucified. (T-24.III.8:11) You are not really afraid of crucifixion. Your real terror is of redemption. (T-13.III.1:10-11)

The necessary condition for the holy instant does not require that you have no thoughts that

are not pure. But it does require that you have none that you would keep. (T-15.IV.9:1-2) I do not call for martyrs but for teachers. (T-6.I.16:3) To teach is to demonstrate. (M-in.2:1)

Son of God, you have not sinned, but you have been much mistaken. (T-10.V.6:1) Call it not sin but madness, for such it was and so it still remains. Invest it not with guilt, for guilt implies it was accomplished in reality. And above all, be not afraid of it. (T-18.I.6:7-9)