

## Chapter 10

# The Idols of Sickness

with Jon Mundy

Chapter 10 is 10 pages long and the shortest chapter in the Course. All the chapters contain the same message. The topic is different, the treatment is different, but the lesson is the same throughout. The message of the Course is presented in many different ways because we are so ego-bound, and we have been trained so poorly for so long, we need to hear this love song over and over again in different ways in order to learn to integrate the message of the Course into our lives.

Let's begin by looking at the first two of the Ten Commandments.

*1. Thou shalt have no other gods before me.*

*2. Thou shalt not make unto thee any grave images, or any likeness of anything that is heaven above or that is in the earth beneath, or that is in the water under the earth.*

*3. Thou shalt not bow down thyself, to them, nor serve them: For I the Lord thy God am a jealous God, visiting the iniquities of the fathers' upon the children unto the third a fourth generation of them hate me.*  
Exodus 20:3-5

According to the Book of Exodus, God is a jealous God but how could God be jealous if God does not have an ego.

***Thou shalt have no other gods before Him  
because there "are" none.***

T-4.III.6:6

***God is not jealous of the gods you make, but you are.***

***You would save them and serve them,  
because you believe that they made you.***

***You think they are your father,  
because you are projecting onto them  
the fearful fact that you made them to replace God.***

***Yet when they seem to speak to you, remember  
that nothing can replace God,***

***and whatever replacements you have attempted are nothing.***

T-10.III.8:4-7

**Narcissism and the Idol of Individuality**

The world is an illusion and we have fabricated a new God and given it the name Ego. We then worship this false-idol which we have made separate, special, and other than the one true God. The ego is a “false” God and worshipping at the foot of this idol brings us nothing except the feeling that “something is missing.”

Like Narcissus the Greek god who fell in love with his own reflection in a pool of water not realizing it was *merely an image*, we worship and adore an *image*, an *illusion* all the while, not realizing, it is merely an image. Until the mind is fully returned to the Mind of God, we are in varying degrees obsessed with the ego world. Perfect happiness equals enlightenment and enlightenment equals Knowledge of God. Although there is such a thing as perfect happiness, happiness in this world is relative and dependent upon the degree to which we are possessed by or free of the illusionary ego.

*There is no such thing as a Self-realized person.*

*A person does not remain a person after Self-realization.*

*What we think, we become.*

*All that we are arises with our thoughts.*

*With our thoughts, we make the world.*

- The Buddha

Our obsession with idols can be seen in what is currently one of the most popular shows on television, namely **American Idol** where young people are given the opportunity to see if they can become America’s next Elvis Presley, Michael Jackson, Cher, Madonna, or Lady Gaga.

Though there are exceptions, like Albert Einstein, who never took his fame seriously, many famous people, like Marilyn Monroe and Princess Diana found it very difficult to live in this world as their fame made it nearly impossible for them to find happiness.

### **Special Relationships**

Not until Chapter 15 does the Course discuss “special relationships.” Idols are Special Relationships and should be mentioned at this point as primary “forms” of idolatry. All of our relationships are special since because we “seem to” inhabit separate bodies we experience ourselves as separate from each other. Special Relationships are multi-dimensional.

***At no single instant does the body exist at all.  
It is always remembered or anticipated,  
but never experienced just “now.”  
Only its past and future make it seem real.***

T-18.VII.3:1-3

The most special relationship we all have is the relationship we have with our bodies. Ambiguous at best, we either love or hate our bodies, which is what makes them special.

### **Special Love and Special Hate**

Projection is the primary tool for special relationships. Our special relationships are the folks we love to hate and the folks we love to love. We seek out special love relationships to make ourselves feel complete. Special hate relationships are those on whom we do our projecting. What makes special hate so insidious is that every time we project, we strengthen the illusion of our projections.

Inevitably anxiety, despair, guilt and attack all enter into special relationships making the, Course says, *unnatural ego devices for joining hell and Heaven* (T-16.V.6:1). Special hate relationships are far more obvious than special love as it is clear why we find other so offensive.

***Since you cannot “not” teach,  
your salvation lies in teaching the exact opposite  
of everything the ego believes.***

T-6.III.4:1

The message of the Course can be expressed simply as:  
***the separation from God never happened.***

God cannot separate Himself from Himself. This world and our seemingly independent lives are an illusion. I know it is a double negative, never the less, that which is perfect is perfect and cannot *not* be perfect. There cannot be a false self. There cannot be an ego.

To think it is possible to existence outside of the Mind of God is dualism. Dualism “is” the split. All there is, is Oneness. There cannot be twoness. **To think it possible to be other than God is deception.** The ego is thus, actually an attack we make upon ourselves when we try to separate ourselves from God.

**The idol of idols is the ego thought system and** all the things which seem to exist “outside” of us which we turn into idols. I was watching an ad for a luxury automobile on television. The way the car was being described it was clear; it was to be worshiped as an idol. We are moving the ad said, “From a prototype to an archetype.” It was described as “Intuition released by the will of the driver, aggressive yet elegant.” The last line, “Once an Acura – always an Acura.”

Once when I was on a lecture tour, I stayed with a woman minister and her husband, a middle management executive in a large company. She was “mad as hell” at her husband and she did not hesitate to express her feelings, telling me why she was so mad, as he had recently purchased a BMW and thus saddled himself with a \$800+ per month debt for the next 6 years of his life. All because she said, he want to project his status as an executive.

### **Introduction**

***Nothing beyond yourself can make you fearful  
or loving, because nothing “is” beyond you.***

*Time and eternity are both in your mind,  
and will conflict until you perceive time solely  
as a means to regain eternity.*

***You cannot do this as long as you believe that anything  
happening to you is caused by factors outside yourself.***

*You must learn that time is solely at your disposal,  
and that nothing in the world  
can take this responsibility from you.*

***You can violate God's laws in your imagination,  
but you cannot escape from them.***

***They were established for your protection  
and are as inviolate as your safety.***

T-10.I.1-6

### **I. At Home in God**

*You do not know your creations simply because you would decide  
against them as long as your mind is split,  
and to attack what you have created is impossible.  
But remember that "it is as impossible for God."*

T-10.I.1:1-2

**God cannot be attacked and knows nothing of the arrogance of the ego.** Because we do not know ourselves as Christ, we do not know that we have the same capacity for love that God does. The ego is a fearful thought, a "wrong-minded" idea which serves as a barrier to our recognizing ourselves as a Child of God. The ego is the symbol of separation and the part of the mind that believes existence is defined by separation.

#### **Life in Heaven**

Life in Heaven is the only Life there is. Heaven is here. Heaven is now. There is no other space, there is no other place. There is no other time.

I dreamed one night that I was driving a car with my eyes closed. It was pretty scary, until within the dream, I was able to stop the car and then force myself to open my eyes. At that point I literally opened my eyes -- glad that the dream was over. It was, a warning dream -- don't go back to sleep.

***You are at home in God, dreaming of exile  
but perfectly capable of awakening to reality.  
Is it your decision to do so?***

***You recognize from your own experience that what  
you see in dreams you think is real while you are asleep.***

***Yet the instant you waken you realize that everything  
that seemed to happen in the dream  
did not happen at all.  
You do not think this strange,  
even though all the laws of what you awaken to  
were violated while you slept.***

***Is it not possible that you merely shifted  
from one dream to another, without really waking?***

T-10.I.2:1-6

The laws I awakened to told me simply that – nothing had happened. What happens first in awakening is the realization that – “you were sleeping.”

What we call life often has a dream-like, oneiric quality to it. A subscriber to *Miracles* magazine called and said, “I’m tired of being in this dream. I would really like to wake up. I would really like to be free of the body and this whole façade.” We can all sympathize with her. Many folks as they begin to awaken, seeing the disguise, the pretense, the smoke screen we call life, wish to be free of it. Approaching the end of life, we come to see the world ever more clearly for what it is – an illusion.

**The solution is not suicide.** We’re here for a reason and the best thing is to be responsible for our lives while offering as much love as we can to those around us.

**Heaven is a state of mind we never left and to which we are even now *re-turning, re-membering, re-cognizing and awakening to.*** If Heaven is a state we are awakening to, the world of everyday life is a dream. As it is, we have everything backwards. We think the world is real and Heaven is a fantasy. It is the other way around. Heaven is Reality and this world is a dream.

***You will remember everything the instant  
you desire it wholly, for if to desire wholly is to create,  
you will have willed away the separation,***

***returning your mind simultaneously to your Creator  
and your creations.***

T-IV.1:1

**Everything Is a Choice**

A repeated theme in the Course is the importance of our “willingness” to choose for the Holy Spirit instead of the ego. We are asked to let go of the worship of a false idol named ego – what the Course calls Idols of Sickness. Worshipping the ego makes us sick as it serves as a form of separation from wholeness.

*Reality does not need our decision  
but awareness of reality depends on our decision.*

Dr. Ken Wapnick

***Knowing Them [our true creations] you will have no wish to sleep,  
but only the desire to waken and be glad.***

***Dreams will be impossible because you will want only truth, and  
being at last your will, it will be yours.***

T-10.I.4:2-3

In order to be truly happy, we are called upon to correct our mistake of having chosen the ego as our teacher. We are to switch our allegiance and follow instead the Voice for God.

**II. The Decision to Forget**

***Unless you first know something  
you cannot dissociate it.***

***Knowledge must precede dissociation,  
so that dissociation is  
nothing more than a decision to forget.***

***What has been forgotten then appears to be fearful,  
but only because the dissociation is an attack on truth.  
You are fearful “because” you have forgotten.***

***And you have replaced your knowledge by an awareness of dreams because you are afraid of your dissociation, not of what you have dissociated.***

***When what you have dissociated is accepted, it ceases to be fearful.***

T-10.II.1:1-2

My dream about driving with my eyes closed was a dream about dissociation. A voice in the dream kept saying, “open your eyes.” It was a struggle, but once they were open, I was safe, free and awake.

**Dissociation** is a psychological term referring to the splitting off of mental processes from our awareness.

Jesus is using *dissociation* here to mean “separation.” We dissociate from thoughts we do not want to think about. Someone might literally say, “I don’t want to think about that now.” Traumatic memories are also often “split off,” from ordinary awareness. Severe forms of dissociation can be brought on by childhood abuse or combat fatigue. When we dissociate, we live in a fantasy world. We dissociate when we read a book or become engrossed in a movie. Dissociation is a defense mechanism that allows the mind to engage in a split.

According to the Course, we have all “split off” from our right minds. Once we split off from the Mind of God, we then identify “only” with the ego. In the passage above, Jesus is saying that we would not do that unless we first “knew” what the Holy Spirit was saying. We can’t split off from something unless there is “something” we are splitting off from. We have, thus, actively split off from the Holy Spirit.

The fact that we have chosen the ego means “there is a Holy Spirit,” that there is a memory of God we have chosen to dissociate from. Every moment, of every day we separate off from the Holy Spirit. The ego is, thus, continually rebelling against God. In place of God we worship the ego. The Course is saying that deep inside we all know the truth; and despite that fact, we choose to dissociate from it or bury it, not look at it or ignore its presence.

What we are afraid of is not the Love of God. We are afraid that we have deliberately chosen to split off from the Love of God. Having put other gods before God, we are afraid that God is angry with us. This is, of course, not the case. God cannot be angry despite what it says in the Bible. We dissociate from the Right Mind. Then we dissociate from the wrong mind by making up the world. It's all very strange. The power of the mind is so incredible that it can create the whole world and then believe that it is real.

***To remember is merely to restore to your mind  
"what is already there."***

***You do not make what you remember; you merely accept again  
what is already there, but was rejected.***

T-10.II.3:1-2

***All attack is Self attack.***

***It cannot be anything else.***

***Arising from your own decision not to be what you are,  
it is an attack on your identification.***

***Attack is thus the way in which your identification is lost, because  
when you attack, you must have forgotten what you are.***

***And if your reality is God's, when you attack  
you are not remembering Him.***

***This is not because He is gone, but because  
you are actively choosing not to remember Him.***

T-10.II.5:1-6

***If you realized the complete havoc this makes of your  
peace of mind you could not make such an insane decision.***

***You make it only because you still believe it can get you something  
you want. It follows, then, that you want something other than  
peace of mind, but you have not considered what it must be.***

***Yet the logical outcome of your decision is perfectly clear,  
if you will only look at it.***

***By deciding against your reality, you have made yourself vigilant  
"against" God and His Kingdom.***

T-10.II.6:1-6

### III. The God of Sickness

The worship of the ego is often manifested around the worship of the body. Sickness is, thus, the result of the guilt we lay on our bodies. Sickness is not of the body. The body simply takes guidance from the ego. Sickness can then be equated with the worship of false Gods.

***You have not attacked God and you do love Him.***

***Can you change your reality?***

*No one can will to destroy himself.*

*When you think you are attacking yourself,*

*it is a sure sign that you hate what you "think" you are.*

*And this, and only this [a false image of myself]*

*can be attacked by you.*

*What you think you are can be very hateful, and what this strange  
image makes you do can be very destructive.*

*Yet the destruction is no more real than the image,  
although those who make idols do worship them.*

*The idols are nothing, but their worshippers are  
the Sons of God in sickness.*

T-10.III.1:1-8

It is impossible for us to change our reality. You are now, always have been, and always will be a Child of God. We can, of course, "choose" not to believe this. We have decided that it is possible to create another god other than God; namely, the ego, the body, our special relationships, and the many possessions which possess us. We think of this as an attack on God. Sickness is then an attack we level against ourselves.

*Psychotherapy is the only form of therapy there is.*

*Since only the mind can be sick,*

*only the mind can be healed.*

*Only the mind is in need of healing.*

P-in.1:1-3

*To believe that a Son of God can be sick  
is to believe that part of God can suffer.  
Love cannot suffer, because it cannot attack.  
The remembrance of love therefore  
brings invulnerability with it.*

T-10.III.3:1-2

We suffer only when we attack – subconsciously knowing that at a deeper level we are attacking ourselves. God cannot suffer and you cannot suffer because you are part of God.

*To believe a Son of God is sick  
is to worship the same idol he does.  
God created love, not idolatry.*

***All forms of idolatry are caricatures of creation,***  
*taught by sick minds too divided to know that creation shares power  
and never usurps it.*

T-10.III.4.1-3

This is the only time the word **caricature** appears in the Course. A caricature is a distorted imitation or funny exaggeration of a “body’s” peculiarity, such as a picture of president Obama with large ears. All bodies are caricatures. Caricatures are not who we are. Not even close. In *Perfect Happiness*, I have a chapter called, “Who Pulls the Puppets Strings?” It’s about the relationship between the mind and the body in which I point out that only the mind is real, and the body itself is a kind of puppet or caricature.

The body is a puppet, a marionette, sometimes a dummy, sometimes G.I. Joe, sometimes a prisoner, sometimes a doll. The body is a tool, a computer, and a vehicle in which we move around. *Ultimately* (which means now), it is no-thing at all. Thus, we say, *ashes to ashes—dust to dust*. The Course calls the body “*a little mound of clay*.”

In *The Razor’s Edge* by W. Somerset Maugham (1874-1966), Larry Darrell, the hero, describes his experience as a pilot during World War I:

*I remember after a battle seeing a pile of dead French soldiers heaped upon one another. They looked like the marionettes in a bankrupt puppet show that had been cast pell-mell into a dusty corner because they were of no use anymore. I thought then, **the dead look so awfully dead.***

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*Yet is the "body" prisoner, and not the mind.  
The body thinks no thoughts.*

*It has no power to learn, to pardon, nor enslave  
It gives no orders that the mind need serve,  
nor sets conditions that it must obey.*

*It holds in prison but the willing mind  
that would abide in it.*

T-31.III.4:2-4

God has no knowledge of the imperfect self we create in the world, knowing us only as the true self we always have been – free of the ego body. God knows who we are in truth. He knows nothing of illusions. Again there is no duality. To think we can be sick means we think there is a power outside of us that can take our power away. Sickness is the belief that there is something outside of our minds.

***A sick god must be an idol,  
made in the image of what its maker thinks he is.  
And that is exactly what the ego does perceive in a Son of God; a  
sick god, self-created, self-sufficient,  
very vicious and very vulnerable.  
Is this the idol you would worship?  
Is this the image you would be vigilant to save?  
Are you really afraid of losing this?***

T-10.III.4:6-9

Time and again the Course tells us this is a vicious hateful world. This is not some exaggeration. It is a simple fact. This world was made as an attack on God; as an escape place from God – we try to run away from God and we run into madness.

What is sick is the thought system which says we are separate from God. Because we feel so vulnerable, we come up with a host of personal psychological defenses as well as arms, armies, and even nuclear bombs. This world is maintained by the fearful idea that we need protection for our egos/bodies. We are afraid of death because we are terrified of losing our separate identity.

Is this weak, frail, sniffing, separated self really the image we would like to maintain? This self is absolutely nothing. We defend this little ego self because we are so afraid of letting it go.

*I do not bring God's message with deception,  
and you will learn this as you learn that  
**you always receive as much as you accept.**  
You could accept peace now for everyone,  
and offer them perfect freedom from all illusions  
because you heard His Voice.*

***But have no other gods before Him or you will not hear.***

***God is not jealous of the gods you make, but you are.***

*You would save them and serve them,  
because you believe that they made you.  
You think they are your father, because  
**you are projecting onto them the fearful fact  
that you made them to replace God.  
Yet when they seem to speak to you,  
remember that nothing can replace God,  
and whatever replacements  
you have attempted are nothing.***

T-10.III.8:1-7

The Holy Spirit is speaking to us all the time, the question is, "Are we listening?" By creating idols (other gods) which takes our attention, we are not able to hear the Voice for God. The sickness is the idol.

Our fear is not of the ego. We are afraid that we made the ego to replace God. Nothing, however, can replace God. Remember, the ego is nothing. When anything in the world calls to us and tells us that "it" or "we" are special, whenever anything speaks of specialness or duality – these are all manifestations of a false god.

We have made the world's idols and we continue to make them because we are afraid of God. We would rather have the experience of pain than the experience of God, because the experience of pain tells me that "I" am real. My body is real. My life is real. If I dissolve back into God then I'm a goner – or so says the ego. We want the experience of pain as the experience of pain says, look here – "I am a real self because I can suffer."

*Very simply, then, you may believe you are afraid of nothingness,  
but you are really afraid of nothing.  
And in that awareness you are healed.*

T-10.III.9:1-2

Once again Jesus is making a play on words when he speaks of "nothingness" and "nothing." The ego thinks that our going back to God means that the ego will disappear into nothingness — which is true for the ego. To be afraid of God, however, is to be afraid of **nothing**. We are really afraid of **everything** which is God.

*You will hear the god you listen to.  
You made the god of sickness, and by making him  
you made yourself able to hear him.  
Yet you did not create him,  
because he is not the Will of the Father.*

T-10.III.9:3-5

There are no other gods before God because there literally are none. There cannot be other gods except as an illusion, and of course, illusions do not exist. We made the god of sickness because we made the god of our individuality.

#### IV. The End of Sickness

**If God created you perfect, you "are" perfect.**  
***If you believe you can be sick,  
you have placed other gods before Him.  
God is not at war with the god of sickness you made,  
but you are.***

T-10.IV.1:4-6

***Reality can dawn only on an unclouded mind.***

*It is always there to be accepted,  
but its acceptance depends on your willingness to have it.  
To know reality must involve the willingness  
to judge unreality for what it is.*

***To overlook nothingness is merely to judge it correctly,  
and because of your ability to evaluate it truly, to let it go.  
Knowledge cannot dawn on a mind full of illusions, because truth  
and illusions are irreconcilable.***

***Truth is whole, and cannot be known by part of a mind.***

T-10.IV.2:1-6

The above paragraph begins, *Reality can dawn only on an unclouded mind?* At another point the Course says:

***The memory of God comes to the quiet mind.***

T-23.I.1:1

One of the basic principles of natural bodily health is the importance of maintaining a clean gut. In the same way basic to peace and happiness is to maintain an unclouded – clear mind.

In order for the mind to be “unclouded,” and at “peace,” we have to wash away all the junk, the confusion, which becomes a block to an awareness of Love’s presence. Principle Number 7 of the 50 Miracles Principles says, *Miracles are everyone’s right but purification is necessary first.* In order to purify, we have to become aware of what and where the obstacles are and then set them aside. We are always throwing blocks up in our own way and we don’t ever realize that we are doing it. Notice the following from Lesson 319.

***Arrogance opposes truth.***

***But when there is no arrogance the truth will  
come immediately, and fill up the space  
the ego left unoccupied by lies.***

W-319.2-3

We don’t know reality because our minds are clouded with all of our preconceptions, projections, prejudice, with dishonesties, deceits, and deceptions. To worship at the altar of arrogance is to worship the

Idols of Sickness of our own making.

### **Looking at the Blocks**

In order to engage in a real Spiritual Cleansing, we have to look carefully at the clouded thought system of the ego and thereby see unreality for what it is.

**The Barriers, “the blocks” to the awareness of Love’s presence** – rise up in our own choice not to know. We choose not to know by placing our investments in an artificial world of our ego’s own making. We make up the world – every little tiny scrap of it. Every disagreement, every fight involves some kind of misperception.

**If you perceive other gods your mind is split,  
and you will not be able to limit the split,  
because it is the sign that you have removed  
part of your mind from God’s Will.**

**This means it is out of control.**

**To be out of control is to be out of reason,  
and then the mind does become unreasonable.  
By defining the mind wrongly,  
you perceive it as functioning wrongly.**

T-10.IV.3:4-7

**Your gods do not bring chaos;  
you are endowing them with chaos,  
and accepting it of them.  
All this has never been.  
Nothing but the laws of God has ever been,  
and nothing but His Will will ever be.**

**You were created through His laws and by His Will,  
and the manner of your creation established you a creator.  
at you have made is so unworthy of you that you could hardly want  
it, if you were willing to see it as it is.  
You will see nothing at all.  
And your vision will automatically look beyond it,  
to what is in you and all around you.**

***Reality cannot break through the obstructions you interpose,  
but it will envelop you completely when you let them go.***

T-10.IV.5:3-10

Whatever chaos there is in the world is in our minds. Our belief in chaos leads to the experience of chaos and pain. Our function in Heaven is to create and our function on earth is to forgive. What we are forgiving or “undoing” is the belief that the ego is real. There is hardly anything which more affirms the reality of the ego more than the arrogance of the ego.

If you have trouble accepting the idea of the unreality of the world, just think for a moment about the history of the past. The past is, as we know, not here now. The past was riddled with chaos, which was also some horrible dream.

There is, as you know something, called dark matter and something called anti-matter. *A Course in Miracles* scientist has now found yet a third form of matter called – doesn’t matter. The universe, it seems, is filled with it.

**Think of your own past life. It is not here now.**

Does your past not seem like a dream? Perhaps some rough and rugged romance took your peace away. It may have been very difficult at the time. Once you are sufficiently removed from it – you find that now it truly – doesn’t matter.

Hopefully, at best, what you learned from that experience was something about forgiveness. This means that you learned to let go of something you had made into an idol, which now contains no reality because it never had any “true” reality in it in the first place. Only what is of God is true and God knows nothing of soap operas and dramas.

## **V. The Denial of God**

***Son of God, you have not sinned,  
but you have been much mistaken.  
Yet this can be corrected and God will help you,  
Knowing that you could not sin against Him***

T-10.V.6:2

Choosing the ego is not a sin. It is just a mistake. We have done nothing which can hurt God. We simply made a mistake in choosing the ego over God. Here is a point at which traditional Christianity and the Course are very different. **According to traditional Christianity, “We did sin” against God.** According to traditional Christianity, sin is quite real and God is mad (jealous). All this has nothing to do with Reality – it is all part of the insanity of the ego.

*You denied Him because you loved Him,  
knowing that if you recognized your love for Him,  
Your denial of Him therefore means that you love Him, knowing  
that if you recognized your love for Him, you could not deny Him.*

T-10.V.6:3

Like the prodigal sons and daughters that we all are, we have all run away from God. This theme has often been played out in great tragedies, in books, and movies in the story of earthly sons and daughters in relationship to earthly fathers and mothers.

All of our attack and all of our fears are a call for the Love of God, which we think we have rejected. As recalcitrant children, we could not have denied God unless we did not first love Him.

The attraction for God has ever remained in our minds. It is the reason you are studying this Course. This attraction has in the past pulled many a woman into a convent and many a man into a monastery, or many a woman or man into ministry – not knowing that ministry is often a very political bound and, therefore, ego dominated world.

I once met a man, the custodian of a Unity Church in Indianapolis, Indiana, who had been a former monk. Though he had his favorites and his supporters he said, most of the monks in the monastery hated the abbot. The monastery, he said was thus so riddled with power plays and controversy that one day he put on his work clothes, walked to the front door, opened the door, walked out, and started walking straight ahead, he never looked back. He figured he could more likely find God on his own than he could inside the little ego-dominated world of the monastery.

***Your denial of Him therefore means that you love Him,  
and that you know He loves you.  
Remember that what you deny  
you must have once known.  
And if you accept denial,  
you can accept its undoing.***

T-10.V.6:4-6

Once we look at the ego, we realize that – the idea that we have sinned against Him and that He is going to punish us is insane.

***Your Father created you wholly without sin,  
wholly without pain and wholly without suffering of any kind.  
If you deny Him you bring sin, pain and suffering into your own mind  
because of the power He gave it.***

T-10.V.9:9-10

***Arrogance is the denial of love,  
because love shares and arrogance withholds.  
As long as both appear to you to be desirable  
the concept of choice, which is not of God, will remain with you.  
While this is not true in eternity it "is" true in time,  
so that while time lasts in your mind there will be choices.  
Time itself is your choice. If you would remember eternity,  
you must look only on the eternal.  
If you allow yourself to become preoccupied with the temporal,  
you are living in time.  
As always, your choice is determined by what you value.  
Time and eternity cannot both be real,  
because they contradict each other.  
If you will accept only what is timeless as real,  
you will begin to understand eternity and make it yours.***

T-10.V.14:1-9