

## Chapter 28

# The Undoing of Fear

Chapter 28 contains an important discussion of the theme of Cause and Effect - one of the most basic concepts in the Course.



### Mind the Gap

When you are riding the subway in London, as you get on and off the train, you will hear the recording of a woman's voice saying, "mind the gap," that is, pay attention to the space between the platform and the train itself. Jesus uses the word "gap" 56 times in the Course, 44 of those 56 times in chapter 28 often being referred to as the little gap that seems to separate us.

#### **The gap "is" little.**

*Yet it holds the seeds of pestilence and every form of ill,  
because it is a wish to keep apart and not to join.  
And thus it seems to give a cause to sickness which is not its  
cause. The purpose of the gap is all the cause that sickness has.  
For it was made to keep you separated,  
in a body which you see as if it were the cause of pain.*

T-28.III.4:1-6

It seems pretty radical to say that the body is not the cause of pain. If I accidentally touch something hot, for example, it certainly seems as though it was indeed an accident; yet, I experience pain -- because I think I am a body which can experience pain. The Course is always asking us to take our excuse making to a deeper level always looking for the **cause** of our suffering physically and mentally.

**The gap is our belief in separation.**

The gap is **an illusory space that we create between ourselves and God, and between ourselves and each other.** In this gap, we find *the secret dream* and *the dreaming of the world*. In this gap, we find the dreams of sickness and of hate, which is projected on to other bodies. The gap is just a tiny little thing; just a small space between us. In fact, we all already know the truth and we all already love each other as brothers and sisters; it's just that we're hiding out behind a flimsy littler barrier (a gap) we think exists between us. How many brothers and sisters are separated over a tiny little piece of nothingness which seems to keep love away. How many couples split over what amounts to nothing, if only a little deeper willing to love (i.e. overcome the gap) was present?

*You have conceived **a little gap** between illusions  
and the truth to be the place where all your safety lies,  
and **where your Self is safely hidden** by what you have made.*

T-28.V.4:1

We actually hide from ourselves and each other.

*The cause of pain is separation,  
not the body, which is only its effect.*

If any one of us were fully aware of our inherent connectedness with God, we would be incapable of pain. Pain is not the will of God. Jesus knew he was fully spirit and not a body; therefore, he did not suffer on the cross simply because only a body can suffer.



*Separation is but empty space,  
enclosing nothing, doing nothing,  
and as unsubstantial as the empty place  
between the ripples that a ship has made in passing by.*

T-28.III.7:1-2

The gap is of no more importance and has no more reality than the momentarily wake of a ship passing through the ocean. In the same instant that the separation *seems to have happened*, the correction also occurred. Therefore, in truth, nothing actually happened.

*What is the world except **a little gap** perceived to tear eternity apart, and break it into days and months and years?*

*And what are you who live within the world except a picture of the Son of God in broken pieces, each concealed within a separate and uncertain bit of clay?*

T-28.III.7:3-5

Think of it -- the ego, time, and the whole world is just a little gap, an insane belief -- a tiny, mad idea we think is real.

*You can change form “because” it is not true.  
It could not be reality “because” it can be changed.  
Reason will tell you that if form is not reality  
it must be an illusion, and is not there to see.*

T-22.III.7:2-4

Heaven is a state of constancy beyond time and “change” as we understand it. **We are connected at the level of reality not at the level of form. Mind is reality. The Body is fleeting and ephemeral.** Like a wake left behind a ship on the ocean, the body has just a moment in the sun and then is seen no more. Minds can join, bodies cannot. If I see you as a body only (the hero of the dream) then am I sharing in that dream with you making it real for both of us.

**What makes us one is that we share the same mind.**

*The Holy Spirit is in both your minds,  
and He is One because there is no gap  
that separates His Oneness from Itself.  
The gap between your bodies matters not,  
for what is joined in Him is always one.*

T-28.IV.7:1-7

Jesus in the Gospels says, “I am the vine you are the branches.” There is just one thing of which we all a part of. If a branch is broken off from vine, the branch will die while the vine lives on

*But miracles are the result when you do not insist  
on seeing in the gap what is not there.  
Your willingness to let illusions go  
is all the Healer of God's Son requires.*

T-28.IV.10:7-9

There is no gap it just seems like there is for a moment. **The gap actually does not exist.** It has no cause; thus, it has no effect. Therefore, (have you got your hat on?) **there is no world. There is no “other.” There is nothing outside of you -- that is, there is nothing outside your mind.** There is no gap -- there is only our belief in a gap.

*There is nothing outside you.  
That is what you must ultimately learn,  
for it is the realization that*

*the Kingdom of Heaven is restored to you.*

T-18.VI.1:1-2

**We have created another world to replace Heaven.**

**- And -**

**The seeming reality of this world blocks out Heaven.**

*Here is a world established that is sick,  
and this the world the body's eyes perceive.*

T-28.V.4:1

The world is sick because it is a world where the ego rules. This is a world of arguments, quarrels, fights, disputes, spats, squabbles, wars, profanities and vulgarities, sickness and disease, political battles, name calling, and a million little things which can distract us and take our peace of mind away.

*You who believe there is a little gap  
between you and your brother, do not see that  
it is here you are as prisoners  
in a world perceived to be existing here.*

*The world you see does not exist.  
because the place where you perceive it is not real.*

T-28.V.7:1-3

The world we see does not exist because there is no difference between us. Every child of God is equally loved in the eyes of God and in order to find our way into the Kingdom of Heaven, that is the way we need to see each other.

*The gap is carefully concealed in fog,  
and misty pictures rise to cover it with vague uncertain forms  
and changing shapes, forever unsubstantial and unsure.*

*Yet in the gap is nothing.*

*And there are no awesome secrets and no darkened tombs  
where terror rises from the bones of death.*

*Look at the little gap,  
and you behold the innocence and emptiness  
of sin that you will see within yourself,  
when you have lost the fear of recognizing love.*

T-28.V.7:4-6

**When we lose the fear of Love we see  
It is right here in front of me**

How freeing it is to see -- there is nothing to be afraid of -- including the death of the ephemeral body. It is so close -- you can touch it, and yet, something holds us back. We are afraid of Love because in the presence of Love, the ego does not exist.

*Purpose is the key that will unlock  
all the "seeming" secrets of this Course.*

Dr. Ken Wapnick

**Purpose:** One of the main themes for Dr. Ken Wapnick was purpose. What is it for?

**Do you want to be Host to God or Hostage to the Ego?**

Letting God win and living according to His direction means living a blessed, fulfilling life. A life lived on purpose is a happy life.

### **I. The Present Memory**

*The miracle does nothing. All it does is to undo.*

*And thus it cancels out the interference to what has been done.*

*It does not add, but merely takes away.*

*and what it takes away is long since gone,*

*but being kept in memory appears to have immediate effects.*

*This world was over long ago.*

*The thoughts that made it are no longer in the mind that thought  
of them and loved them for a little while.*

T-28.I.:1-6

**The miracle does not add anything. It does not bring in God or truth. It simply removes the illusion that we have been living under.** The miracle simply fills in the gap the mind thought real. Once the mind and the body are understood as being two different things, the attention goes back to the Mind and we realize that **what the ego made never happened**. A miracle undoes or removes illusion. The Course is asking us to expose the causal connection the ego has made between the body and the world. Once we see why the ego made up the world, we can also let it (the ego) go.

**The dreaming of the world is long since gone because (do you still have your hat on), it never really happened.** We keep

the idea of separation in our mind without any memory of our part in the creation of illusion. **We have no memory of holding on to the idea of separation, which we think happened in the past. It is happening right now because we are holding on to it.** As long as we hold on to our belief that the separation is real, it will seem to have an immediate effect, namely, that the world and the body are real. The phrase, *the world was over long ago*, is one of the most startling phrases in the Course. It is not here now.

***The miracle but shows the past is gone,  
and what has truly gone has no effects.***

T-28.I.1:7

Not only was the world over long ago -- you and I (we) were over long ago, too, which again is why this world is a dream. This is not at all terrifying. In fact, seeing this can give you a sense of freedom. Remember, if there is no cause, there is no effect. That is why the world was over long ago -- why you and I never were. Dreaming can never be reality.

***But this you must remember;  
the attraction of guilt opposes the attraction of God.  
His attraction for you remains unlimited,  
but because your power, being His, is as great as His,  
you can turn away from love.***

T-15.IX.6:2-4

### **The Attraction of Guilt and the Attraction of God**

It is the Purpose of the Miracle to help us LOOK Better. That is, it is trying to help us be better in our looking. The 2016 Oscar winning, best picture of the year, *Spotlight*, is an American biographical crime drama which follows The Boston Globe's "Spotlight" team in its investigation into the systemic child sexual abuse in the Boston area by some 90 different Catholic priests.

Watching the film, I could not help but think how the **attraction of guilt and the theology of sin, guilt, and fear subtly pulled these men deeper into guilt.** The belief in sin and the acting out of separation keeps the reality of sin very much alive. As long as the mind cannot let go of the idea of sin (separation), guilt remains attractive.



A good example of the attraction of guilt is the pull of someone's experience in alcoholism or drug addiction. Remember, *Appetites are "getting" mechanisms, representing the ego's need to confirm itself.* Thus, the more one "acts out," the greater the reality of the ego "seems" to be. There is no joy in hiding and denial -- only misery and pain. It is only by *Revelation* that we can come to *Knowledge*. Repeatedly, time and again, the Course asks us to "watch the mind."

*We do not perceive the world through our eyes.  
We perceive the world through the mind's eye.*

Dr. Kenneth Wapnick

**We have to understand "the purpose" of the ego.** The ego has subtly created the world as a hiding place from God. The "purpose" of miracles then is to undo the ego's purpose by exposing its unreality. **Memory is the:**

***. . . perception of the past as if it were occurring now,  
and still were there to see.***

***Memory, like perception, is a skill made up by you  
to take the place of what God gave in your creation.***

***And like all the things you made, it can be used to serve another  
purpose, and to be the means for something else.***

***It can be used to heal and not to hurt, if you so wish it be.***

T-28.I.2:1-9

Remember, we keep in memory what we want to store in memory and the ego loves to hang on to past hurts. We remember pain best. My first memory is falling off a pony at the age of four. It was something that happened to the body not to the mind. Obviously, that memory was traumatic. Present memory means remembering who we are in truth -- NOW. The Holy Spirit is in us in a very literal sense -- in this memory.

***God is in your memory because of Him.***

T-12.VI.2:6

### **What Always Is**

God is in our memory because God placed the Holy Spirit there as a constant reminder of the truth. It is because of the memory of God that we are attracted to this study. God cannot be a memory of something which is past. God can only be a memory of what is NOW. Eckhart Tolle's *The Power of Now* was so very powerful for so many people because it pulled them into a present memory.

### **The Atonement Principle**

**According to the Atonement Principle, the separation from God never happened because it could not happen, which again explains why this world is a dream.** It is actually impossible for us to be separated from God. Another way to say this is, "there is no gap." Or, there is no spot where God is not. When people have a mystical experience, the gap temporarily disappears. The Atonement is the answer to the question, how did the impossible happen? There is a very simple answer. It did not happen because – there is no Life outside of Heaven.

**God is. God is the 1<sup>st</sup> Cause and there is no 2<sup>nd</sup> or 3<sup>rd</sup>. God's Son is His Effect. You are the Son of God. As cause and effect are one and as ideas leave not their source, Father and Son are One.** That is, there is no place at which the Father ends and the Son begins. What we have is total Unity. Since ideas leave not their source, the Son can never leave his Father. This is the message of the Prodigal Son story. When the prodigal son returns, the Father embraces him fully in recognition of the fact that the son never left -- his Father's love. This Father loves him just as much today as he did when his son fell into the dream of separation.

**The ego, therefore, believes that it is self-created.** This is the whole problem. It is impossible to be self-created, i.e., self-made men and women. The ego tells us there is no God because the ego assures us it is possible to leave God. If God is deprived of His effect (i.e., His son) God is then no longer a Cause and as God is not a cause, God cannot exist. This is proof of the ego's argument for its existence independent of God. The ego thinks that it is its own cause.

**The belief that the ego exists is the cause and the world including the body, suffering, pain, and death is the effect.**

**The ego is the thought of separation in the mind  
This separation cannot and has not occurred,  
which is again why there is no body and no world.**

Having made up the world, the veil of forgetfulness falls across our minds keeping us from remembering that the cause of our being in the world is the projection of the separated-self in the mind. **Once we are split off from God, it then appears as though the world has caused us, i.e., we have been given birth by our parents and "we" had nothing to do with it.** It now seems as though my separated-self (which is the cause of the world) is now at the effect of the world, which is the **cause** of my being here.

**The way we undo this illusion is to show that our brother's perceived sin again has not occurred, i.e., our brother's sins against us have had no effect.** That is, despite what may appear to have been done, the Love and Peace of God is still within us. In summary -- if we say your sin against me has had an effect -- then there must be a cause and that cause is real.

**The Holy Spirit can indeed make use of memory,  
for God Himself is there.**

***Yet this is not a memory of past events,  
but only of a present state.***

***You are so long accustomed to believe  
that memory holds only what is past,  
that it is hard for you to realize it is a skill  
that can remember "now."***

T-28.I.4:1-3

**The past can only effect the present if we give it power in the present.** Otherwise, it is gone. It does not try to make what was -- now. The ego wants to keep sin real. As long as we keep sin real, we keep our separate identity real. The Holy Spirit can take what we have used to hurt and instead, uses it to heal. We often use memory to hurt by pointing out other past mistakes. This skill to remember can be used in the present to remember God. Everything depends upon **how I am choosing to see it now.**

*The Holy Spirit's use of memory is quite apart from time.  
He does not seek to use it as a means to keep the past,  
but rather as a way to let it go.*

T-28.I.5:1-2

### **The Ever Present Presence**

It is the mind which gives purpose to the body and to memory. We remember pain and pleasure best. Being insane, the ego prefers pain over pleasure. Thus, the ego remembers past hurts. The ego literally "saves" up past injustices and carries them around. If necessary, we can reach into our past and pull out flagrant examples of other's thoughtlessness.

*The past only exists in the present  
when we choose to hold on to it.*

**Dr. Kenneth Wapnick**

**Memory, like the body, like time, is completely neutral. Everything is dependent upon "what" the mind chooses to remember and which teacher we wish to follow.** In the hands of the Holy Spirit -- memory is used to remember God. It's what we do with it that matters. Memory can keep us attached to and trapped in the past; or, it can be used to help us leave the insanity of the world by remembering God. **It is not simply that there is no past because it is over. There is no past because it was a dream.**

*The miracle reminds you of a Cause forever present,  
perfectly untouched by time and interference.  
Never changed from what It is.*

*And you are Its Effect, as changeless and as perfect as Itself.  
Its memory does not lie in the past, nor waits the future.*

*It is not revealed in miracles.*

*They but remind you that It has not gone.*

*When you forgive It for your sins, It will no longer be denied.*

T-28.I.9:1-10

*We not only cannot be condemned for a sin  
that we **did not** commit.*

*We also cannot be condemned for a sin  
that we **could not** commit.*

Dr. Kenneth Wapnick

**You are already perfect.**

Another way to say this is that the impossible cannot happen. It is actually "impossible" for anyone to be separated from God. This is the message of the Atonement -- the separation never happened. **Underneath it all, we are all innocent but we cannot know our innocence** if we act in unloving ways. Our greatest despair is that we have thrown away our innocence and we will never get it back. God is not angry and there is nothing we can do to hurt Him. The ego is a masochist affirming itself though suffering, pain, and humiliation.

*What your remembering would witness to is but the fear of God.*

*He has not done the thing you fear.*

(God did not kick us out of Heaven)

*No more have you.*

(We never actually left Heaven)

*And so your innocence has not been lost.*

*You need no healing to be healed.*

*In quietness, see in the miracle a lesson in allowing Cause  
to have Its Own Effects, and doing nothing that would interfere.*

T-28.I.10:1-9

**If we are not sick,**

**There is nothing which needs to be healed.**

**How instantly the memory of God arises  
in the mind that has no fear to keep the memory away!**

T-28.I.13:1

What brings the memory of God back to the mind is forgiveness. **We do not remember God because we do not want to let go of grievances.** The purpose of fear is to keep God away.

We deliberately choose for the ego in order to shut out the Atonement principle.

## I. Reversing Effect and Cause

### Cause ↔ Effect and the Metaphysics of Miracles

To talk about Cause and Effect is to talk about two essential doctrines in the Course:

#### 1. Cause and effect are inextricably intertwined.

You can't have one without the other. If there is an effect, there must be a cause. If there is a cause, then there must be an effect. Central to understanding cause and effect *is* understanding that *ideas leave not their source*. This is an often repeated idea in the Course and a major emphasis in the teaching of Dr. Kenneth Wapnick.

2. **Another way to say this is that effects leave not their cause.** In this world, **cause and effect** seem to be separate. In truth, they are not only interdependent -- they are one event. **If we want to prove that something is not a cause -- all we have to do is to prove that it does not have an effect.** For example, if you insult me and I in no way feel insulted, the seeming cause has had no effect. *To take offense is to give offense*. In the same way, the ego is causeless because it is not of God.

#### What is a Miracle?

A miracle heals misperception by establishing a "true" cause and effect relationship. **In space time, the cause of the ego and the world is separation. The effect is the world and the body.** The ego then *causes us* to fall into a secret (hidden) dream, which covers over the mind with illusion. Caught as we are in the *seeming reality* of the body and the world, **we have no true memory of the cause of our separation**, which we have buried deeply within our minds. **The miracle brings the effect back to the cause** and shows us that what the ego-mind has caused is not real. In other words, it *exposes* the ego's plan by showing us that the secret dream of the ego -- **the dream of sin, guilt, and fear is illusory. Nightmares are not of God ↔ they have no reality. Fantasies are not real.**

**There is no place where the son begins and the Father ends.** In Heaven, there is no Father and Son, there is only perfect Oneness. We have to speak in dualistic terms like Father and Son as our minds are not yet fully set to understand. There is no

difference -- Heaven is only Oneness but we don't see it, so we talk "as though" there is a separation. The ego-mind is confused, because only One-mindedness can be without confusion.

*Fatherhood "is" creation. Love must be extended.*

*Purity is not confined.*

*It is the nature of the innocent to be forever uncontained,  
without a barrier or limitation.*

T-28.II.2:1-3

**We are really alive and totally whole  
when all we want to do is Love.**

**The basic dynamic of creation is that God's Love simply extends.** We are the extension of that Love and since we are part of God, we share in the dynamic of extension. This is what the Course refers to as our creations. Our basic job is to create like God which means to Love like God -- everyone, everywhere, unconditionally and eternally.

*Nothing at all has happened*

*but that you have put yourself to sleep,  
and dreamed a dream in which you were an alien to yourself,  
and but a part of someone else's dream.*

*The miracle does not awaken you,  
but merely shows you who the dreamer is.*

*It teaches you there is a choice of dreams while you are still  
asleep, depending on the purpose of your dreaming.*

*Do you wish for dreams of healing, or for dreams of death?*

*A dream is like a memory  
in that it pictures what you wanted shown to you.*

T-28.II.4:1-5

When it says the miracles "*merely show you who the dream is,*" it points back to the decision-maker. Do we entertain the ego's dream of sin, guilt, and fear or do we want to remember the Holy Spirit's dream of forgiveness. The world we see is the outward picture of an inner wish.

We do not see with our eyes. We see with the mind's eye.  
Which mind's eyes are you looking through?

*Perception seems to teach you what you see.  
Yet it but witnesses to what you taught.  
It is the outward picture of a wish;  
an image that you wanted to be true.*  
T-24.VIII.8:8-9

*An empty storehouse, with an open door,  
holds all your shreds of memories and dreams.  
Yet if you are the dreamer,  
you perceive this much at least:  
that you have caused the dream,  
and can accept another dream as well.*  
T-28.II.5:1-8

**The Purpose of the Course** is to help us understand what we are doing to ourselves. How it is that we have created the world we see? Choosing for the ego means we then close the door on our right-mind. In fact, the door has been closed so completely and entirely and for so long that we think that we cannot get back to the cause.

#### **Watch the Mind**

*Watch your mind for the scraps of fear,  
or you will be unable to ask me to do so.  
I can help you only as our Father created us.*  
T-4.III.7:5-6

We want to watch our anger, watch our fear, watch our attack thoughts, and be willing to let all insanity go. Watch the need for pleasure -- there is nothing wrong in pleasure but it can be overdone and leads us into addiction, obesity, obsession.

*The secret of salvation is but this:  
that you are doing this unto yourself.*  
T-27.VIII.10:1

*This world is causeless,  
as is every dream that anyone has dreamed within the world.*

*The dreamer of a dream is not awake,  
but does not know he sleeps.*

T-28.II.6:1 & 6

We can dream whatever we want to dream but we cannot make dreams into reality. We can believe that we are separate but that does not make separation real. We are *literally* not aware of our dreaming.

*The miracle establishes you dream a dream,  
and that its content is not true.*

T-28.II.7:1

I once heard Ken say that the entire Course was summarized in this last sentence. The Course practically begs us to realize that this whole world is a dream and what we are dreaming is not true. The world is actually a defense against the truth. It is a place where we can (we think) hide out from God by creating our own little kingdoms.

*This is a crucial step in dealing with illusions.*

*No one is afraid of them when he perceives  
he made them up.*

T-28.II.7:2

If you are dreaming a nightmare and you wake up, you are grateful that you are no longer dreaming.

*The separation started with the dream  
the Father was deprived of His Effects,*

*and powerless to keep them since He was no longer their  
Creator.* (The ego thinks of itself as self-creating  
i.e., it thinks of itself as its own creator).

*In the dream, the dreamer made himself.*

*But what he made has turned against him,  
taking on the role of its creator, as the dreamer had.*

Every fearful dream turns inward on itself. **All egos implode. They have to because they are not true.** We are the dreamer of our own dream but we forget that we are the dreamer since it looks as though we are the victims of a dream. That is, it looks as though the dreamer is dreaming us.

We never think that we are, in fact, the ones who are responsible for all our decision-making. We think that others have done something to us. We like to be victimized. This way we do not have to accept responsibility for what is happening to us. This topic appears over and over again in the Course. **My mind is the cause of the world I see.** It is so important to understand this basic concept in the Course. **Nothing exists outside of the mind.**

***There is nothing outside you.***

*That is what you must ultimately learn,  
for it is the realization that  
the Kingdom of Heaven is restored to you.*

T-18.VI.1:1-2

Where does Jesus, in the Gospels, tell us that the Kingdom of Heaven is? It's inside "you," not in your body which is ephemeral and will die but in your mind which cannot die.

*This is the separation's final step, with which salvation,  
which proceeds to go the other way, begins.*

*This final step is an effect of what has gone before,  
appearing as a cause.*

T-28.II.9:1-2

**The mind is the cause; the world is the effect.**

**Cause is the mind.** I am the chooser of the dream I am dreaming. **We are not at the effect of the world. We are the cause of the world.** A miracle restores to the mind the function of being a cause. Don't take this too literally. I did not build my house or cause the chair I sit in to come into the world -- but I did choose to buy my house and I did buy the chair I sit in. Most important, **I am the cause of who I think I am in the world and I know myself to be an ego, or I know myself to be the Son of God.** As long as I believe that I am self-created, the Atonement will be a grave threat to my "seeming" reality.

### **Responsibility**

We seem firmly entrenched in a body, in a world, in time with no awareness of where we came from. The world seems big and real. *Memories* of our past hurts seem to prove that we are the innocent victims of the world we see. Much of Freudian

Psychotherapy is based on trying to understand how we got screwed by our parents and the society in which we were raised. Ultimately, none of this does any good -- it simply broadens the gap we feel between ourselves and others.

*This world is full of miracles.*

T-28.II.12:1

It would be easy to take this line out of context. The world is full of miracles because the mind can "reflect" the awakening from the dream, which is the miracle.

*The body is released because the mind acknowledges*

*"this is not done to me, but "I" am doing this."*

*And thus the mind is free to make another choice instead.*

T-28.II.12:5

The ego takes us down to the bottom of the ladder where we believe we are the victim of all we see. When we finally realize that the world is not working for us then we can also realize that it is our dream; and, in our dreams, we see ourselves as abandoned, alone, hurt, etc. Our task is to make our way back up the ladder that separation has led us down.

### III. The Agreement to Join

This section is about sickness. Sickness is always in the mind but it finds expression in the body. As long as it is expressed in the body, it is the effect of a cause which is of the mind.

*Do not allow your brother to be sick, for if he is,*

*have you abandoned him to his own dream*

*by sharing it with him.*

T-28.III.3:3

**Sickness is not of the body, though it is manifested in the body.** Sickness, just like relationships, just like the kind of work we do in the world, the way we spend our leisure time, etc. -- **everything is a choice which means that everything is of the mind.** Sickness comes out of a decision to be separate. Healing comes out of our willingness to join. Remember, the title of this section is *The Agreement to Join*.

**The entire Bible rests on the idea that God saw sin as real and reacted to it. None of that is true.** Throughout the Bible, **God is always responding to some kind of sin, which means that**

sin is real. There must be “two” to have separation. There must be “two” to have sin -- the sinner and the one sinned against. The Atonement heals simply because it says -- there is no separation. There is no “twoness.” There is only Oneness. In order to prove that separation is real, we get other people to witness to the sin we see in the world. We point it out and then we say, “Isn’t it awful?”

**When a brother behaves insanely,  
you can heal him only by perceiving the sanity in him.**

T-9.III.5:1

*To perceive the sanity in him* is the same as saying *to perceive the innocence within*. **This can only happen when we also see the sanity and innocence within ourselves.** Another way to say this is to say that the separation never happened. If the separation never happened, you cannot be sick. Only by demonstrating the Love and the Peace that is inside, is it possible to help heal another.

***Fight not His (Gods) coming with illusions,  
for it is His coming that you want above all things  
that seem to glisten in the dream.***

T-28.III.3:6

***The end of dreaming is the end of fear,  
and love was never in the world of dreams.***

**The core of all dreaming is fear.** This is true for *the secret dream* which is our fear that we have done something against God and *the dreaming of the world*, which is the fear we share that someone is out to get us -- the Russians, the Devil, the Communists, Isis, the Liberals, the Conservative, the Democrats, the Republicans.

The cause of sickness is the mind’s decision to be separate.

## V. The Greater Joining

Accepting the Atonement for yourself  
means not to give support to  
someone's dream of sickness and of death.

T-28.IV.1:1

Do not make another's sickness or death real. This does not mean that you do not care for them. This does not mean we do not let them die if the time has come to let go of the body. Even then it is perfectly possible to see someone as being **whole in mind and in spirit even if their body is dying**. Remember, the only way we can heal someone is by seeing the innocence and sanity in them. Deep inside everyone is whole. It is in this way that we totally Love one another. Seeing another brother as whole means:

*. . . that you share not his wish to separate,  
and let him turn illusions on himself.*

*Nor do you wish that they be turned, instead, on you.*

*Thus have they no effects. And you are free of dreams of pain  
because you let him be. Unless you help him,  
you will suffer pain with him because that is your wish.*

*And you become a figure in his dream of pain, as he in yours.*

T-28.IV.1:2-8

To become frightened along with a brother or sister is not helpful.

*Like you, your brother thinks he is a dream.*

*Share not in his illusion of himself,  
for your Identity depends on his reality.*

*Think, rather, of him as a mind in which illusions still persist,  
but as a mind which brother is to you.*

*It is his reality that is your brother, as is yours to him.*

*Your mind and his are joined in brotherhood.*

*His body and his dreams but seem to make a little gap,  
where yours have joined with his.*

T-28.IV.3:1-3 & 5-7

## **Trapped in the Gap**

The whole world is trapped in the gap we see between ourselves and others. We are afraid of joining with Jesus and with each other because we fear annihilation. In fact, there is no annihilation, only an awakening. We really are One. There is no difference between Jesus and us because we are One in Christ and this is our true identity.

*The Holy Spirit's function is to take the broken picture of the Son of God and put the pieces into place again.*

*This holy picture, healed entirely, does He hold out to every separate piece that thinks it is a picture in itself.*

T-28.IV.8:1-2

God does not see any differences between us. He does not see the broken pieces. We all have the same need. We all want to awaken from the dream of death, which is the world. Forgiveness is central to our awakening.

*There is no life outside of Heaven.  
Where God created life, there life must be.  
In any state apart from Heaven life is illusion.*

T-23.II.19:1-3

*The body neither lives nor dies,  
because it cannot contain you who are life.*

T-6.V.A.1:4

## **V. The Alternate to Dreams of Fear**

*God is the Alternate to dreams of fear.  
Who shares in them can never share in Him.  
But who withdraws his mind from sharing them  
"is" sharing Him. There is no other choice.  
Except you share it, nothing can exist.  
And you exist because God shared His Will with you,  
that His creation might create.*

T-28.V.1:1-11

We dream in order to keep from awakening in Heaven. You can't be dreaming and in Heaven at the same time. The Course explains it very well when it says, **The Happy dream is a dream of awakening in which the dreaming of the world dissolves.**

*You are at home in God, dreaming of exile  
but perfectly capable of awakening to reality.*

T-10.I.2:1

*It is the sharing of the evil dreams of hate and malice,  
bitterness and death, of sin and suffering and pain and loss,  
that makes them real.*

*Unshared, they are perceived as meaningless.*

*The fear is gone from them  
because you did not give them your support.*

T-28.V.2:1-3

*Where fear has gone there love must come,  
because there are but these alternatives.*

*Where one appears, the other disappears.*

*And which you share becomes the only one you have.*

*You have the one that you accept,  
because it is the only one you wish to have.*

T-28.V.2:4-7

With every decision we make, we have 1 of 2 choices -- God or the ego, Love or fear. The ego has convinced us that what we have to do is to leave the Mind and fix ourselves in a body in space/time. Remember, **“ideas leave not their source.”** Ideas are of the mind. What constitutes the world are the ideas we project out. Once projected, these ideas seem to be external to the mind. In fact, what seems to be external is an “effect” of what we have projected. It is not outside, but an effect of what is inside, and has not left its source.

***Literally nothing that we think we hear or see is real.*** Only Heaven is real. Only God is real. Only Love is real. Only the truth is real. Everything else is made up -- we are the creators of our own dreams. Which mean that “the projector” of the world does not exist. The best way to realize the truth of this is to think about, “what if you were not here anymore?” What if you had died and gone to Heaven -- would this whole world not seem like a dream and with the reality of Heaven in front of you be what is real?

***What is there God created to be sick?***

***And what that He created not can be?***

***Let not your eyes behold a dream;***

***your ears bear witness to illusion.***

***They were made to look upon a world that is not there;***

*to hear the voices that can make no sound.*

T-28.V.5:1

*Yet are there other sounds and other sights  
that “can” be seen and heard and understood.*

*For eyes and ears are senses without sense,  
and what they see and hear they but report.*

*It is not they that hear and see, but you,  
who put together every jagged piece,  
each senseless scrap and shred of evidence,  
and make a witness to the world you want.*

*Let not the body's ears and eyes perceive these countless  
fragments seen within the gap that you imagined,  
and let them persuade their maker his imaginings are real.*

T-28.V.5:1-8

“We” hear the decision-making part of our mind that selects the ego as its guide and we follow the ego’s plan. The world we want is the world that proves to us that we exist and God does not.

## **VI. The Secret Vows**

*Who punishes the body is insane.*

*For here the little gap is seen, and yet it is not here.*

T-28.VI.1:1

“The gap” is separation and this “gap” is clearly seen in the body. Bodies appear to be very different and very real. This is especially so when they are in pain. The body was actually made to conceal the gap, this way we’re not consciously aware of it even though on a deeper level we do, indeed, know that “something” is amiss. We spend a great deal of time wondering what we are.

*It is indeed a senseless point of view  
to hold responsible for sight a thing that cannot see,  
and blame it for the sounds you do not like,  
although it cannot hear.*

*It suffers not the punishment you give because it has no feeling.*

T-28.VI.2:1

The ego has convinced us that we are contained within a body.

**The body is nothing.** It can be used for attack but the body can only do what the mind directs it to do. It has no separate mind from your mind. *There is something called muscle memory.* For example, if you are learning now to do a dance -- something like the fox trot or the rumba -- if you keep doing it, the muscle will develop only temporary memory. Still, it is the mind which says right foot forward -- now left foot forward. Everything is purpose. What are we using the body for? The body was made to prove that it is possible to exist outside of God -- that we can live on our own outside of Heaven. For this reason, we hate the body because we know it is not a good enough place to be our home. Everything is dependent upon the purpose we give the body in the mind.

*The body is the ego's home by its own election.  
It is the only identification with which the ego feels safe,  
since the body's vulnerability is its own best argument that you  
cannot be of God.*

*This is the belief that the ego sponsors eagerly.  
Yet the ego hates the body,  
because it cannot accept it as good enough to be its home.*

T-4:V.4:1-4

*You shrink from what it sees and what it hears,  
and hate its frailty and littleness.  
And you despise its acts, but not your own.*

T-28.VI.3:1-2

We blame things on the body as though the body was something independent of us. Yet this cannot be. The body cannot do anything other than what the body tells it to do. You are a mind not a body -- and yet, we constantly project on to each other's bodies.

*It sees and acts for "you." It hears your voice.  
And it is frail and little by your wish.  
It seems to punish you, and thus deserve your hatred  
for the limitations that it brings to you.  
Yet you have made of it a symbol  
for the limitations that you want your mind to have  
and see and keep.*

T-28.VI.3:3-10

*The body represents the **gap** between the little bit of mind you call your own and all the rest of what is really yours.*

*You hate it, yet you think it is your self,  
and that, without it, would your self be lost.*

T-28.VI.4:1-7

*Let this be your agreement with each one;  
that you be one with him and not apart.  
And he will keep the promise that you make with him,  
because it is the one that he has made to God,  
as God has made to him.*

T-28.VI.6:1-2

We do not have to actually make a verbal or written agreement with folks about our relationship. Rather, we are to simply demonstrate our willingness to see the sanity and the innocence in them even when it is not apparent on the outside. Our most basic agreement is to be the Child of God we were meant to be. This means, I do not agree to be a part of your dream of evil, sin, sickness, sadness, and death. As we extend our Love, so will Love automatically come back our way.

*God keeps His promises:*

*His Son keeps his. In his creation did his Father say,*

*"You are beloved of Me and I of you forever.*

*Be you perfect as Myself, for you can never be apart from Me."*

*His Son remembers not that he replied "I will,"*

*though in that promise he was born.*

T-28.VI.6:3-5

### **Two Promises**

Jesus is asking us to try to remember these two promises.

1. The promise God made to Love us, forever.
2. And the promise we made in turn to Love Him, forever.

We made these promises -- not because we have to (we always have free will) but simply because this is the way to true happiness. As it is in our dreaming of the world, we have forgotten our promise. The Course is simply trying to help us remember what we already know.

## **VII. The Ark of Safety**

*A space where God is not, a **gap** between*

*the Father and the Son is not the Will of Either,  
Who have promised to be One.  
God's promise is a promise to Himself,  
and there is no one who could be untrue  
to what He wills as part of what He is.*

*The promise that **there is no gap** between Himself  
and what He is cannot be false.*

***What will can come between what must be One,  
and in Whose Wholeness there can be no gap?***

T-28.VII.1:5-8

*There is no middle ground in any aspect of salvation.  
You accept it wholly or accept it not.  
What is unseparated must be joined.  
And what is joined cannot be separate.*

T-28.VII.2:1-10

Sickness is only related to our choosing to go with the ego instead of God. We find, here again, an emphasis on our acceptance of this Course entirely or not at all. Both the thought system of God and our thought system is 100% integrated. God is wholly Love and the ego is wholly hate. Only one way of thinking feels good. Only one way will we be enriched by our choice.

*Either there is a **gap** between you and your brother,  
or you are as one. There is no in between, no other choice.*

T-28.VII.3:1

We are already One in Heaven just as we experience ourselves as being separated in this world. The ego's thought system is "a house of straw." Let's remember that in the long run, the body is nothing. In the meantime (in time), it is a learning device. It is an instrument which can help us get back to the Mind which made it.

*With "this" as purpose is the body healed.  
It is not used to witness to the dream of separation and disease.  
Nor is it idly blamed for what it did not do.  
It serves to help the healing of God's Son,  
and for this purpose it cannot be sick.*

T-28.VII.4:1-4

The body can only do what we tell it to do consciously or unconsciously. By “consciously” I mean, we make a deliberate choice – such as to get some exercise by going for a walk. By “unconsciously,” I mean we know what we are doing but “it is as though” another “appetite” has taken over. This is impossible. Desires, appetites, hungers, cravings, and such are still conscious choices, which we unwittingly relegate to unconsciousness -- in other words -- **we choose** not to look at what we are doing.

We are sick if we choose to work with the ego; we are well if we choose to work with the Holy Spirit (even if the body is not well.) Everything is a matter of attitude, so even though my body may be dying from old age, if nothing else -- I can still choose to allow my mind to be well and in that wellness I can be accepting of the death that is coming my way, i.e., I can have a good death. For this reason, we should not judge someone by their body.

***This world is but the dream that you can be alone,  
and think without affecting those apart from you.***

T-28.VII.5:2

Faithlessness means we have put our faith in the ego, which is nothing. There is a line from an old Lutheran hymn which goes, *On Christ, the solid Rock, I stand; all other ground is sinking sand.* The ego is sinking sand. It is silly to be preoccupied with the body if we do nothing to heal the mind. If the body is an instrument -- a tool, a learning device, then I want to do what I can to keep this tool working well for as long as I can until its usefulness is complete. If we are right-minded, then what we do with the body will be helpful.

***Taking proper care of the body  
is the reflection of a right-minded choice.***

Dr. Kenneth Wapnick

Our concern is not with the house (the body); our concern is on the foundation on which the house is built -- either that of the ego and its hate or God and His Love. How simple is the obvious.

Whatever happens in this world will have no affect on us if our minds are healed, since we will know that nothing that the world can do to us will have any effect on who we are in truth.

Thus, Jesus goes to the cross not as an act of vicarious salvation through which we will be saved from our sins. (This is the most distorted, perverted, and misrepresented in all the concepts of Christendom.) Jesus goes to the cross to show us that the most outlandish thing that one body can do to another – namely, to punish it unto death has no affect upon one’s reality in Eternity.

The following is one of the many prayers we find in the Course.

*I thank You, Father, knowing You will come to close each little gap that lies between the broken pieces of Your holy Son.*

*Your Holiness, complete and perfect, lies in every one of them.*

*And they are joined because what is in one is in them all.*

*How holy is the smallest grain of sand,*

*when it is recognized as being part of the completed picture of God's Son! The forms the broken pieces seem to take mean nothing. For the whole is in each one. And every aspect of the Son of God is just the same as every other part.*

T-28.IV.9:1-7

This part of the Course is reflective of the idea of Holography, a science that was in its infancy as the Course was being scribed. Jesus is speaking figuratively here. God is not going to come to close the gap between us. That has already been done. If there is anyone out there that you hate, that person is just as much a part of the Sonship as you are or I am and this is what the Course is trying to help us see. The Sonship is not made up of humans only, or animals, or what we call life. The form is meaningless, which is why even the smallest grain of sand is included. Nothing here is truly alive. Everything in form is a part of the original thought of being separated.