

## Notes on Chapter 2 from *A Course in Miracles*

by Jon Mundy

### About Chapter Two

Chapter two gives us an overview of the entire Course. The writing is a little awkward as Helen's hearing had not yet been perfected. The Course contained in the first several chapters a lot of material that was meant for Helen and Bill alone and this was taken out. Very early here in the Course we find a detailed discussion on the power of the mind.

### I. The Origin of Separation

#### The Separation or the Detour into Fear

Only a "separated mind" can think it possible to be outside of God's protection and God's love. The ego and the Holy Spirit know nothing of each other because **the ego does not exist**. The Holy Spirit cannot recognize something that is not there. There are no egos in Heaven and Heaven is the only reality there is.

Although, "in fact," the ego has no reality, it *appears* as though a separation has occurred, after all we do all have split (divided) minds. Sometimes the mind is clear. More often it is confused. It is inconsistent and therefore split. This *seeming separation* is referred to in the Course as "The dreaming of the world." And,

*the body is the central figure in the dreaming of the world*  
(T-27.VIII.1:1)

We have a bit of a paradox here. Mythologically, there was a split but myths are never true. There never was a man named Adam and a woman named Eve. Yet, the legend of Adam and Eve is a helpful mythology in our understanding of how something, which never happened, *appears* to have happened.

The idea that it is possible to separate from God is an incongruous and incompatible with reality. It is not possible to separate from God. The Course represents a radical monism. All there is that is really real is God, Love, Truth, Eternity – really Big words. Just for a moment, a character, who I for fun call *Umeuswe*. (That's you, me, us, and we) decided it was possible to think a thought outside of the Mind of God. That *tiny mad idea* gave rise to this whole world and every aspect of it.

*The world has not yet experienced any comprehensive reawakening or rebirth. Such a rebirth is impossible as long as you continue to project or miscreate.*  
T-2.I.3:1-8

To project, to judge is to *miscreate*. Only God "creates. Creation occurs to the extension of love. This is a much divided (split) world. I wrote a little poem to express this idea.

*Once upon a tiny tick in time  
There came a thought into the mind.  
There came a supposition.  
Nothing more than a miniscule cognition.  
A rumor rolled around inside the mind,  
Like many a myth, it made us blind.*

*A fantasy, a wisp of wit,  
Led to a most incredible split.  
What if it were possible to pull-off a fantastic fraud?  
What if I could think a thought  
outside of the Mind of God?*

### Projection and Extension

#### All minds project or extend

To project is to throw our judgments on to the world.  
To extend is to *love* everything we see.  
God extends. The ego projects.

*The inappropriate use of extension, or projection, occurs when you believe that some emptiness or lack exists in you, and that you (think) you can fill it with your own ideas instead of truth.  
This process involves the following steps:*

1. *You believe that what God created can be changed by your own mind.*  
This is the arrogance of the ego, the idea that there is some *you* which exists outside of the mind of God. You can think your own thoughts. What you do in your own private time is up to you. You can even attempt to hide from God. The body and the earth it "lives" upon is a hiding place from God. Of course you cannot hide from God. We want to be able to think our own thoughts and we want to do it without the interference of -- that tyrant God. God is all gentle and beneficence and never a dictator. Thing is, God is not a tyrant.
2. *You believe that what is perfect can be rendered imperfect or lacking.*  
However, *If God created you perfect, you "are" perfect.* T-10.IV.1:4
3. *You believe that you can distort the creations of God, including yourself.*
4. *You believe that you can create yourself, and that the direction of your own creation is up to you.*

### The Self Made Man

The theme song of the ego is, "I'll do it my way."  
There is an old saying that self-made men worship their creator. The self-made man is also a lonely man.  
A Child of God is always at Home wherever they are.

When we think of those who are most respected in history, we come up with names like Harriet Tubman; Martin Luther King, Jr.; Mother Theresa; Nelson Mandela; Mahatma Gandhi; Oskar Schindler; and Albert Schweitzer. Those who

did the most for the greatest whole, those who were the most self-less are among the world's greatest humanitarians.

### **The Atonement**

The Atonement (God's Plan for the "undoing" of the ego), heals the belief in separation. The word *Atonement* does not mean At-one-ment. It means "undoing." When the Course uses the word "Atonement" you can substitute the word "undoing" and it will still read just fine. Adams detour into fear, which created the separation can be undone in an instant. That instant is the moment that we accept the atonement for ourselves.

**The sole responsibility of the miracle worker  
is to accept the Atonement  
(the undoing of the ego) for himself.**

T-2.V.5:1

*Forgiveness is the only function meaningful in time.*

T-2.V.5:1

Forgiveness is, therefore, the process of the undoing occurring. The Atonement becomes real as we *willingly apply* the principle of forgiveness in all relationships. **Watch the mind "very carefully" for any scraps of fear or judgment, especially the judgments in which we feel "justified."** You may be right *but*, if is, the "judgment", which is **condemnatory**, is still a mistake in perception. This does not mean that we allow murders to murder or rapists to rape. Such folks must be stopped. If they do not know how to behave in society, we have to lock them away. While they must be stopped, we also need to find a way to love them despite their miscreant behavior.

Still, the first principle of *Miracles* is:

*There is no order of difficulty in miracles.  
One is not "harder" or "bigger" than another.  
They are all the same.  
All expressions of love are maximal.*

T-1.I.1:1

**The expression of love** is the important thing. In every condemnation, every criticism, and attack there lies the projection of one's own guilt – otherwise, we would not judge. Every judgment is *a choice once again* for separation.

The Atonement is *a process* of moving deeper (or higher) into that Mind where there is no sin, no guilt, no fear. "Nothing" external to the mind can be blamed. Releasing others from our condemnation is how we learn that *we, too*, are sinless. What makes the Atonement *a process* is the heavy layers of guilt that accompany the choice for the ego and block the Holy Spirit's light.

### **The Defense of the Atonement**

**The Atonement as a form of correction or undoing** is the only defense the ego did not make (T-2.II.4:1). It is the only defense, therefore, which cannot harm. It is God's plan

(curriculum) for salvation through forgiveness. The Atonement is *a practical process* for releasing the belief in separation. It is the awareness that the separation never happened.

The Atonement cannot be used destructively.

It cannot fail. It can, however, be refused.

### **The Ego is Nothing**

**If I have a gold chain, or maybe a headset cord**, which has become tangled with knots, I have to undo the mess. **To undo the mess**, I *reverse* the process by which the knots were created and the mess made. If the knots are tight and *seem* complicated, it may be necessary to work for a long time on just one little section and then suddenly when that section is undone, a whole length comes out. If I succeed in undoing all the knots in a gold chain and I get down to the end, I find *there is nothing there*. So it is in my mind. There is nothing there, unless we think that there is something there. As Shakespeare's Hamlet says it, "Nothing is good or bad but thinking makes it so."

**As the ego is undone, we find -- there was nothing there to start with.** The ego never was anything. How can nothing become something? For this reason, there is nothing to forgive unless "we think" there is. Take jealousy, jealousy can only occur if I think that something has been taken away from me—that I have been deprived of love. Some little "kinky" thing happened and I let it become a knot in my thinking. The atonement is, thus, the solution to the idea of separation.

*The Atonement is entirely unambiguous.*

*It is perfectly clear because it exists in light.*

*Only the attempts to shroud it in darkness have made it inaccessible to those who do not choose to see.*

T-3.I.6:5-7

### **God's Child Is Guiltless**

I once went to Helen Schucman about a problem I was having. I had broken off a relationship with a woman I was dating. The woman in question got very upset and started acting out inappropriately and in a public way. I was feeling very guilty. At the end of the conversation Helen said, "You know you are not guilty." I told Helen that she did not know what she was talking about. I was guilty. I had done this thing. I had hurt someone. I could not imagine how I could be guiltless.

The message of the Course is that the separation has had no effect and we are all innocent. On five different occasions the Course says, "God's Son is guiltless." It is not until I can see that this is true in everyone that I can see it is true in me.

*But the content of the course never changes.*

*Its central theme is always,*

**"God's Son is guiltless,  
and in his innocence is his salvation."**

M-1.3:4

How many times each day are we given the opportunity to choose between judgment and forgiveness? For this reason,

*Each one you see you place within the holy circle of Atonement or leave outside, judging him fit for crucifixion or for redemption. If you bring him into the circle of purity, you will rest there with him. If you leave him without, you join him there.*  
(T.14.V.11:1-3).

### **Raising our Awareness – Awakening from the Dream**

*Only after the deep sleep fell upon Adam could he experience nightmares.*  
T-2.I.4:5

### **This of a Nightmare World**

I would not have wanted to have live in Europe during the 1940s during the Second World War or the 1340s (the time of the black plague).

Dreams often involve some form of anxiety. We are being chased, we are trying to get someplace and all of our efforts are being thwarted, the car won't start; we keep changing modes of transportation; we're walking barefoot and we really ought to have shoes on. There is some kind of problem in the world. We then "awaken" only to discover that we are now in another world with another set of problems. There are bills to be paid, kids to be taken care of -- the list goes on and on. The whole world of separation is a place in which nightmares can occur.

Only after a deep sleep (unconsciousness) fell upon Adam could he experience nightmares. One of the functions of the Course is to help us raise our level of awareness to such a degree that we no longer are insensitive or unconscious.

## **II. The Atonement as Defense**

*You can do anything I ask.  
I have asked you to perform miracles, and have made it clear that miracles are natural, corrective, healing and universal. There is nothing they cannot do, but they cannot be performed in the spirit of doubt or fear.*  
T-2.II.1:1-3

**The proper use of denial** is to deny the ability of anything that is not of God to affect us. Remember, "The Kingdom of Heaven" is "inside you" and *There is nothing outside you.* (T-18.VI.1:1)

**There is, no place where God is not.**  
God is in your mind. God is in your memory.

The Atonement is the only defense we cannot use destructively because it is not a device we made. Rationalization, Reaction Formation, Projection, Judgment, are all ego creations. They all come out of fear.

*The Atonement "principle" was in effect long before the Atonement began. The principle was love and the Atonement was an "act" of love. Acts were not necessary before the separation, because belief in space and time did not exist.*  
T-II.4:1-4

Space and time (the world of the body) exists on the outside (kind of like a shell). The body's eyes see *only* the outside. Reality is in the mind not the body.

**The body is in the mind. The mind is not in the body.**

There are lots of descriptions now of Near Death Experiences. Notice the following from Anita Moorjani in her book, *Dying to be Me*. "I chose to return when I realized that 'heaven' is a state, not a place." And, from the Course.

*"Heaven is not a place nor a condition.  
It is merely an awareness of perfect Oneness.  
There is nothing outside this Oneness  
T-18.VI.1:5-6*

**The Atonement is a defense, which cannot be misused, because we have free will, however, it can be refused.** Eventually, like the prodigal son and daughters we all are, we will all make the decision to return Home – the sooner – the happier. The Atonement is both *the perfect lesson* and *the final lesson*. You are a perfect creation. Perfection is not a matter of degrees (T-2.II.5:6). The world is a place of degrees or levels of understanding. In Heaven everything is complete. We do not have to die to experience Heaven. Heaven is a "state" of mind.

*Atonement might be equated with total escape from the past and total lack of interest in the future. Heaven is here.  
There is nowhere else. Heaven is now. There is no other time.*  
M-26.VI.3-5

**Evolution is a process** in which we seem to proceed from one degree to the next, correcting our previous missteps. *We thus return as we go forward* (T-2.II.6:1-3). This is one of the wonderful paradoxes in the Course, We returning again Home, a place we never left. The separation never "actually" occurred, which is why this whole world is a dream.

**The Atonement is a total commitment** (T-2.II.7:1)

When Helen Schucman, the scribe for the Course, complained that the Course was not working for her. Jesus said to her, "*Why don't you do what I'm asking you to do so you can hear my voice even better?*"

**As with all things true, success is not possible until a firm commitment has been made. All thinking is erratic until a firm commitment has been made** (T-3.II.1:5).

In Section II of Chapter 21 On the Responsibility for sight, there is something we are asked to say.

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

*I am responsible for what I see.  
I choose the feelings I experience, and I decide upon the goal I would achieve.*

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

### III. The Altar of God

*Since the separation, defenses have been used almost entirely to defend “against” the Atonement, and thus maintain the separation.*

***This is generally seen as a need to protect the body.***

T-2.III.2-3

#### **You are not a body**

Bodies are exceedingly “temporal.” Bodies die. The fear associated with the need to preserve the body is seen in the work of “Doomsday Preppers” who are stockpiling food and building fortresses for themselves against a coming day of an apocalypse.

We also experience great fear over the idea of the loss of the body. We may, therefore, seek to preserve the body “at all costs.” The Egyptians, one of our first more “sophisticated” societies, focused tremendous energy in preserving “special” bodies. We see this again in the need to keep bodies alive, which would die without the intervention of life-saving measures. One example is the fight to save the life of 95 year-old Nelson Mandela, who has been in a “critical but stable condition” since June 2013.

*As long as you believe that to be with a body is companionship, you will be compelled to attempt to keep your brother in his body, held there by guilt.*

T-15.VII.12:2

Here is a man who has made his contribution to this world. It is highly unlikely that Mr. Mandela can be brought back to fully functioning and yet “the world” cannot let him go.

*“ . . . the Atonement in physical terms is impossible.”*

Before the separation, the mind was invulnerable to fear. Fear did not exist because there was no need for it (T-2.II.3:2). The separation is an attempt to *make something* which is not of God. Remember, the body is on the outside what is of God is in the Mind. *The miracle joins in the Atonement by placing the mind in the service of the Holy Spirit* (T-1.IV.2:6).

***The acceptance of the Atonement by everyone is only a matter of time.***

*This may appear to contradict free will because of the inevitability of the final decision, but this is not so.*

***You can temporize and you are capable of enormous procrastination, but you cannot depart entirely from your Creator, Who set the limits on your ability to miscreate.***

T-2.III.3:1-3

The phrase, “you can temporize and you are capable of enormous procrastination,” was meant specifically for Helen. Though it was meant for Helen, it applies to us all. We simply do not want to pay attention. We would much rather go unconscious and dream our life away.

*Tolerance for pain may be high, but it is not without limit.*

*Eventually everyone begins to recognize, however dimly, that there “must” be a better way.*

T-2.III.3:5-6

The sentence “Tolerance for pain may be high, but is not without limit” is reflective of the beginning of the Course, when Bill turned to Helen and said, “There must be another way.” Bill had had it with the back-biting and fighting that was going on within his own department at Columbia. There had to be a better way.

We see this happening again and again in political situations, where people revolt, in marriages which begin to crumble, or in unfair labor practices, etc. “There is a better way,” and that “better way” can only be found through “peaceful” means. Violence is never a better way. Anger is never justified. The ways of war are not the ways of peace.

***Peace is stronger than war because it heals. War is division, not increase.***

T-5.II.7:8-9

As the need for a better way becomes more firmly established, it becomes a turning point.

*This ultimately reawakens spiritual vision, simultaneously weakening the investment in physical sight.*

T-2.III.3:7-8

***Corrective learning always begins with the awakening of spirit, and the turning away from the belief in physical sight.***

T-2.V.7:1

**Spiritual awakening** may come as the result of a “crash and burn” experience as we see in the story of many of those we regard as our more spiritually awakened individuals, who have gone through great political struggles like Martin Luther King Jr., or Mahatma Gandhi. Or, from our own time like, the Dalai Lama; Thich Nhat Hanh; Desmond Tutu; or Nelson Mandela.

Or, it may come from those who have struggled with their own personal demons. A good example for the past was Bill Wilson, the founder of Alcoholics Anonymous, or from our own time like, Eckhart Tolle; Byron Katie; or Neal Donald Walsh.

*Spiritual vision literally cannot see error, and merely looks for Atonement.*

T-2.III.4:1

#### **Spiritual Sight**

*. . . re-establishes the power of the mind and makes it increasingly unable to tolerate delay, realizing that it only adds unnecessary pain. As a result, the mind becomes increasingly sensitive to what it would once have regarded as very minor intrusions of discomfort.*

T-2.III.4:6-7

Let's say an alcoholic can no longer stand the way he is living and finally gives it up. Such folks will say that with time, they come to "a clarity of vision" they did not know was possible – all because the cobwebs have been cleared from the mind. This reaching for "spiritual vision" can become increasingly focused and clear as one puts into practice the principles of the Course.

*The children of God are entitled to the perfect comfort that comes from perfect trust. Until they achieve this, they waste themselves and their true creative powers on useless attempts to make themselves more comfortable by inappropriate means.*  
T-2.III.5:1-2

**Inappropriate means** are attempts to "escape" the difficulties, the problems, and the veracities of life through "not looking" by going unconscious. Denial and projection are ways of not looking, so are the use of drugs, alcohol, or over eating. There is a way out and:

*. . . the real means are already provided,  
and do not involve any effort.*  
T-2.III.5:3

#### **The Way Out -- Do Nothing**

So much of life is not doing, not drinking, not drugging, not projecting on to others. So much of life is letting things be what they are and seeking not to make of love an enemy.

*When peace comes at last to those who wrestle with temptation and fight against the giving in to sin;  
when the light comes at last into the mind given to contemplation; or when the goal is finally achieved by anyone,  
it always comes with just one happy realization;  
"I need do nothing."  
T-18.VII.5:7*

#### **IV. Healing as Release from Fear**

*Our emphasis is now on healing.  
The miracle is the means,  
the Atonement is the principle,  
and healing is the result.  
T-2.IV.1:1-2*

A principle is an antecedent, a rule a law, or a procedure by which something works.

*All healing is essentially the release from fear.*  
T-2:IV.1:7

There is a wonderful example of how healing is a release from fear in Anita Moorjani's book, *Dying To Be Me*. Being released from fear may or may not mean that a body will be healed. It might mean that spirit will be released from the body and, therefore, released from the pains and anxieties of the body. Only the body can die and in that release there is tremendous freedom.

Healing is *a correction in the mind* which removes the belief in sickness. It is based on the belief that our true reality is spirit and not the body. Healing was unnecessary before the separation. Healing, like all aspects of the belief in space and time, is temporary. As long as time persists, healing is needed. The Holy Spirit cannot see error and looks beyond it to the Atonement.

**Only an ego or body can suffer.  
You are not a body.**

*Only the mind is capable of error.  
The body can act wrongly  
only when it is responding to misthought.*

Everything is of the mind. Everything is a decision, a choice. The body cannot create. Whatever is created comes out of love. Love is a choice made in the mind.

**Only the mind is capable of error.  
The body can act wrongly only when it is responding to misthought. The body cannot create, and the belief that it can, a fundamental error, produces all physical symptoms.**  
T-2.IV.4:4-6

**Only the mind can create because spirit has already been created, and the body is a learning device for the mind.**  
*Learning devices are not lessons in themselves.  
Their purpose is merely to facilitate learning.  
The worst a faulty use of a learning device can do is to fail to facilitate learning.*  
T-2.IV.3:1-4

**The body is merely part of our experience in the physical world. Its abilities can be and frequently are overevaluated.**  
*However, it is almost impossible to deny its existence in this world. Those who do so are engaging in a particularly unworthy form of denial.*  
T-2.IV.3:8-10

#### **V. The Function of the Miracle Worker**

*. . . the miscreations of the mind do not really exist.*  
T-2.V.1:5

"In truth," or "in reality" the miscreations of the mind do not exist in *eternity*. This is the same as saying that there is no ego or that despite its "seeming" reality – there is no world outside of Heaven. Heaven is reality and there is no ego in Heaven. Spirit is already perfect and does not require correction and "you are spirit." The body does not exist except as a learning device. Therefore. . . *inducing the mind to give up its miscreations is the only application of creative ability that is truly meaningful* (T-2.V.1:11).

#### **Magic and Miracles**

Magic is an attempt to solve a problem where it is not. It is the belief that, for example, if I do an incantation or perform a ritual in a certain way, it will bring about a desired result. Physical medications are forms of "spells." However, if we are afraid to use the mind to heal, it is safer to rely on *temporary healing devices*, as we cannot misperceive them as our own

creations. There is nothing wrong in the use of physical medications, especially if they help to ally our fears. Ultimately, however, we must recognize, however, that we are not really treating the cause of the problem. We are merely treating the symptom.

### **Miracle-mindedness means right-mindedness**

We come to right-mindedness through the process of the Atonement (the undoing of the ego). We need to be in our right-mind in order to overcome guilt and separation.

**Right-mindedness** is the willingness to turn things over.

*Right-mindedness is not One-Mindedness, it is, however, the state we must first achieve in order for One-Mindedness to be restored.*

T-4.II.10:1

We repeatedly *elect* wrong-mindedness or right-mindedness. The mind cannot, however, serve two masters (Holy Spirit and ego). Miracle workers need to be in their right mind or they will not be able to help establish right-mindedness in someone else.

We cannot heal someone and be angry with them at the same time. We only heal when we love. Therefore, when a brother behaves insanely, you can heal him only by perceiving the sanity in him (T-9.IV.7:1).

### **Charity**

Healing rests on charity. Charity is a way of perceiving perfection. It is essential to right-mindedness.

*Charity is a way of looking at another as if he had already gone far beyond his actual accomplishments in time.*

T-II.V.10:1

Whenever we offer a miracle to another, we shorten the suffering of the other and ourselves.

### **Our first step is to accept the Atonement for ourselves.**

In fact, *the sole responsibility of the miracle worker is to accept the Atonement for oneself* (T-2.V.5:1). Mind is the only creative level. The errors of the mind are healed by the undoing of our miscreation's (misperceptions). To undo our own miscreation is to accept the Atonement for ourselves. As we heal, so can we heal. It is in this way that we help others to find health – truth within themselves. The body does not learn any more than it creates, it merely follows the learner.

**Spirit** "is" illuminated.

**Mind** "is capable" of illumination

**The body** "is too dense" to be illuminated.

T-2.V.6:3-4

The body can only do what the mind tells it to do. If the ego/body identification is strong and the body is falsely endowed with self-initiative, it becomes an obstruction to learning.

*The dreaming of the world takes many forms,  
Because the body seeks in many ways to prove  
It is autonomous and real.*

T-27.VIII.2:1-3

I had a friend whom I loved dearly. We were buddies since the 1960s. He was a sweet soul – a disabled Vietnam veteran. Each morning after the obligatory trip to the bathroom, he would go to the kitchen, open the refrigerator door, take out a can of beer, flip open the tab on top, sit down, light a cigarette and stare at the floor.

*An "imprisoned" mind is not free  
because it is possessed, or held back by itself.*

T-3.II.4:3

**WHO** opened the refrigerator door? Who popped the top on the can of beer? Who lit the cigarette? Who issues the directions that any "body" follows? Who pulls the puppet's strings? Who speaks through any mannequin's mouth? Who is the decision-maker?

### **Special Principles of Miracle Workers**

1. *The miracle abolishes the need for lower-order concerns.* Principle Number 2 from the Fifty Miracle Principles says that *thoughts can represent the lower or bodily level of experience, or the higher or spiritual level of experience.* Lower order thoughts make the physical. Higher order thoughts create the spiritual. The aim of the miracle is to raise the level of communication. The Holy Spirit works with our higher mind (the decision-maker), whether we are asleep or awake. The ego works with our lower mind (the realm of the body), which it perceives as its home.

2. *A clear distinction between what is created and what is made is essential.* All forms of healing rest on this fundamental correction in level perception.

#### **Making and Creating**

Since the separation and our choice of the ego's thought system over Oneness, the words "create" and "make" have become confused. We have not created ourselves. **Spirit creates.** The ego *makes* as in "**Do you want to make something of it?**" It also makes up all of the "things" of the world, all of the degrees and titles, all of the beautiful structures. Thirty-five times the Course says, "**God created you.**" In fact, "God created you perfect." We did not "create" ourselves, and we certainly did not "create" God. Rather, we make up both an image of God and an image of ourselves.

3. *Never confuse right- and wrong-mindedness.*

*Responding to any form of error with anything except a desire to heal is a mistake.*

4. *The miracle is always a denial of error and an affirmation of the truth.*

5. *The level-adjustment power of the miracle induces the right perception for healing. Forgiveness is an empty gesture unless it entails correction. If it does not include correction, it is essentially judgmental, rather than healing.*

**6. Miracle-minded forgiveness is “only” correction.**

*It has no element of judgment. The statement "Father forgive them for they know not what they do" in no way evaluates "what" they do. (Story of woman taken in adultery from the Bible).*

**7. The injunction "Be of one mind" is the statement for revelation-readiness. A split mind is by necessity confused.**

*Only One-mindedness can be without confusion.  
Right-mindedness must be achieved before  
One-mindedness can be realized.  
In time we exist for and with each other.  
In timelessness we coexist with God.*

**8. You can do much on behalf of your own healing and that of others if, in a situation calling for help, you think of it this way:**

*I am here only to be truly helpful.  
I am here to represent Him Who sent me.  
I do not have to worry about what to say or what to do,  
because He Who sent me will direct me.  
I am content to be wherever He wishes,  
knowing He goes there with me.  
I will be healed as I let Him teach me to heal.*  
T-2.IV.A.18:2-6

**VI. Fear and Conflict**

*The presence of fear shows that  
you have raised body thoughts to the level of the mind.*  
T-2.VI.1:6

The Course speaks frequently of “level confusion.” There are two levels. If we could draw a line above the line, we would find:

Oneness = God = Love = Life = Light  
Truth = Heaven = Perfection = Eternity  
This is all that there is which is True and Everlasting

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Below the line we find

A Divide World = This World of Illusion  
World of Ego = Wrong-Mindedness and  
Spirit = Right-Mindedness

We are this in a constant struggle to maintain our sanity.

**The Sad News**

There is no one here who has not entered into darkness. Everyone here is at least a little bit mad. If we were not insane, we would not have created and sought to sustain an insane world. Anger, projection, judgments are all a sign of insanity.

**The Good News**

There is no one here in whom the light has gone out completely no matter how dark another soul may seem to be. Our job is to look for the light in everyone and to heal the darkness by loving rather than hating it. It is so simple. Why don't we do it?

**The Decision-Maker**

Level confusion occurs as we vacillate between right and wrong-minded thinking. Between the right and the wrong mind, there is the Decision-Maker who decides on which way to go. In the service of the ego, we have confusion. Only Right-mindedness can lead us back to One-mindedness that is Heaven = Perfect Happiness

*You may believe that you are responsible  
for what you do, but not for what you think.  
The truth is that you are responsible for what you think,  
because it is only at this level that you can exercise choice.*

*What you do comes from what you think.  
You cannot separate yourself from the truth  
by "giving" autonomy to behavior.  
This is controlled by me automatically as soon as  
you place what you think under my guidance.  
Whenever you are afraid, it is a sure sign  
that you have allowed your mind to miscreate  
and have not allowed me to guide it.*  
T-2.VI.2:5-10

*You must change your mind, not your behavior,  
and this "is" a matter of willingness.  
You do not need guidance except at the mind level.  
Correction belongs only at the level where change is possible.*  
T-2.VI.3:4-6

*You are much too tolerant of mind wandering,  
and are passively condoning your mind's miscreations.  
The particular result does not matter,  
but the fundamental error does.  
The correction is always the same.  
Before you choose to do anything,  
ask me if your choice is in accord with mine.  
If you are sure that it is, there will be no fear.*  
T-2.VI.4:6-10

**Ready, Willing, and Able**

The Course speaks of *Willingness* 89 times. In a similar vein, it speaks of *Readiness* 24 times. **If we are ready and willing, we will be able.**

*Readiness is not mastery but it is  
is the prerequisite for accomplishment. (T-2.VII.7:2)  
and the beginning of confidence. (T-2.VII.78)*

This last sentence was intended specifically for Helen but it applies to us. “We are must to tolerant of mind wandering.” Mind wandering might be thought of as, “the dreaming of the world.”

*It is possible to reach a state in which you bring your mind  
under my guidance without conscious effort, but this implies a  
willingness that you have not developed as yet.  
The Holy Spirit cannot ask more than you are willing to do.  
The strength to do comes from your undivided decision.  
There is no strain in doing God's Will as soon as you  
recognize that it is also your own.*  
T-2.VI.6:1-5

*You are afraid to know God's Will,  
because you believe it is not yours.  
This belief is your whole sickness and your whole fear.*  
T-11.I.10:1-4

Our whole sickness comes in trying to live a life outside of the mind of God. It cannot be done and *trying to do so* produces great strain. Don't tell me you don't know what God's Will is. Everyone knows. It is not a matter of ignorance. It is a matter of willingness. Better perhaps, we know what the ego's will is so all we have to do is to remember – not to go that way.

***The first corrective step in undoing the error***  
*is to know first that the conflict is an expression of fear.*  
*Say to yourself that you must somehow have chosen not to love,  
or the fear could not have arisen.*  
*Then the whole process of correction becomes nothing more  
than a series of pragmatic steps in the larger process of  
accepting the Atonement as the remedy.*

***These steps may be summarized in this way:***

***Know first that this is fear.***  
***Fear arises from lack of love.***  
***The only remedy for lack of love is perfect love.***  
***Perfect love is the Atonement.***

T-2.VI.7:1-8

***The mind is very powerful, and never loses its creative force.***  
***It never sleeps. Every instant it is creating.***

T-2.VI.9:5

***You prefer to believe that your thoughts cannot exert real  
influence because you are actually afraid of them.***

T-2.VI.9:10

***There "are" no idle thoughts.***  
***All thinking produces form at some level.***  
T-2.VI.9:12-13

If there are "no idle thoughts" then what are you thinking?

## **VII. Cause and Effect**

This opening section on Cause and Effect relates to free will, the power of our minds, our ability to heal; why it is that God does not do "magical" things on the world; what a miracle is and how miracles work.

***If I intervened between your thoughts and their results,  
I would be tampering with a basic law of cause and effect;  
the most fundamental law there is.***  
***I would hardly help you if I depreciated the power of your  
own thinking. This would be in direct opposition to the purpose  
of this course. It is much more helpful to remind you that you  
do not guard your thoughts carefully enough.***  
***You may feel that at this point it would take a miracle to enable  
you to do this, which is perfectly true.***  
***You are not used to miracle-minded thinking,  
but you can be trained to think that way.***  
***All miracle workers need that kind of training.***  
T-2.VII.2-7

Any time you see the word "create" substitute the word "love" and see if it does not make sense. *The body cannot love.* The body in and of itself is nothing – it is clay, dust, ashes. The Mind is everything. The body can only do what the Mind tells it to do.

***Both miracles and fear come from thoughts.***  
***If you are not free to choose one, you would also  
not be free to choose the other.***  
T-2.VII.3:1-2

This is the point at which "free will" comes in. We have the ability to choose for God or for the ego, for Love or for Fear. When we are fearful, we are not trusting that there is a God. Trust is, thus, the first characteristic of a teacher of God.

***By choosing the miracle you "have" rejected fear,  
if only temporarily.***  
T-2.VII.3:3

***The fundamental conflict in this world,  
then, is between creation and miscreation.***  
***All fear is implicit in the second, and all love in the first.***  
***The conflict is therefore one between love and fear.***  
T-2.VII.3:13-15

***... to concentrate on error is only a further error.***  
T-2.VII.4:7

## **VIII. The Meaning of the Last Judgment**

***Judgment is not an attribute of God.***  
***It was brought into being only after the separation,  
when it became one of the many learning devices  
to be built into the overall plan.***  
T-2.VIII.3:3-4

As judgment is not an attribute of God, all judgment is faulty save for one final judgment. The last judgment is "You are Perfect." "All is forgiven." "Nothing happened." "You just had a bad dream." "Come Home." This is a judgment on yourself of your Self. It is an awakening into Eternal Life.

### **Perfect Judgment**

The idea of a "Last Judgment" is frightening because it is associated with death. The Last Judgment does indeed mean death to the ego but then the ego was never really alive. So how can something die which never lived.

***The final judgment is***  
***... the judgment of the truth upon illusion, of knowledge  
on perception: "It has no meaning, and does not exist."***  
T-26.III.4:3

***The Last Judgment is a final healing  
rather than a meting out of punishment.***  
***Punishment is a concept opposed to right-mindedness,  
and the aim of the Last Judgment is to restore right-mindedness  
to you. The Last Judgment simply means  
that everyone will finally come to understand  
what is worthy and what is not.***  
T-2.VIII.3:3-6