

Notes on Chapter 5 from *A Course in Miracles* with Jon Mundy

Healing and Wholeness



The Holy Spirit is the Perfect Teacher.

He uses only what your mind already understands to teach you that you do not understand it.

The Holy Spirit can deal with a reluctant learner without going counter to his mind, because part of it is still for God.

Despite the ego's attempts to conceal this part, it is still much stronger than the ego, although the ego does not recognize it.

T-5.III.10:1-4

In Chapters 4 and 5 of the Course, we familiarizing ourselves with the *characters* in the play, the basic theme of the Course, the plot, and the solution to the problem presented in this “story.”

A Course in Miracles is a “Spiritual Psychology.” It explains to us how the ego works. It is no accident that Helen Schucman was a Freudian psychologist. She understood Freud very well. Freud figured out how the ego works. He was, however, till his dying day an atheist. If he had studied Eastern Philosophy, he might have seen a way out. As it was he thought we were just damned with the ego. Like many a disease it just got worse. Freud we should not forget died in 1949 just after World War II. A Jew himself, he had seen during the last decade of his life, how vicious, self-righteous and insane the ego can be.

Chapter 5 introduces us to The Holy Spirit.

The Holy Spirit is not new to us. In fact, being eternal the Holy Spirit has “always” been there. It is the only sane voice there is. *Living the Course* means, becoming progressively more and more familiar with this Voice. We’re beginning now to make the switch from ego to Spirit. This chapter has a lot to say about “choice” and “decision making,” and how it is that we have so persistently listened to the voice of the ego when we would be so much happier if we **listened to and then followed** the voice of the Holy Spirit.

I. The Invitation to the Holy Spirit

From Living A Course in Miracles

The Holy Spirit is the Voice for God, the Christ Mind, the Light, the bridge to Heaven, and the communication link between us and God.

It is a thought in my mind which helps me to understand my right-mind.

It is a memory in the mind of God's Son (T-28.4:1). This memory has never been lost—only clouded over with our dreaming of the world.

The Holy Spirit is the

“motivation” for miracle-mindedness.

He is God's answer to the separation (T-5.II.2:5)

and “the decision” to heal the separation.

He sees our fearful perceptions

and tries to help us through them.

He is in us in a very literal sense (T-5.II.3-4).

*He is the **Inner Teacher, Comforter, Guide, Healer, and Mediator.***

The Holy Spirit is a symbol which reflects a thought or a memory. The purpose of the Course is to let madness be undone so we can return in peace to the remembrance of God still shining in our quiet mind. The Holy Spirit is always there but he cannot help us without our invitation. This is where “will” comes in. We must be “willing” to turn our life over to His guidance 100% of the time.

“The Thought of God” is in each of us all the time. The difficulty is, of course, that we drown out God Voice by choosing to listen to what the Course at one point refers to as the *raucous shrieks and sick imaginings* that cover our real thoughts and obscure our eternal link with God. No matter how much we may ignore it, the Voice of the Holy Spirit can never be completely ignored or forgotten. It can be so buried, however, that we *almost* forget that it is there.

When the separation began, when we all “fell asleep” and began to dream the dream of the world, we brought into the dream *the memory of God* which is the Holy Spirit.

Sex and the Holy Spirit

Symbolically, the Holy Spirit is referred to as He or Him. The Holy Spirit is not a person. We talk about the Holy Spirit as though the Holy Spirit is a person as we can understand relating to another “person.” Some folks may prefer to think that they speak to Jesus and Jesus speaks to them. As Jesus and the Holy Spirit are One it doesn’t matter. Jesus is more “visibly comprehensible” because he was a man through whose mouth, the Holy Spirit found expression.

Everything is an idea (T-5.I.2:4). Ideas only assume form – when they are “given” form. A building is first and idea in someone’s mind. An architect lays out the idea on paper and a builder brings the idea into form.

First there must be an idea. Only ideas last.



Spirit does not have a form. The Holy Spirit does not have a body. Often in art, the Holy Spirit is pictured as a dove. A second less dominate symbol is fire which has about it the qualities of purifying or “burning off the sloth.” Another symbols in an anointing oil.

Remember, the ego does not know about the Holy Spirit but *it does suspect that there is something greater than itself* (the decision making part of the mind) which can choose the Holy Spirit.

*Knowledge is always ready to flow everywhere,
but it cannot oppose. Therefore you can obstruct it,
although you can never lose it.*

T-5.I.4:10

Remember the principle of the atonement is that the separation never happened and the peace of God cannot be disturbed.

The Choice for Heaven

Because Jesus made the choice for Heaven, we can as well. All that is required is a decision. More easily said than done – but quite possible and in the end so very simple.

A Process of Reawakening

1. *Thoughts increase by being given away.*
2. *The more who believe in them
the stronger they become.*
3. ***Everything is an idea.***
4. *How, then, can giving and losing be associated?*

T-5.I.2:1-5

II. The Voice for God

The Holy Spirit is in you in a very literal sense.

*His is the Voice that calls you back
to where you were before and will be again.*

T-5.II.3:7

The place we were before is a place we never left.

The Voice for God

Very literally the word “Spirit” come from “*Spirare*” from Latin means, ***blowing, wind, breath and air***. Blowing, wind, breath and air all have about them the qualities of invisibility and yet we can see their affect as we do for example when we see the wind blowing in the branches of the trees.

To Expire

We can live for days without food, and hours without water but we can live for only a few minutes without air. Children come forth from the womb attached to an umbilical cord which gives them life but they must soon take their first breath otherwise there is no Life in the body. In like manner, when someone has died they have “expire” and spirit has left the body.

Closely associated with wind, breath and air is a Voice. In the beginning of the Gospel of John we read.

*In the beginning was the Word,
and the Word was with God,
and the Word was God.
The same was in the beginning with God.
All things were made by him;
and without him was not anything made
that was made.
In him was life; and the life was the light of men.
And the light shineth in darkness;
and the darkness comprehended it not.*

John 1:1-5

Darkness is a symbol for the ego which lives in ignorance of the Truth of Being. The Holy Spirit is identified in part II of this chapter as “The Voice for God.”



**Angel speaking to St. Matthew the Evangelist
By Guido Reni**

The picture above hangs above of my desk
as a symbol of
The Voice for God.

The Voice of the Holy Spirit does not command,
because It is incapable of arrogance.

It does not demand,
because It does not seek control.

It does not overcome,
because It does not attack.

It merely reminds.

*It is compelling only because of what
It reminds you "of"*

*It brings to your mind the other way, remaining quiet
even in the midst of the turmoil you may make.*

*The Voice for God is always quiet,
because It speaks of peace.*

T-5.II.7:1-7

You are reading this because you know that this is true. There is "something" which speaks to you which is not your ego. Everything is a matter of choice. We are the ones who must decide for God. The Holy Spirit does nothing except "***call us back***" home. In the *Manual for Teacher* the **Holy Spirit is also spoken of as an illusion** – simply a **symbol for the right-mind** which already exists. We never left Heaven.

***It is possible even in this world
to hear only that Voice and no other.***

IT TAKES EFFORT

AND GREAT WILLINGNESS TO LEARN

*It is the final lesson that I learned, and God's Sons are as
equal as learners as they are as Sons.*

T-5.II.3:6-10

People do not lack strengths. They lack will.
Victor Hugo (1802-1885)

Later the Course talks about "a little willingness." Here early on we find a call for "great willingness." I bolded the phrase, "**it takes effort and great willingness to learn,**" as we are not really willing to put in the effort. The ego seduces us to sleep. The Holy Spirit encourages our awakening.

Rest comes from waking, not from sleeping.

Sleep is withdrawing; waking is joining.

T-8.IX.3:5

If we really awoke, the ego would disappear. Rather than quieting the ego we do what we can to keep the dream alive.

You "are" the Kingdom of Heaven,
*but you have let the belief in darkness
enter your mind and so you need a new light.*

***The Holy Spirit is the radiance that
you must let banish the idea of darkness.***

*His is the glory before which dissociation falls away,
and the Kingdom of Heaven breaks through into its own.*

Before the separation you did not need guidance.

*You knew as you will know again,
but as you do not know now.*

T-5.II.4:1-5

***The Holy Spirit calls you both to
remember and to forget.***

*You have chosen to be in a state of opposition
in which opposites are possible.*

T-5.II.6:2

We are to forget the thought system of the ego which we have made real and we are called upon to remember Heaven.

Reenacting the Civil War

We have within us the desire to attack because that is what happened in the original separation when we told God we were going to go off on our own.. God cannot stop us from sleeping if we want to. Every summer around the country various people reenact scenes from the civil war? The Civil War is *the war* in which we break away from ourselves. We perpetually reenact the civil war by separating ourselves from our brothers and sisters.

We like to fight especially for a *justifiable* cause. We like to dress up in uniforms and go on parades. We love the danger, the excitement, the glories and the possibilities of war. Why are boxing and football popular sports? Sorry, there is no golf in Heaven. There is no “body” in Heaven. Sports are “a game” where someone wins and someone loses. Sports are rather innocuous. There is no “competition” in Heaven.

Decision Making and Free Will

The Course is All About -- *decision making and free will*. **Mind** is the mechanism of decision. We are free to choose. Though we deny the Holy Spirits presence, yet the Holy Spirit remains ever present. It is we who must chose to “respond” and do what is asked of us. It is not that God’s voice is not there. Preferring our own way over God’s way we simply chosen not to listen.

*Your will is still in you because God placed it in your mind, **and although you can keep it asleep you cannot obliterate it.***

God Himself keeps your will alive by transmitting it from His Mind to yours as long as there is time.

The miracle itself is a reflection of this union of Will between Father and Son.

T-5.II.1.5-7

God’s Will “is” our will. We choose to keep God’s Will asleep by not looking, by pretending it is not there.

What profiteth it a man if he gain the whole world and lose his own soul?

If you listen to the wrong voice you “have” lost sight of your soul.

You cannot lose it, but you cannot know it.

It is therefore “lost” to you until you choose right.

T-5.II.7:11-14.

Soul or Spirit

The word “soul” and “spirit” are used interchangeable in the Course. The word “spirit” appears much more often than the word “soul” in the Course. The word “spirit” is more universal, applying to everyone whereas the word “soul” applies more specifically to one individual as in “sweet soul,” and “poor soul.” The Love of God is always present in the mind no matter how much chaos is going on in the world.

The Holy Spirit is your Guide in choosing.

He is in the part of your mind that always speaks for the right choice, because He speaks for God.

He is your remaining communication with God, which you can interrupt but cannot destroy.

T-5.II.8:1-3

We cannot hear the communication coming from the Holy Spirit when it is buried under the ego’s thought system, often much LOUDER than the soft whisper of God. War is a noisy affair and man is often at war with someone or something.

Because God’s equal Sons have everything, they cannot compete.

Yet if they perceive any of their brothers as anything other than their perfect equals, the idea of competition has entered their minds.

T-7.III.3:2

In the holy state the will is free, so that its creative power is unlimited and choice is meaningless.

Freedom to choose is the same power as freedom to create, but its application is different.

Choosing depends on a split mind.

The Holy Spirit is one way of choosing.

God did not leave His children comfortless, even though they chose to leave Him.

The voice they put in their minds was not the Voice for His Will, for which the Holy Spirit speaks.

T-5.II.6:4-9

This is the first clear statement in the text of the choice we need to make between these two voices. The way to undo everything is to bring the ego to the Holy Spirit. To heal the mind, the first step is recognizing that we have a mind and that “I” “you” “me” “we” are able to heal it. We don’t know that we have a choice because we don’t realize that we have a mind that can choose. We do not know there is a “right mind” which can make the choice for Heaven.

The Holy Spirit is your Guide in choosing.

He is in the part of your mind that always speaks for the right choice, because He speaks for God.

Both Heaven and earth are in you,

because the call of both is in your mind.

T-5.II.8:1-2

To speak of Heaven and earth is the same thing as saying both the Holy Spirit and the ego are in you. The phrase “decision maker” has not yet come up and won’t until the Manual but Jesus is continually telling us that everything is a matter of a decision.

Yet you have other devotions now.

Your divided devotion has given you the two voices, and you must choose at which altar you want to serve.

The call you answer now is an evaluation because it is a decision.

*The decision is very simple.
It is made on the basis of which call is worth more to you.
T-5.II.8:8-11*

Ego = Path of Pain ~ Holy Spirit = Path of Joy

Listening to the voice of the Holy Spirit will lead us to Heaven. Listening to the voice of the ego leads us to hell. One is the path of joy. One is the path of pain. Fortunately, we cannot forever choose only ego.

As we move closer to each other we feel better as we engage in further separation we will feel worse. Forgiveness leads us to peace. Specialness leads us to misery.

*The Holy Spirit is the motivation for miracle-mindedness;
the decision to heal the separation by letting it go.*

***Your will is still in you because God placed it in your
mind, and although you can keep it asleep
you cannot obliterate it.***

*God Himself keeps your will alive by transmitting it from
His Mind to yours as long as there is time.*

*The miracle itself is a reflection of this union of Will
between Father and Son.*

T-5.II.1.4-7

Fear of the Atonement

*The principle of Atonement and the separation
began at the same time.*

When the ego was made,

God placed in the mind the Call to joy.

This Call is so strong that

the ego always dissolves at Its sound.

***That is why you must choose to hear
one of two voices within you.***

One you made yourself, and that one is not of God.

But the other is given you by God,

Who asks you only to listen to it.

T-5.II.3:1-5

If we can hear the voice for God then the ego's voice disappears. The ego is afraid of the Holy Spirit because the ego knows that the Holy Spirit is real while the ego itself is not real. The Holy Spirit is a choice which undoes the egos existence.

We all experience a one sided confrontation between our egos and Spirit. **Ego attack** and the Holy Spirit remains unaffected by what is not true. Spirit does not recognize the ego so there is no combat as far as Spirit is concerned. The ego does not recognize Spirit either but it does feel as though *there is something* which is other than itself and therefore as far as the ego is concerned – there is something (God, The Holy Spirit) which opposes it.

To follow the ego is to push the Holy Spirit away. To push the Holy Spirit away means the establishment of a state of mindlessness in which “Reality TV” has more attraction for us than the Kingdom of God.

**Jesus and the Holy Spirit are
“The Thought System” of the Atonement**

There is a lot of Jesus in the early chapters of the Course. When we are talking about the Holy Spirit we are also talking about Jesus and when we are talking about Jesus we are talking about the Holy Spirit. You can pray to God, Jesus or the Holy Spirit and it doesn't matter. It's all the same thing. God, Jesus and the Holy Spirit are different manifestations of Oneness. In the next few lines it is Jesus speaking.

***My mind will always be like yours,
because we were created as equals.***

It was only my decision

that gave me all power in Heaven and earth.

My only gift to you is to help you make the same decision.

This decision is the choice to share it,

because the decision itself “is” the decision to share.

*It is made by giving, and is therefore the one choice
that resembles true creation.*

I am your model for decision.

By deciding for God I showed you

that this decision can be made,

and that you can make it.

T-5.II.9:1-7

Jesus is different from us in time, but not in eternity. In eternity we are all one. We all have the same mind. The decision for the ego is the decision to separate from that Mind. The decision for God is the decision to reunite. We are simply undoing the wrong decision we made in the first place.

*I have assured you that *

the Mind that decided for me is also in you,

***and that you can let it change you
just as it changed me.***

*This Mind is unequivocal, because it hears only
one Voice and answers in only one way.*

You are the light of the world with me.

Rest does not come from sleeping but from waking.

The Holy Spirit is the Call to awaken and be glad

T-5.II.10:1-5

Real rest comes when we are no longer stressed, when we are not trapped in the ego's dream of death. When you read Anita Moojani's book, “*Dying to be Me,*” you see that her experience was not a death experience but an experience of *awakening* into a greater life. She

felt as though she was filled with incredible energy.

To awaken in Heaven simply means that we can be glad that we are now home. Home is a place can rest, not our bodies which is not who we are but our weary minds.

Hear only this through the Holy Spirit within you, and teach your brothers to listen as I am teaching you.

T-5.II.10:10

We teach others how to listen by being listeners ourselves. This is not necessarily in what we say but who we are and how we live. If I live in peace and practice peace; if I live without attack thoughts, I am living in the peace of God. In this sense “*we need do nothing*” except allow the Divine energy to flow.

When you are tempted by the wrong voice, call on me to remind you how to heal by sharing my decision and making it stronger.

As we share this goal, we increase its power to attract the whole Sonship, and to bring it back into the oneness in which it was created.

Remember that "yoke" means "join together," and "burden" means "message."

Let us restate "My yoke is easy and my burden light" in this way; "Let us join together, for my message is light."

T-5.II.11:1-4

The ego always speaks first, so look at what the ego has to say and then turn within to the Holy Spirit and see what Spirit has to say. Very often it says “Now be still.” Or “You need to nothing.” What we often need to do is simply not to interfere.

III. The Choice for Salvation

It (the idea of the Holy Spirit) increases in you as you give it to your brother.

Your brother does not have to be aware of the Holy Spirit in himself or in you for this miracle to occur.

He may have dissociated the Call for God, just as you have.

This dissociation is healed in both of you as you become aware of the Call for God in him, and thus acknowledge Its being.

T-5.III.2:7-10

If I can see the Holy Spirit in you, you cannot be an awful person. I want to see you as the home of *evil, darkness and sin* (W-93.1:1). The Sonship is one. The illusion is that there are separate parts. If I exclude anyone from the Sonship, I am exclude myself.

There are two diametrically opposed ways of seeing your brother. They must both be in your mind, because you are the perceiver.

They must also be in his, because you are perceiving him.

See him through the Holy Spirit in his mind, and you will recognize Him in yours.

What you acknowledge in your brother you are acknowledging in yourself,

and what you share you strengthen.

T-5.III.3:1-5

I cannot find my way home and be justifiably angry at the same time. As long as I am angry I exclude not only myself from the Kingdom.

At this point the Course gets annoying.

Everyone wants to hear the voice of the Holy Spirit and we all do. The only thing is, as we're listening to Ego most of the time we simply cannot hear. When we don't hear anything we may feel as though we are failing the Course. Here is where patience and persistence comes in.

The Voice of the Holy Spirit is weak in you.

That is why you must share It.

T-5.III.4:1-2

It must be increased in strength before you can hear it.

It is impossible to hear It in yourself while

It is so weak in your mind.

T-5.III.4:4

The Voice of the Holy Spirit can only be weak if I persist in valuing separation, know therefore that:

1. I cannot be both projective and receptive at the same time.
2. I cannot hear the voice of the Holy Spirit and be angry at the same time.
3. My mind is healed as I heal all relationship with *all* my brothers and sisters.

I cannot hear the voice of the Holy Spirit and think of myself as special. The Voice of the Holy Spirit is the Voice of Oneness.

1. Here is a secret, it is not “usually” a voice. It can “seem” like a voice, especially when in deep need and crying out for an answer.

What the Voice of the Holy Spirit is:

A right minded thought.

Listen in silence, and do not raise your voice against Him. For He teaches the miracle of oneness, and before His lesson division disappears.

T-14.XI.11:4-5

If we are sincere about hearing the Voice for God, we must also be sincere about not seeing differences between ourselves and our brothers and sisters. We cannot find the Holy Spirit within ourselves alone.

If you make the mistake of looking for the Holy Spirit in yourself alone your thoughts will frighten you because, by adopting the ego's viewpoint, you are undertaking an ego-alien journey with the ego as guide.

This is bound to produce fear.

T-5.III.4:3-7

The Holy Spirit has the task of undoing what the ego has made.

He undoes it at the same level

on which the ego operates, or the mind would be unable to understand the change.

T-5.III.5:5-6

The Holy Spirit speaks to us in the condition we think we are in as separated beings in the world. The Holy Spirit “undoes” the ego on the same level on which the ego operates.

Technically, the Holy Spirit does nothing.

We heal our minds by choosing for God once again. The Holy Spirit in this sense *simply reminds us* of the truth of who we are.

Reality TV

If there was every an ox that was a moron it has to be reality TV. Reality Shows are about arguing. “Actors” in Reality TV productions are encouraged to argue otherwise there is no show. Who wants to watch a happy family sitting around have a pleasant conversation?

Peace is the ego's greatest enemy because, according to its interpretation of reality, war is the guarantee of its survival.

T-5.III.8:7

IV. Teaching and Healing

Physical birth is not a beginning; it is a continuing.

Everything that continues has already been born.

It will increase as you are willing to return the unhealed part of your mind to the higher part, returning it undivided to creation.

T-5.IV.2:4-6

The ego can keep you in exile from the Kingdom, but in the Kingdom itself it has no power.

T-5.IV.3:4

You cannot be hurt, and do not want to show your brother anything except your wholeness.

Show him that he cannot hurt you and hold nothing against him, or you hold it against yourself.

This is the meaning of "turning the other cheek."

T-5.IV.4:3-6

The body of course, can be hurt.

Assault can ultimately be made only on the body. There is little doubt that one body can assault another, and can even destroy it.

Yet if destruction itself is impossible,

anything that is destructible cannot be real.

T-6.I.4:1-3

This is why you are not a body. Only Spirit is real. Everything else disappears. Only an ego can be hurt, upset, frustrated, annoyed, offended, disappointed etc. You are not an ego.

The message the crucifixion was intended to teach was that it is not necessary to perceive any form of assault in persecution, because you cannot “be” persecuted.

If you respond with anger, you must be equating yourself with the destructible, and are therefore regarding yourself insanely.

T-6.I.4:6-7

The Course provides a “wholly new” take on the crucifixion and the resurrection. Regardless of what someone else has done, it can have no effect on me unless I give it that power. My body can be destroyed. Spirit is safely invulnerable to attack. For this reason we should have no concern for our friends when they lose their bodies. Spirit is liberated. Hallelujah Amen!

How can you attack that which is not physical? Would you use a sword against it – a sharp tongue perhaps? Yet, even a sharp tongue can have no effect on a clear mind. This is a Course in Mind Training. One of the primary things is to remember --- **Don't Take the Bait!**

The Voice for God is not weak.

No one can be excluded from my forgiveness or my love. We cannot get to Heaven alone. If we think that we can we are strengthening the idea of separation that excluded us from Heaven.

*The Holy Spirit atones in all of us by undoing,
and thus lifts the burden you have placed in your mind.
By following Him you are led back to God where you
belong, and how can you find the way except by taking
your brother with you?*

*My part in the Atonement is not complete
until you join it and give it away.*

T-5.IV.6:1-3

We would like to be able to get home while also excluding some other brother or sisters. It can't be done.

V. The Ego's Use of Guilt

This is the first time guilt is talked about at length in the Course. Chapter 13, "The Guiltless World" is all about guilt and we'll go into guilt more when we get to chapter 13.

From Living A Course in Miracles

The moment Adam's eyes are opened and he distinguishes between good and evil, guilt comes into the mind. Now there are two possibilities: one right, one wrong. Now there is division. There is separation. There is judgment. There is guilt. Never wholly present, sin is always a judgment about a past event. It may have been five minutes ago or five thousand years ago. It is still past.

Guilt is self-accusation.

Guilt is my experience in the moment and fear is my dread of possible punishment. If I feel guilty, it means *I have sinned* and if I have sinned that means that I now feel separate from God—from wholeness.

I am isolated and alone and fearful that God will reprimand me for what I have done. Guilt tells us that WE HAVE sinned. Because of our sin **we deserve to be punished.**

Guilt is "always" disruptive.

*Anything that engenders fear is divisive
because it obeys the law of division.*

*If the ego is the symbol of the separation,
it is also the symbol of guilt.*

Guilt is more than merely not of God.

It is the symbol of attack on God.

T-5.V.2:6-10

***If you identify with the ego,
you must perceive yourself as guilty.***

*Whenever you respond to your ego you will
experience guilt, and you will fear punishment.*

T-5.V.3.5-7

*When we stop finding guilt in our brothers
we stop finding guilt in ourselves.*

The ego is insane.

It engages in insane activities like war. When guilt arises, "something has gone wrong," "something has happened that should not have happened." We have hurt someone." We have done something against God. We have sinned. God has no ego. God cannot be hurt and you are as invulnerable as God.

Fear

Once we have "sinned against" God we are afraid of God's wrath. God is going to counter our attack with an attack. This produces fear.

Two Ways the Ego Handles Guilt

1. Burying It.

This is one of Freud's major discoveries. He calls it repression or denial. We do not look at guilt we engage instead in a variety of defense mechanism like alcoholism, or workaholism or any kind of "ism" in which we may hide.

2. Projecting It.

The problem is not in me. It is in you.

When stop projection we see how faulty the ego's system is and how it will be found out for the nothingness that it already is. We are to assume "total responsibility" for everything which comes our way. That is it. That is all we have to do. All projection is a form of insanity. It is thus important to "look closely" at all projections. It is insane to project that "the other guy did it," even if he did.

Be Aware of All Projection – Look at it Carefully

The only way the incessant projections can be stopped is "if I stop it in my mind." The Course asks us to do this 100% of the time. Then and only then can we know perfect happiness. Perfect Happiness comes in assuming full responsibility for everything which is coming my way at any given moment whether. You brought it to yourself because it is your experience.

I said before that illness is a form of magic.

*It might be better to say that
it is a form of magical solution.*

*The ego believes that by punishing itself
it will mitigate the punishment of God.*

T-5.V.5:4-6

Punishing Ourselves

The ego says, "I know that I am a sinner, and I am guilty but don't worry about it God. I will punish myself so you don't have to." Here is my plan, "I will not assume responsibility for my body. I will let it fall into disrepair. I will abuse it with food, drugs and alcohol. I will get sick. I will punish myself. You don't have to do it.

Yet even in this it is arrogant.

It attributes to God a punishing intent,

and then takes this intent as its own prerogative.

*It tries to usurp all the functions of God as it perceives
them, because it recognizes that
only total allegiance can be trusted.*

T-5.V.5:7-9

The ego, attribute punitive characteristics to God. How else can it account for all the terrible things which happens? We can now say that God is wrathful instead of loving. Then we say I will help God out by punishing myself. This thinking process of the ego is totally insane. Sickness comes from guilt and our lack of self-worth.

*What you made can always be changed because,
when you do not think like God,
you are not really thinking at all.*

*Delusional ideas are not real thoughts,
although you can believe in them.*

T-5.V.6:12

*When we remember we are all mad,
the mysteries disappear and life stands explained.*

— **Mark Twain**

Crazy people -- that would include almost all of us almost all the time -- we are making up our own worlds. **We are not really thinking. We dreaming.** Think of all the "nonsense" surrounding jealousy, hurt feelings, attack thoughts or thoughts of superiority or inferiority. **Believing in insane ideas does not make them real or true.** If we look at the history of the world and the insanity that lead to war and thus to the suffering of millions upon millions of people -- we see -- this is indeed an insane world. God teachers never go to war.

Seek only to heal ~ never to harm.

*This "is" an insane world, and do not
underestimate the extent of its insanity.*

*There is no area of your perception that it has not
touched, and your dream "is" sacred to you.*

*That is why God placed the Holy Spirit in you,
where you placed the dream.*

T-14.I.2:6-8

The dream and the Holy Spirit are in the same place -- the mind. Once we get ahold of our own minds we can then listen to and then follow God's Voice.

Heavy duty insane thought (hating someone for example) does not make the thought real no matter how much this through might dominate one's mind. Think of the insanity of Germany prior to and during World War II, or the insanity of the Inquisition when the holiest institution on earth engaged in some of histories more horrific crimes. No matter how people find justification for the unjustifiable it never makes it right.

VI. Time and Eternity

*You have elected to be in time rather than eternity,
and therefore believe you "are" in time.*

Yet your election is both free and alterable.

*You do not belong in time. Your place is only in eternity,
where God Himself placed you forever.*

T-5.VI.1:4-7

*Remember the Kingdom always,
and remember that you who are part
of the Kingdom cannot be lost.*

T-5.VI.3:1

To be insane is to be lost -- lost in our own thoughts, in the little separated mind. We can never leave God or his Kingdom. We can only "believe" that we can.

In this section paragraphs 5-9 Jesus takes some terrible selections from the Bible and reinterprets them cleansing them of the errors of the Biblical authors.

*"As ye sow, so shall ye reap" He (The Holy Spirit)
interprets to mean what you consider worth cultivating
you will cultivate in yourself. Your judgment of what is
worthy makes it worthy for you. T-5.VI.6:1-2.*

*"Vengeance is mine, saith the Lord" is easily
reinterpreted if you remember that ideas increase only by
being shared. The statement emphasizes that vengeance
cannot be shared. Give it therefore to the Holy Spirit,
Who will undo it in you because it does not belong in
your mind, which is part of God. T-5.VI.7.*

Give all vengeful idea to the Holy Spirit and let him discard them for you.

"I will visit the sins of the fathers unto the third and fourth generation," as interpreted by the ego, is particularly vicious. It becomes merely an attempt to guarantee the ego's own survival. To the Holy Spirit, the statement means that in later generations He can still reinterpret what former generations had misunderstood, and thus release the thoughts from the ability to produce fear. T-5.VI.8.

"The wicked shall perish" becomes a statement of Atonement, if the word "perish" is understood as "be undone." Every loveless thought must be undone, a word the ego cannot even understand.

Remember, all egos eventually implode.

VII. The Decision for God

***Do you really believe**
you can make a voice that can drown out God's?*

***Do you really believe**
you can devise a thought system
that can separate you from Him?*

***Do you really believe**
you can plan for your safety and joy
better than He can?*

T-5.VII.1:1-3

Whenever you are not wholly joyous, it is because you have reacted with a lack of love to one of God's creations.

T-5.VII.5:1

When one person in a couple wants to break up they often begin by accusing the other person of not being loving enough. Germany started its war with Poland by claiming that Poland attacked them first -- which was of course a lie.

No matter how much we try, we cannot forever drown out the voice for God. People often hear the voice for God when there are in deep trouble and they cry out for help and receive a compassionate answer. The Course is trying to help us hear that voice before we get to the point of needing to scream out for help.

The Idea of and Need for Competition

*Because God's equal Sons have everything,
they cannot compete. Yet **if they perceive any of their brothers as anything other than their perfect equals, the idea of competition has entered their minds.***

T-7.III.3:3

The ego thinks it is in completion with God. What a silly thought. There is no competition in Heaven. God's children all equally loved. We fight to the death to maintain individuality.

*The ego does not perceive sin as a lack of love,
but as a positive act of assault.*

*This is necessary to the ego's survival because,
as soon as you regard sin as a lack, you will
automatically attempt to remedy the situation.*

And you will succeed.

*The ego regards this as doom,
but you must learn to regard it as freedom.*

T-5.V.5:10-13

It is difficult breaking our allegiance to the ego. Our challenge is to learn how to shift from the ego self to the "Decision Maker." We **are learning how to switch to "The right mind,"** which can make the final choice for Oneness. As long as we forget that we have a right mind, the ego has our total allegiance. At the time of the separation when we chose the ego over the Holy Spirit we chose the ego totally.

Egoaholics

We are all egoaholics. Those who join alcoholics anonymous must admit that they are powerless over alcohol. Sometimes folks will get free of alcohol for a while and then think they are so free of it that it will not hurt to have one drink and then of course one thing (drink) leads to another and we are back where we began.

When we become more aware of how the ego works and they gain some freedom from it, we might think, well it's okay if I get angry just this one time or, it's okay if I have this hurt feeling, just this one time etc. and we are right back into feeding the ego. We soon find that the total allegiance to the ego is still there. Remember,

It takes effort and great willingness to learn this Course.

*Guilt cannot be undone by repentance in the usual sense, because this implies guilt. (T-5.VII.5:2-5). For traditional Christianity, The Holy Spirit is **"the convictor of sin."** Traditional Christianity calls for repentance – that is, an admission of guilt. Thus is the sinner not truly forgiven but forever stained by "the sin."*

There is an old joke about a boy who prayed to God for a bicycle and when God was not forthcoming, he realized that he had it all wrong what he really needed to do was to steal a bicycle and then to pray for forgiveness. When we allow ourselves to feel guilty, we reinforce the error rather than allow the error to be undone.

Excluding yourself from the Atonement is the ego's last-ditch defense of its own existence.

It reflects both the ego's need to separate, and your willingness to side with its separateness. This willingness means that you do not want to be healed.
T-5.VIII.3:4-6

The fact that we are here is saying that we do not want to be part of God's Kingdom otherwise we would be home. This is not home and everyone knows it.

Therefore, the first step in the undoing is to recognize that you actively decided wrongly, but can as actively decide otherwise.
T-5.VIII.6:3

The Course is all about our accepting responsibility for everything that comes our way. No one has the power to take the peace of God from us unless we give them that power. This is one of the dominant ideas in the whole Course.

Be very firm with yourself in this, and keep yourself fully aware that the undoing process, which does not come from you, is nevertheless within you because God placed it there.
T-5.VIII.6:4-6

Being very firm with ourselves is like saying, what we read in chapter four.

Watch carefully and see what it is you are really asking for. Be very honest with yourself in this, for we must hide nothing from each other.
T-4.III.8:1

*Exclusion of others keeps me from Heaven
Inclusion of others brings me Home again.*
Dr. Kenneth Wapnick

*As you teach so shall you learn.
I will never leave you or forsake you,
because to forsake you would be to forsake myself
and God Who created me.*
T-5.IV.6:5-6

God can never forgive or abandon anyone no matter how great a crime we may think they have committed. If I judge and attack you I must also judge and attack myself.

*You forsake yourself and God
if you forsake any of your brothers.
You must learn to see them as they are,*

*and understand they belong to God as you do.
How could you treat your brother better than by
rendering unto God the things that are God's?*
T-5.IV.6:6-8

The following piece is a kind of song or aria sung to Helen. It is the first time this kind of think appears in the Course. It will appear again many times here after.

How can you who are so holy suffer?
*All your past except its beauty is gone,
and nothing is left but a blessing.
I have saved all your kindnesses
and every loving thought you ever had.*

*I have purified them of the errors that hid their light,
and kept them for you in their own perfect radiance.*

*They are beyond destruction and beyond guilt.
They came from the Holy Spirit within you,
and we know what God creates is eternal.*

*You can indeed depart in peace because
I have loved you as I loved myself.*

You go with my blessing and for my blessing.

Hold it and share it, that it may always be ours.

*I place the peace of God in your heart
and in your hands, to hold and share.*

*The heart is pure to hold it,
and the hands are strong to give it. We cannot lose.
My judgment is as strong as the wisdom of God,
in Whose Heart and Hands we have our being.
His quiet children are His blessed Sons.
The Thoughts of God are with you.*
T-5.IV.8:1-14

Temporary Insanity

I should not have done it but once when our daughter was a teenager and going through her teen years she had lost it so completely that I said. Right now, honey, you are experiencing a temporary state of insanity. That did not go over well. It was actually funny at the time. The ego tries to drown out the Voice for God by making up guilt. There is no guilt in Heaven. Guilt can only exist in a state of "temporary insanity." Guilt, however, is a justified feeling for the ego see how the ego "has sinned," we have in some way hurt the whole or we have "hurt" God.

***The ego cannot survive without judgment,
and is laid aside accordingly.***

*The mind then has only one direction in which it can
move. Its direction is always automatic,
because it cannot but be dictated
by the thought system to which it adheres.*

We must have the willingness to look at our minds. Every time we are tempted to be hurt or upset or disturbed by any external circumstances. Whenever any one of us are not at peace it is always our responsibility to look at our decisions making process and realize: We must have decide wrong. We can make another decision namely the choice for peace, for God, for forgiveness, for Heaven. Jesus cannot make this decision for us. We must make the decision for ourselves after all, we have free will.

***Your part is merely to return your thinking
to the point at which the error was made,
and give it over to the Atonement in peace.***

The point at which the decision was made was the point at which we decided to decide against God which also meant deciding against ourselves. We make this same decision over and over again in any and every second in which we decided to decide against God.

*Say this to yourself as sincerely as you can,
remembering that the Holy Spirit will respond
fully to your slightest invitation:
T-5.VII.6:5-6*

The following are statements we are to make to ourselves whenever we feel any disquiet within.

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

If my mind is not at peace, it is not because of anything that anyone has done. We're accepting responsibility here, we're saying, "I must have decided wrongly and I know that that is true because I am not at peace."

***I made the decision myself,
but I can also decide otherwise.***

I am the one who choose guilt. I can also be the one who can change their mind. The first step reminds me that the choice is mine. The second step indicates that we can make the right choice. It is merely a matter of choice. We can now return the mind to the decision making part of the mind. You have a choice and you can make the right choice, right now.

If I am not peaceful -- obviously, I made the wrong choice. *Forgiveness* undoes the process by which we make wrong decisions. I now realize that the problem is inside me, it is not in the world. It does not matter how big or how small the situation is, if I have allowed anything to take the peace of mind away from me – I am the one who has allowed it.

Nothing "outside" is ever the cause of my distress. The reason I am distressed has nothing to do with the world. There is no hierarchy of illusion. An illusion is an illusion. Any illusion can take the peace of God away from me, if I let it.

***I want to decide otherwise,
because I want to be at peace.***

***I do not feel guilty, because the Holy Spirit will
undo all the consequences of my wrong decision
if I will let Him.***

The Holy Spirit does not take the ego away from us? How can you take away what is not there. The Holy Spirits job, just like that of God is very easy. There is nothing which has to be done. I made the mistake. I am the only one who can undo the mistake if I let the Holy Spirit decide for God for me.

We have repeatedly chosen for the ego and it has never aided us in our search for freedom.

***I choose to let Him,
by allowing Him to decide for God for me.
T-5.VII.6:7-11***

The Lord's Prayer from the Course

*Forgive us our illusions, Father, and help us to accept
our true relationship with You, in which there are no
illusions, and where none can ever enter.
Our holiness is Yours. What can there be in us that needs
forgiveness when Yours is perfect?
The sleep of forgetfulness is only the unwillingness to
remember Your forgiveness and Your Love.
Let us not wander into temptation, for the temptation of
the Son of God is not Your Will.
And let us receive only what You have given, and accept
but this into the minds which You created
and which You love. Amen.*