

Chapter 5. HEALING AND WHOLENESS

Introduction

T-5.in.1. To heal is to make happy. 2 I have told you to think how many opportunities you have had to gladden yourself, and how many you have refused. 3 This **refusal to gladden yourself** is the same as telling you that you have refused to heal yourself. 4 The light that belongs to you is the light of joy. 5 Radiance is not associated with sorrow. 6 Joy calls forth an integrated willingness to share **joy**, and **joy** promotes the mind's natural impulse to respond as one **mind**. 7 Those who attempt to heal without being wholly joyous themselves call forth different kinds of responses at the same time, and thus deprive others of the joy of responding wholeheartedly.

Note # 1: Healing is at the level of mind. If you are not joyous or happy, which is God's Will for His Children, you are sick. Sickness starts first at the spiritual level, moves to the emotional level, and lastly is manifests upon the physical level of the body. If the healer wishes to teach another to heal themselves, the healer needs to be healed. You need to be healed in spirit, which means that you need to be happy and joyous yourself. To teach joy, be joy.

T-5.in.2. To be wholehearted you must be happy. 2 If fear and love cannot coexist, and if it is impossible to be wholly fearful and remain alive, the only possible whole state is that of love. 3 There is no difference between love and joy. 4 Therefore, the only possible whole state is the wholly joyous. 5 To heal or to make joyous is therefore the same as to integrate and to make one. 6 That is why it makes no difference to what part or by what part of the Sonship the healing is offered. 7 Every **part of the Sonship** benefits, and benefits equally.

Note # 2: By healing yourself everyone benefits. All minds are interconnected. Healing takes place in the mind. Only the mind is sick. Any bodily sickness is only the effect of mind "DIS- EASE." You need to heal your "stinking thinking."

T-5.in.3. You are being blessed by every beneficent thought of any of your brothers anywhere. 2 You should want to bless **your brothers** in return, out of gratitude **to your brothers**. 3 You need not know **your brothers** individually, or they **need not know** you **individually**. 4 The light is so strong that **the light** radiates throughout the Sonship and **the Sonship** returns thanks to the Father for radiating His joy upon **the Sonship**. 5 Only God's holy children are worthy channels of His beautiful joy, because only **God's holy children** are beautiful enough to hold **God's beautiful joy** by sharing **His beautiful joy**. 6 It is impossible for a child of God to love his neighbor except as himself. 7 That is why the healer's prayer is:

8 Let me know this brother as I know myself. p72

Note # 3: The Sonship, being part of the holographic Mind of God, must also be part of that same hologram. Each brother is part of this holographic Mind. Since in a hologram each part is the whole and the whole is in each part, to know yourself is to know the whole. Know your true Big "S" Self and you know all parts of the hologram. Your Big "S" Self is the One Self of "All That Is".

I. The Invitation to the Holy Spirit

T-5.I.1. Healing is a thought by which two minds perceive their oneness and become glad. 2 This gladness calls to every part of the Sonship to rejoice with **the two minds that perceive their oneness and become glad**, and lets God go out into **these same two minds** and through **these same two minds**. 3 Only the healed mind can experience revelation with lasting effect, because revelation is an experience of pure joy. 4 If you do not choose to be wholly joyous, your mind cannot have what it does not choose to be. **It cannot be wholly joyous**. 5 Remember that spirit knows no difference between *<having>* and *<being>*. 6 The higher mind thinks according to the laws spirit obeys, and therefore **the higher mind** honors only the laws of God. 7 To spirit getting is meaningless and **to spirit** giving is all. 8 Having everything, spirit holds everything by giving **everything**, and thus creates as the Father created. 9 While this kind of thinking is totally alien to having things, even to the lower mind **this kind of thinking** is quite comprehensible in connection with ideas. 10 If you share a physical possession, you do divide its ownership. 11 If you share an idea, however, you do not lessen **the idea**. 12 All of **the idea** is still yours although all of **the idea** has been given away. 13 Further, if the one to whom you give **the idea** accepts **the idea** as his **own**, he reinforces **the idea** in your mind and thus increases **the idea**. 14 If you can accept the concept that the world is one of ideas, the whole belief in the false association the ego makes between giving and losing is gone.

Note # 4: Form cannot be shared without “sacrifice” on the part of the giver. Yet, ideas can be shared and the sharing can strengthen both parties. Thoughts become things. Share the idea that your brother is perfect, whole and complete and you give him everything. Yet, at the same time, this sharing strengthens and extends your own perfection. Content is shared, which is at the level of mind or ideas, not form. The content’s form is not the focus of the sharing. Sharing loving thoughts allows joy, happiness and healing to be made available to both parties.

T-5.I.2. Let us start our process of reawakening with just a few simple concepts:

2 Thoughts increase by being given away.

*3 The more who believe in **the thought**, the stronger **the thought** becomes.*

4 Everything is an idea.

*5 How, then, **with an idea** can giving and losing be associated?*

Note # 5: When we realize everything is thought, the idea that give requires no sacrifice makes sense. Being interconnected to give is to receive. By sharing an idea you prove you have it and the idea grows stronger in your mind. There is no loss or diminishment.

T-5.I.3. This **simple concept** is the invitation to the Holy Spirit. 2 I have said already that I can reach up and bring the Holy Spirit down to you, but I can bring Him to you only at your own invitation. 3 The Holy Spirit is in your right mind, **just as the Holy Spirit** was in **my right mind**. 4 The Bible says, "May the mind be in you that was also in Christ Jesus," and uses this as a blessing. 5 **This Bible saying** is the blessing of miracle-mindedness. 6 **This Bible saying** asks that you may think as I thought, joining with me in Christ thinking.

Note # 6: You are your own mind's decision-maker. You have free will and can make the choice to accept the ideas that Jesus shares with us and join him in right-mindedness. By your acceptance of these shared ideas, miracle-mindedness is extended and strengthened.

T-5.I.4. The Holy Spirit is the only part of the Holy Trinity that has a symbolic function. 2 **The Holy Spirit** is referred to as the Healer, the Comforter and the Guide. 3 **The Holy Spirit** is also described as something "separate," apart from the Father and from the Son. p73 4 I myself said, "If I go I will send you another Comforter (**the Holy Spirit**) and he will abide with you." 5 **The Holy Spirit's** symbolic function makes the Holy Spirit difficult to understand, because symbolism is open to different interpretations. 6 As a man and also one of God's creations, my right thinking, which came from the Holy Spirit or the Universal Inspiration, taught me first and foremost that this Inspiration, **which came from the Holy Spirit** is for all. 7 I could not have **this Inspiration which came from the Holy Spirit** myself without knowing **this Inspiration is for all**. 8 The word "know" is proper in this context, because the Holy Spirit is so close to knowledge that **the Holy Spirit** calls **this Inspiration** forth; or better, allows **this Inspiration** to come. 9 I have spoken before of the higher or "true" perception, which is so near to truth that God Himself can flow across the little gap. 10 Knowledge is always ready to flow everywhere, but **knowledge** cannot oppose. 11 Therefore you can obstruct **knowledge**, although you can never lose **knowledge**.

Note # 7: Jesus states that although we have talked of the Sonship's loss of knowledge, knowledge was not lost. We merely chose to temporarily block our access to it. We resisted, rather than accepted, the natural flow of ideas, which comprise the basis for knowledge. This blocked knowledge is available to us through the Holy Spirit or what we might call "inspiration." During moments of true "inspiration", we reconnect to this previously blocked pool of knowledge. Another way of understand Inspiration is "In - Spirit." We have reconnected to our SourceEnergy.

General Note: All words are symbolic attempts to translate ideas. Jesus must meet the student at the student's level of understanding. Jesus' words attempt to offer the student a better understanding of these concepts that are often impossible or difficult to translate into words.

T-5.I.5. The Holy Spirit is the Christ Mind which is aware of the knowledge that lies beyond perception. 2 **The Holy Spirit, which is the Christ Mind**, came into being with the separation as a protection, inspiring the Atonement principle at the same time. 3 Before **the separation** there was no need for healing, for no one was comfortless. 4 The Voice of the Holy Spirit is the Call to Atonement, or the restoration of the integrity of the mind. 5 When the Atonement is complete and the whole Sonship is healed there will be no Call to return. 6 But what God creates is eternal. 7 The Holy Spirit will remain with the Sons of God, to bless their creations and keep **the Sons' of God creations** in the light of joy.

Note # 8: The Holy Spirit is defined as the Christ Mind, which is aware of the knowledge that lies beyond perception. The Holy Spirit is described in many ways and in many terms. The term used is not as important as the concept that it is designed to represent. These terms may be used interchangeably and with some poetic license. Do not let yourself be "turned off" by the term. If the term does not resonate with you, substitute the terminology

that does. If you don't like the Holy Spirit, try Universal Inspiration or just Inspiration. Use whatever will help with your understanding.

T-5.I.6. God honored even the miscreations of His children because **God's children** had made even **these miscreations**. 2 But **God** also blessed His children with a way of thinking that could raise **His children's** perceptions so high **His children** could reach almost back to **God**. 3 The Holy Spirit is the Mind of the Atonement. 4 **The Holy Spirit** represents a state of mind close enough to One-mindedness that transfer to **One-mindedness** is at last possible. 5 Perception is not knowledge, but **perception** can be transferred to knowledge or cross over into **knowledge**. 6 It might even be more helpful here to use the literal meaning of transferred or "carried over," since the last step is taken by God.

Note # 9: Miscreations arise out of our false belief in lack due to our failure to remember who we are. Because we have free will, God does not prevent us from creating, which is technically called "making", our own "dream world". God does not prevent whatever we choose to "dream up" in our provisional reality's world of illusion since God honors all of our dreams. This allows the creative power of our mind to function. Thoughts are things. Our mind's creative power constantly functions since we are created in God's Image. As long as we fail to remember what we are, we only "make" in our own dream world. Making comes from our belief in lack and is fear based. This making is not real to God or to the Kingdom, since what is made comes from lack and is not perfect, whole and complete as God created us. Thus, what we "make" is not real, existing only in our dream world of provisional reality. God does not prevent His Children from dreaming, but God has a plan to reawaken His Children as gently as possible. This is the Atonement process. The Holy Spirit is the Mind of the Atonement and will gently awaken us from our dream.

T-5.I.7. The Holy Spirit, the shared Inspiration of all the Sonship, induces a kind of perception in which many elements **of this shared Inspiration of all the Sonship** are like those in the Kingdom of Heaven itself:

2 First, **this kind of inspired perception's** universality is perfectly clear, and no one who attains **this shared Inspiration of all the Sonship** could believe for one instant that sharing **the Holy Spirit's inspired perception** involves anything but gain.

3 Second, **the Holy Spirit** is incapable of attack and is therefore truly open. p74 4 This means that although **this shared Inspiration of all the Sonship** does not engender knowledge, **this kind of inspired perception** does not obstruct **knowledge** in any way.

5 Finally, **the Holy Spirit** points the way beyond the healing that **this shared Inspiration of all the Sonship** brings, and leads the mind beyond **the mind's** own integration toward the paths of creation. 6 It is at this point that sufficient quantitative change occurs to produce a real qualitative shift.

Note # 10: The shared Inspiration of all the Sonship or Holy Spirit brings about a change in viewpoint in the mind of the perceiver. When we ask for the Holy Spirit's guidance, our perception is reinterpreted based on the concepts of universal love and Oneness. We are able to shift out of fear and into love and forgiveness. This change of perception is the miracle.

II. The Voice for God

T-5.II.1. Healing is not creating; **healing** is reparation. 2 The Holy Spirit promotes healing by looking beyond **healing** to what the children of God were before healing was needed, and **to what the children of God** will be when they have been healed. 3 This alteration of the time sequence should be quite familiar, because **this alteration of the time sequence** is very similar to the shift in the perception of time that the miracle introduces. 4 The Holy Spirit is the motivation for miracle-mindedness, **which is** the decision to heal the separation by letting **the belief in separation** go. 5 Your will **which you share with God's Will** is still in you because God placed **this shared will** in your mind, and although you can keep **this shared will** asleep you cannot obliterate **this shared will**. 6 God Himself keeps your **shared will** alive by transmitting **this shared will** from His Mind to **your mind** as long as there is time. 7 The miracle itself is a reflection of this union of Will between Father and Son.

Note # 11: Healing is repairing our connection to our Source which we perceive to be broken and lost. This perceived separation is healed by the realization that nothing can change our true will that is joined with the Father's Will. We denied this connection but this denial cannot change the truth. Our true will resides in our Big "S" Self and is the home of the Holy Spirit, which keeps us in contact with our Source. Our true will and the Will of God are the same shared Will of the One Self.

T-5.II.2. The Holy Spirit is the spirit of joy. 2 **The Holy Spirit** is the Call to return with which God blessed the minds of His separated Sons. 3 This **Call to return** is the vocation of the mind. 4 The mind had no calling until the separation, because before **the separation the mind** had only being, and would not have understood the Call to right thinking. 5 The Holy Spirit is God's Answer to the separation. **The Holy Spirit** is the means by which the Atonement heals until the whole mind returns to creating.

Note # 12: During the separation, the split-mind is "making" not creating since the lower-mind is under the influence of the egoic belief in lack. Creation is an extension of our true self, not the limited ego-body you have dreamt you are. The Holy Spirit calls for the split-minded's return to true creation and extension. As God's Child, our purpose is to co-create with God and extend the Oneness that is the Mind of God. The Holy Spirit's purpose is to guide us back to this truth of what we are. Before the separation began God placed the Holy Spirit within our mind to insure our mind's safe return to sanity.

T-5.II.3. The principle of Atonement and the separation began at the same time. 2 When the ego was made, God placed in the mind the Call to joy. 3 This **Call to joy** is so strong that the ego always dissolves at **the Call to joy's** sound. 4 That is why you must choose to hear one of two voices within you. 5 One, **the call of the ego**, you made yourself and **the call of the ego** is not of God. 6 But the other, **the Call to joy**, is given you by God, Who asks you only to listen to **the Call to joy**. 7 The Holy Spirit is in you in a very literal sense. 8 **The Holy Spirit** is the Voice that calls you back to where you were before **the separation** and **where you** will be again **after the separation**. 9 It is possible even in this world of perception to hear only that Voice (**the Holy Spirit's**), and no other **voice**. 10 **To hear only the Holy Spirit's Voice** takes effort and great willingness to learn. 11 **To hear only the Holy Spirit's Voice** is the final lesson that I learned, and God's Sons are as equal as learners as they are as Sons. p75

Note # 13: Jesus states that we are all capable of learning to listen and follow the Holy Spirit's guidance. We must, however, quiet the voice of the ego if we are to hear the Voice for God. In this world of perception, the ego will always judge and talk first. Before we can hear the Voice for God, we must silence the ego and ask for the guidance from the Holy Spirit. The Holy Spirit will not fail to answer our call.

T-5.II.4. You <are> the Kingdom of Heaven, but you have let the belief in darkness enter your mind and so you need a new light. 2 The Holy Spirit is the radiance that you must let banish the idea of darkness. 3 **The Holy Spirit** is the glory before which dissociation falls away, and the Kingdom of Heaven breaks through into its own. 4 Before the separation you did not need guidance. 5 **Before the separation** you knew as you will know again, but as you do not know now.

Note # 14: The Holy Spirit knows the truth that you are the Kingdom of Heaven. If asked, the Holy Spirit's knowledge of truth will dissolve all egoic judgments and misperceptions and transform them into correct perception.

T-5.II.5. God does not guide, because **God** can share only perfect knowledge. 2 Guidance is evaluative, because **guidance** implies there is a right way and also a wrong way, one to be chosen and the other to be avoided. 3 By choosing one **way** you give up the other **way**. 4 The choice for the Holy Spirit is the choice for God. 5 God is not in you in a literal sense; you are part of **God**. 6 When you chose to leave Him, **God** gave you a Voice to speak for Him, **which is the Holy Spirit**, because **God** could no longer share His knowledge with you without hindrance. 7 Direct communication was broken because you had made another voice, **which was the voice of the ego and wrong mindedness**.

Note # 15: The Holy Spirit can properly evaluate since it knows both the truth and our perceived state of illusion. God, the Father, does not evaluate because God just "knows" the changeless truth of that is the eternal Will and Mind of God. To the Father there is no choice and, therefore, there is nothing that requires evaluation. Only in the illusions of the world of perception is choice and thus, evaluation possible and needed. In the world of time, we can misperceive or correctly perceive.

T-5.II.6. The Holy Spirit calls you both to remember and to forget. 2 You have chosen to be in a state of opposition in which opposites are possible. 3 As a result, there are choices you must make. 4 In the holy state the will is free, so that **the will's** creative power is unlimited and choice is meaningless. 5 Freedom to choose is the same power as freedom to create, but **freedom of choices** application is different. 6 Choosing depends on a split mind. 7 The Holy Spirit is one way of choosing. 8 God did not leave His children comfortless, even though **His children** chose to leave **God**. 9 The voice **His children** put in their minds was **the voice of the ego and wrong mindedness**, not the Voice for **God's** Will, for which the Holy Spirit speaks.

Note # 16: Only in the split-minded world of egoic perception does choice appear possible. This is because we appear to have the choice between the true and the false. There is nothing that can oppose God's Will. Illusions are nothing and thus, cannot have an impact on reality. The Holy Spirit calls us to remember God's Oneness and forget the illusion of egoic separation.

T-5.II.7. The Voice of the Holy Spirit does not command, because **the Holy Spirit** is incapable of arrogance. 2 **The Voice of the Holy Spirit** does not demand, because **the Holy Spirit** does not seek control. 3 **The Voice of the Holy Spirit** does not overcome, because **the Holy Spirit** does not attack. 4 **The Holy Spirit** merely reminds. 5 **The Voice of the Holy Spirit** is compelling only because of what It reminds you *<of>* 6 **The Voice of the Holy Spirit** brings to your mind the other way, remaining quiet even in the midst of the turmoil you may make. 7 The Voice for God is always quiet, because **the Voice of the Holy Spirit** speaks of peace. 8 Peace is stronger than war because **peace** heals. 9 War is division, not increase. 10 No one gains from strife. 11 What profiteth it a man if he gain the whole world and lose his own soul? 12 If you listen to the wrong voice (**voice of the ego**) you *<have>* lost sight of your soul. 13 You cannot lose **your soul**, but you can not know **your soul**. 14 **Your soul** is therefore "lost" to you until you choose right. (**Chose to follow guidance of the Holy Spirit**)

Note # 17: The Holy Spirit respects your free will and does nothing without your permission. The Holy Spirit is infinitely patient since It knows that your return to Its thought system is inevitable as this is God's Will.

T-5.II.8. The Holy Spirit is your Guide in choosing. 2 **The Holy Spirit** is in the part of your mind that always speaks for the right choice, because **the Holy Spirit** speaks for God. p76 3 **The Holy Spirit** is your remaining communication with God, which you can interrupt but cannot destroy. 4 The Holy Spirit is the way in which God's Will is done on earth as **God's Will** is **done** in Heaven. 5 Both Heaven and earth are in you, because the call of both **voices** is in your mind. 6 The Voice for God comes from your own altars to Him. 7 These altars are not things; **these altars** are devotions. 8 Yet you have other devotions now. 9 Your divided devotion has given you the two voices, and you must choose at which altar you want to serve. 10 The call you answer now is an evaluation because **the call you answer** is a decision. 11 The decision is very simple. 12 **The decision** is made on the basis of which call (**call of the ego verses Call of the Holy Spirit,**) is worth more to you.

Note # 18: Heaven is in the High or Christ conscious part of your split mind (right mindedness). The earth is in your lower or ego influence's part of your split mind (wrong-mindedness). Heaven and earth are not places but rather, states of mind. Our decision-maker must decide which thought system he will choose to follow. This choice will be based on what the decision-maker values most. It is a choice between Oneness and separation. The value that separation offers to the split-minded is that it fulfills the desire of the ego to be special. In a Oneness nothing can be special since all are equally the same. The One Self is indivisible.

T-5.II.9. My mind will always be like your **mind**, because we were created as equals. 2 It was only my decision that gave me all power in Heaven and earth. 3 My only gift to you is to help you make the same decision. 4 This decision is the choice to share it, because the decision itself *<is>* the decision to share. 5 **The decision to share** is made by giving, and is therefore the one choice that resembles true creation. 6 I am your model for decision. 7 By deciding for God I showed you that this decision **to share** can be made, and that you can make the decision to share.

Note # 19: Jesus' decision was to follow the guidance of the Holy Spirit. The Holy Spirit's thought system is based on love, which is inclusive and sharing in nature. Jesus' wish is to share that same decision with us. Ideas, not form, can be shared. When we accept someone's idea, the idea is strengthened.

T-5.II.10. I have assured you that the Mind that decided for me is also in you, and that you can let **your High-mind under the guidance of the Holy Spirit** change you just as **my High-mind under the guidance of the Holy Spirit** changed me. 2 This Mind, **which is under the guidance of the Holy Spirit**, is unequivocal, because **this Mind** hears only one Voice and answers in only one way. **The High-Mind or Christ consciousness chooses to do God's Will.** 3 You are the light of the world with me. 4 Rest does not come from sleeping but from waking. 5 The Holy Spirit is the Call to awaken and be glad. 6 The world of **perception, time and space** is very tired, because **the world** is the idea of weariness. 7 Our task is the joyous one of waking **the mind** to the Call for God. 8 Everyone will answer the Call of the Holy Spirit, or the Sonship cannot be as One. 9 What better vocation could there be for any part of the Kingdom than to restore **the Kingdom** to the perfect integration that can make **the Kingdom** whole? 10 Hear only **the Call for God** through the Holy Spirit within you, and teach your brothers to listen **for the Call of the Holy Spirit**, as I am teaching you.

Note # 20: Jesus implores us to make the same decision to follow the guidance of the Holy Spirit as he did. All brothers must do their part in the reuniting and returning of the Sonship to the Truth of the Kingdom.

T-5.II.11. When you are tempted by the wrong voice (**voice for the ego**), call on me to remind you how to heal by sharing my decision and making **my decision** stronger. 2 As we share this goal (**to hear only the Voice of the Holy Spirit**), we increase **this goal's** power to attract the whole Sonship, and to bring **the whole Sonship** back into the oneness in which **the Sonship** was created. 3 Remember that "yoke" means "join together," and "burden" means "message." 4 Let us restate "My yoke is easy and my burden light" in this way; "Let us join together, for my message is light." p77

Note # 21: By our joining and accepting Jesus' message, it is strengthened.

T-5.II.12. I have enjoined you to behave as I behaved, but we must respond to the same Mind to do this. 2 This Mind is the Holy Spirit, Whose Will is for God always. 3 **The Holy Spirit** teaches you how to keep me as the model for your thought, and to behave like me as a result. 4 The power of our joint motivation is beyond belief, but not beyond accomplishment. 5 What we can accomplish together has no limits, because the Call for God is the Call to the unlimited. 6 Child of God, my message is for you, to hear **my message** and give away **my message** as you answer the Holy Spirit within you. **Child of God, you are not separate, you are unlimited.**

Note # 22: Jesus asks us to make the same decision as he did. You are asked to return to right-mindedness and follow the Voice for God, which is the Holy Spirit. This Mind is called by various names, the High Self, or Christ consciousness, the right-mindedness, the High Mind to name a few. This is the home of the Holy Spirit. At the time of the

Separation the Holy Spirit was placed in your now split mind to gently reawaken you to the truth of who and what you really are. The Holy Spirit guides you back to the understanding that your will is the same as God's Will. This heals the split-mind and leads to the return to Oneness. The Sonship and the Mind are made whole.

III. The Guide to Salvation

T-5.III.1. The way to recognize your brother is by recognizing the Holy Spirit in **your brother**. 2 I have already said that the Holy Spirit is the Bridge for the transfer of perception to knowledge, so we can use the terms, **perception and knowledge**, as if **perception and knowledge** were related, because in **the Holy Spirit's Mind perception and knowledge are related**. 3 This relationship **between perception and knowledge** must be in **the Holy Spirit's Mind** because, unless it were, the separation between the two ways of thinking would not be open to healing. 4 **The Holy Spirit** is part of the Holy Trinity, because **the Holy Spirit's Mind** is partly your **mind** and also partly God's **Mind**. 5 This concept that the Holy Spirit's Mind is partly your mind and also partly God's **Mind** needs clarification, not in statement but in experience.

Note # 23: The Holy Spirit is like the bridge between your Higher Mind and the Mind of God. The Holy Spirit is said to "reside" in the Christ consciousness, which is also the seat of awareness to the remembrance of God. Again, due to the holographic nature of the Mind of God, the Holy Trinity is but One Mind. The Trinity is presented as three separate parts for easy of discussion purposes only. They are One.

T-5.III.2. The Holy Spirit is the idea of healing. 2 Being thought, the idea of **healing** gains as **the idea of healing** is shared. 3 **The Holy Spirit** is the Call *<for>* God. **The Holy Spirit and the idea of healing** is also the idea *<of>* God. 4 Since you are part of God it (**the Holy Spirit and the idea of healing**) is also the idea of yourself, as well as of all His creations. 5 The idea of the Holy Spirit shares the property of other ideas because **the idea of the Holy Spirit** follows the laws of the universe of which **the idea of the Holy Spirit** is a part. 6 **The idea of healing, the idea of the Holy Spirit and the idea of God are** strengthened by being given away. 7 **The three ideas of God, the Holy Spirit and healing** increases in you as you give **these three ideas** to your brother. 8 Your brother does not have to be aware of the Holy Spirit in himself or in you for this miracle to occur. 9 **Your brother** may have dissociated the Call for God, just as you have. 10 This dissociation is healed in both of you as you become aware of the Call for God in **your brother**, and thus acknowledge **the Holy Spirit's being in both your brother and yourself**.

Note #24: The idea of the Holy Spirit is the Call for God. Ideas can be shared with others and thus, they can be strengthened when the idea has been accepted by another. Ideas are not necessarily true. Yet, if enough people believe that an idea is true, that idea becomes the basis for that group's collective consciousness or that group's "provisional reality". Thoughts are thing. If we believe or think that we are an ego-body, this becomes our provisional reality. The Holy Spirit's Call for God is the call for a return to truth. It is a call to remember what and who we really are. We are God's Beloved Child. We are called to heal our split-mind and once again remember that we are an extension of God and, therefore, must be perfect, whole and complete. Our dissociation with God was the result of the separation; the mad idea that we could be something we were not. With the guidance of the Holy Spirit, our dissociation with God and our brother will be healed.

T-5.III.3. There are two diametrically opposed ways of seeing your brother. 2 **These two ways of seeing your brother** must both be in your mind, because you are the perceiver. 3 **These two ways of seeing your brother** must also be in **your brother's mind** because you are perceiving **your brother**. 4 See **your brother** through the Holy Spirit in **your brother's mind**, and you will recognize **your brother and the Holy Spirit** in your mind. 5 What you acknowledge in your brother you are acknowledging in yourself, and what you share you strengthen. p78

Note #25: Perception is your viewpoint. As such, your perception may or may not be true in reality but it is always perceived to be true for you in your provisional reality because you believe it to be so. What you choose to perceive, you project out towards others. Your brother, or the world you perceive to be outside yourself, acts as a mirror and reflects back what you originally projected out. Since thoughts are things, if you see your brother as handicapped, he will be handicapped. If you see him as hateful, he will be hateful. The course's two ways of seeing your brother reflect how you see yourself. Am I an ego-body, in competition with other ego bodies in a world of lack and limitation? OR Am I a Son of God Who has reclaimed His birthright and is perfect, whole and complete? The thoughts that you project out towards another are strengthened when your brother reflects your thoughts or perceptions, back to you. The Holy Spirit asks you to choose to see your brother's true Big "S" Self, perfect whole and complete, not his ego-body. In this way, what will be reflected back to you will be your true Big "S" Self, as God created you.

Also, an important note about projection is the fact that for your projected ideas to be reflected back to you, some element of what you project out must also be held in the "mirror's mind". This common element in both minds is needed in order to provide the resistance to reflect the idea back from the receiver to the sender. If the object, or mirror does not have that element within it, the projection will pass through looking for something else that it can reflect against and thus, return to the sender. Because of this, in an example of a projected hateful thought towards you, if there is no hate in you, no hateful thought is able to reflect back from you. It simply passes through you looking for a "willing victim." Like seeks like. This is a every empowering concept since it means that you are never a victim of someone else's thinking. If there is something "wrong" in my provisional reality, I need to look within and correct my own mistaken beliefs about myself.

T-5.III.4. The Voice of the Holy Spirit is weak in you. 2 That is why you must share **the Voice of the Holy Spirit**. 3 **The Voice of the Holy Spirit** must be increased in strength before you can hear It. 4 It is impossible to hear **the Voice of the Holy Spirit** in yourself while **the Voice of the Holy Spirit** is so weak in your mind. 5 **The Voice of the Holy Spirit** is not weak in Itself, but **the Voice of the Holy Spirit** is limited by your unwillingness to hear **the Voice of the Holy Spirit**. 6 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. 7 This is bound to produce fear.

Note # 26: The ego's viewpoint is that you are separate from everything else and that in order for you to gain, someone must lose. Having is associated with getting, not Being. If you make the mistake of looking for the Holy Spirit in you alone, you are confirming your belief that you are not a Oneness. You are proclaiming that you are a limited ego-body in

competition with other limited ego-bodies. This puts your mind under the control of the ego's thought system, which in turn strengthens the belief in the ego's thought system. By sharing the Voice of the Holy Spirit with your brother, It is strengthened.

T-5.III.5. Delay is of the ego, because time is **the ego's** concept. 2 Both time and delay are meaningless in eternity. 3 I have said before that the Holy Spirit is God's Answer to the ego. 4 Everything of which the Holy Spirit reminds you is in direct opposition to the ego's notions, because true and false perceptions are themselves opposed. 5 The Holy Spirit has the task of undoing what the ego has made. 6 **The Holy Spirit** undoes **what the ego has made** at the same level on which the ego operates, or the mind would be unable to understand the change.

Note # 27: The ego operates on the level of perception in a physical world according to time and space that is subject to limitations. The ego does not operate on the spiritual world of true reality. Instead, the ego is part of the dream world of your provisional reality. Your split-mind gave "life" to ego only in your "dream world". The Holy Spirit will work to undo the error of the separation at the same level the ego operates on, which is the level of our own "provisional reality" of time and space. This is where you imagine and perceive yourself to be. Ultimately, all healing takes place at the level of mind for this is where the source of the error in thinking occurred.

T-5.III.6. I have repeatedly emphasized that one level of the mind is not understandable to another. 2 So it is with the ego and the Holy Spirit; with time and eternity. 3 Eternity is an idea of God, so the Holy Spirit understands **the idea of eternity** perfectly. 4 Time is a belief of the ego, so the lower mind, which is the ego's domain, accepts **time** without question. 5 The only aspect of time that is eternal is <now.>

Note # 28: Everything happens in the <now>. We only experience in the <now>. Every thought, even if it is of the past, can only be remembered in the <now>.

T-5.III.7. The Holy Spirit is the Mediator between the interpretations of the ego and the knowledge of the spirit. 2 **The Holy Spirit's** ability to deal with symbols enables **the Holy Spirit** to work with the ego's beliefs in **the ego's** own language. 3 **The Holy Spirit's** ability to look beyond symbols into eternity enables **the Holy Spirit** to understand the laws of God, for which **the Holy Spirit** speaks. 4 **The Holy Spirit** can therefore perform the function of reinterpreting what the ego makes, not by destruction but by understanding **what the ego makes**. 5 Understanding is light, and light leads to knowledge. 6 The Holy Spirit is in light because **the Holy Spirit** is in you who are light, but you yourself do not know **you are in light**. 7 It is therefore the task of the Holy Spirit to reinterpret you on behalf of God.

Note # 29: The task of the Holy Spirit is to reinterpret what you falsely perceive yourself to be (an ego body) and reawaken you to the true reality of your spiritual magnificence, which is your divine birthright. The Holy Spirit, when asked, takes your egoic misperception and reinterprets them into correct perception. Correct perception is in alignment with the truth that joins and connects what was originally perceived as separate.

T-5.III.8. You cannot understand yourself alone. 2 This is because you have no meaning apart from your rightful place in the Sonship, and the rightful place of the Sonship is God. 3 **Your rightful place in the Sonship, which is in God,** is your life, your eternity and your Self. 4 **Your rightful place in the Sonship** is of this that the Holy Spirit reminds you, **which is God.** 5 **Your rightful place in the Sonship** is this that the Holy Spirit sees, **which is God.** 6 This vision, **your rightful place in the Sonship,** frightens the ego because **your rightful place in the Sonship, which is God,** is so calm. 7 Peace is the ego's greatest enemy because, according to **the egoic** interpretation of reality, war is the guarantee of **the ego's** survival. p79 8 The ego becomes strong in strife. 9 If you believe there is strife you will react viciously, because the idea of danger has entered your mind. 10 The idea itself (**belief there is strife**) is an appeal to the ego. 11 The Holy Spirit is as vigilant as the ego to the call of danger, opposing **the call of danger and strife with the Holy Spirit's** strength just as the ego welcomes **the same call of danger with war.** 12 The Holy Spirit counters this welcome **by the ego to war with the Holy Spirit's** welcoming peace. 13 Eternity and peace are as closely related as are time and war.

Note # 30: The Big "S" Self is part of the Mind of God. The task of the Holy Spirit is to return us to the remembrance of God. With this remembrance of God comes the Peace of God. The Holy Spirit does not oppose. It merely allows the strength of truth to dissolve all that is false. To oppose or make war against the ego would be to make the false appear real. There is only God. The Father is First Cause. The Son is the Father's Effect. The Holy Spirit is the commune of the Two as One. Together, They are intertwined as the inseparable One holographic Mind of God. This is "All That Is". This Trinity is the One Self that we all share.

T-5.III.9. Perception derives meaning from relationships. 2 Those **relationships** you accept are the foundations of your beliefs. 3 The separation is merely another term for a split mind. 4 The ego is the symbol of separation, just as the Holy Spirit is the symbol of peace. 5 What you perceive in others you are strengthening in yourself. 6 You may let your mind misperceive, but the Holy Spirit lets your mind reinterpret its own misperceptions.

Note # 31: When we misperceive, we base our relationship on the beliefs of fear and separation. The Holy Spirit allows the same relationship to be viewed based on love, forgiveness and joining for a common purpose.

T-5.III.10. The Holy Spirit is the perfect Teacher. 2 **The Holy Spirit** uses only what your mind already understands to teach you that you do not understand **what your mind thought it understood.** 3 The Holy Spirit can deal with a reluctant learner without going counter to his mind, because part of **a reluctant learner's mind** is still for God. 4 Despite the ego's attempts to conceal this part of **the reluctant learner's mind that is still for God, which is the High-Self, this Big "S" Self** is still much stronger than the ego, although the ego does not recognize this **fact that the High-Self's mind is stronger than the ego.** 5 The Holy Spirit recognizes **the fact that the High-Self's mind is stronger than the ego** perfectly because **High-Self's mind** is the **Holy Spirit's** Own dwelling place; the place in the mind where **the Holy Spirit** is at home. 6 You are at home there, too, because **the High-Self's mind** is a place of peace, and peace is of God. 7 You who are part of God are not at home except in God's peace. 8 If peace is eternal, you are at home only in eternity.

Note # 32: The reluctant learner's mind that is still for God is the High-Self, Christ consciousness, higher mind or Big "S" Self, which is the part of the mind from which right-mindedness arises. It is the Home of the Holy Spirit. The Holy Spirit utilizes the Big "S" Self's mind to reinterpret egoic misperception into correct perception.

T-5.III.11. The ego made the world of **perception, time and space as the ego** perceives **the world**, but the Holy Spirit, the reinterpreter of what the ego made, sees the world as a teaching device for bringing you home. 2 The Holy Spirit must perceive time, and reinterpret **time** into the timeless. 3 **The Holy Spirit** must work through opposites, because **the Holy Spirit** must work with and for a mind that is in opposition **with itself**. 4 Correct and learn, and be open to learning. 5 You have not made truth, but truth can still set you free. 6 Look as the Holy Spirit looks, and understand as **the Holy Spirit** understands. 7 **The Holy Spirit's** understanding looks back to God in remembrance of me. 8 **The Holy Spirit** is in communion with God always, and **the Holy Spirit** is part of you. 9 **The Holy Spirit** is your Guide to salvation, because **the Holy Spirit** holds the remembrance of things past and to come, and brings **the remembrance of your true birthright** to the present. 10 **The Holy Spirit** holds this gladness (**your true birthright as the Son of God**) gently in your mind, asking only that you increase it (**your true birthright**) in His Name by sharing it (**your true birthright**) to increase His joy in you. p80

Note # 33: The Holy Spirit utilizes all that the ego miscreated out of the ego's belief in lack and transforms them into teaching devices to return the Sonship to the truth of His divine inheritance. The experiences from the egoic world of perception, time and space are reinterpreted by the Holy Spirit to become examples to teach love and forgiveness through sharing and joining. When transformed by love, these same experiences are realigned with truth.

IV. Teaching and Healing

T-5.IV.1. What fear has hidden still is part of you. 2 Joining the Atonement is the way out of fear. 3 The Holy Spirit will help you reinterpret everything that you perceive as fearful, and teach you that only what is loving is true. 4 Truth is beyond your ability to destroy, but **truth is** entirely within your ability to accept. 5 **Truth** belongs to you because, as an extension of God, you created **truth** with **God**. 6 **Truth** is yours because **truth** is part of you, just as you are part of God because **God** created you. 7 Nothing that is good can be lost because **what is good** comes from the Holy Spirit, the Voice for creation. 8 Nothing that is not good was ever created, and therefore **what is not good** cannot be protected. 9 The Atonement is the guarantee of the safety of the Kingdom, and the union of the Sonship is **the Atonement's** protection. 10 The ego cannot prevail against the Kingdom because the Sonship is united. 11 In the presence of those who hear the Holy Spirit's Call to be as one, the ego fades away and is undone.

Note # 34: The Sonship rests safely protected in the truth that there is only union within the Sonship and Its Cause. God and all He created are of One Mind and One Will. The Sonship can deny truth but cannot change it. The ego will dissolve before the reality of the eternal truth and the Sonship will once again become aware of Its wholeness.

T-5.IV.2. What the ego makes **the ego** keeps to itself, and so **what the ego makes** is without strength. 2 **Whatever the ego makes**, its existence is unshared. 3 **What the ego makes** does not die; **what the ego makes** was merely never born. 4 Physical birth is not a beginning; **physical birth** is a continuing. 5 Everything that continues has already been born. 6 **What has already been born** will increase, as you are willing to return the unhealed part of your mind to the higher part, returning **your mind** undivided to creation. 7 I have come to give you the foundation, so your own thoughts can make you really free. 8 You have carried the burden of unshared ideas that are too weak to increase, but having made **the unshared ideas that are too weak to increase**, you did not realize how to undo **these unshared ideas**. 9 You cannot cancel out your past errors alone. 10 **Your past errors, (the unshared ideas that are too weak to increase)** will not disappear from your mind without the Atonement, a remedy not of your making. 11 The Atonement must be understood as a pure act of sharing. 12 That is what I meant when I said it is possible even in this world to listen to one Voice. 13 If you are part of God and the Sonship is One, you cannot be limited to the self the ego sees.

Note # 35: Unloving, judgmental and unforgiving thoughts cannot be shared. These “private thought” remain part of our personal provisional reality of illusion-based thinking. If they are given to the Holy Spirit’ thought system, these private thoughts can be reinterpreted and made holy. These “misperceptions” can be transformed with love and forgiveness into correct perception. The Atonement Principle is the basis for this transformation.

T-5.IV.3. Every loving thought held in any part of the Sonship belongs to every part of the Sonship. 2 **Every loving thought** is shared <because> **every loving thought** is loving. 3 Sharing is God's way of creating, and also your **way of creating**. 4 The ego can keep you in exile from the Kingdom, but in the Kingdom itself **the ego** has no power. 5 Ideas of the spirit do not leave the mind that thinks them, nor can **ideas of the spirit** conflict with each other. 6 However, ideas of the ego can conflict because **ideas of the ego** occur at different levels and also include opposite thoughts at the same level. 7 <It is impossible to share opposing thoughts.> p81 8 You can share only the thoughts that are of God and that **God** keeps for you. 9 And of such is the Kingdom of Heaven. 10 The rest (**the conflicting ideas of the ego**), remains with you until the Holy Spirit has reinterpreted them (**the conflicting ideas of the ego**), in the light of the Kingdom, making them (**the conflicting ideas of the ego**) too, worthy of being shared. 11 When they (**the conflicting ideas of the ego**), have been sufficiently purified by the **Holy Spirit, the Holy Spirit** lets you give them (**the conflicting ideas of the ego that have been purified**) away. 12 The decision to share them, (**the conflicting ideas of the ego**), <is> their purification.

Note # 36: God is Truth and only ideas that align with the truth can be shared, strengthened and extended. Egoic ideas based on fear, limitation and separation support the false and thus, cannot be real. Illusions, being nothing, cannot be shared. When the false is brought before the Holy Spirit’s light of truth, only the truth remains. Now where there was the false, only correct perception remains. By sharing this with another, it is made real.

T-5.IV.4. I heard one Voice because I understood that I could not atone for myself alone. 2 Listening to one Voice implies the decision to share **the one Voice** in order to hear **the one Voice for** yourself. 3 The Mind that was in me is still irresistibly drawn to every

mind created by God, because God's Wholeness is the Wholeness of His Son. 4 You cannot be hurt, and do not want to show your brother anything except your wholeness. 5 Show **your brother** that **your brother** cannot hurt you and hold nothing against **your brother**, or you hold **that same thing** against yourself. 6 This is the meaning of "turning the other cheek."

Note # 37: Jesus saw the Oneness of the Father in everything that he experienced. Realizing the Oneness of the Sonship, giving and receiving became the same. Jesus understood the holographic nature of the Mind of God.

T-5.IV.5. Teaching is done in many ways, above all by example. 2 Teaching should be healing, because **teaching** is the sharing of ideas and the recognition that to share ideas is to strengthen **the shared ideas**. 3 I cannot forget my need to teach what I have learned, which arose in me *<because>* I learned it. 4 I call upon you to teach what you have learned, because by so doing you can depend on **what you have learned**. 5 Make **what you have learned** dependable in my name because my name is the Name of God's Son. 6 What I learned I give you freely, and the Mind that was in me rejoices as you choose to hear **what I learned**.

Note # 38: The best teaching is by example. To teach love, you must be love. By being, you demonstrate that you have incorporated the idea into your being and now can give it away. By being, we move a thought form, a word lesson, to a world lesson. A world lesson is the experience of being it. It demonstrates that you know it and now are teaching it. By sharing, the idea grows stronger in both teacher and pupil.

T-5.IV.6. The Holy Spirit atones in all of us by undoing, and thus **the Holy Spirit** lifts the burden you have placed in your mind. 2 By following **the Holy Spirit**, you are led back to God where you belong, and how can you find the way except by taking your brother with you? 3 My part in the Atonement is not complete until you join **the Atonement** and give **the Atonement** away. 4 As you teach so shall you learn. 5 I will never leave you or forsake you, because to forsake you would be to forsake myself and God Who created me. 6 You forsake yourself and God if you forsake any of your brothers. 7 You must learn to see **your brothers** as **your brothers truly** are, and understand **your brothers** belong to God as you do. 8 How could you treat your brother better than by rendering unto God the things that are God's?

Note # 39: The Atonement is the forgiveness that comes from accepting the truth that God's Son was, is and always will be sinless and guiltless. As such, there is nothing to forgive but our own misperception that we could be something other than as God created us. Since "All That Is" is a Oneness, to withhold the Atonement from any of God's creations is to withhold it from all.

T-5.IV.7. The Atonement gives you the power of a healed mind, but the power to create is of God. 2 Therefore, those who have been forgiven must devote themselves first to healing because, having received the idea of healing, they must give, **(share) the idea of healing with all**, to hold **the idea of healing**. 3 The full power of creation cannot be expressed as long as any of God's ideas is withheld from the Kingdom. p82 4 The joint will of the Sonship is the only creator that can create like the Father, because only the **joint**

will of the complete Sonship can think completely, and the thinking of God lacks nothing. 5 Everything you think that is not through the Holy Spirit *<is>* lacking.

Note # 40: All egoic thinking must give way to the thought system of the Holy Spirit in order for the Sonship to return to wholeness and One-Mindedness.

T-5.IV.8. How can you who are so holy suffer? 2 All your past except its beauty is gone, and nothing is left but a blessing. 3 I have saved all your kindnesses and every loving thought you ever had. 4 I have purified them, **all your kindnesses and every loving thought you ever had**, of the errors that hid their light, and kept them, **all your kindnesses and every loving thought you ever had**, for you in their own perfect radiance. 5 They, **your loving thoughts that I have purified**, are beyond destruction and beyond guilt. 6 They, **your loving thoughts that I have purified**, came from the Holy Spirit within you, and we know what God creates is eternal. 7 You can indeed depart in peace because I have loved you as I loved myself. 8 You go with my blessing and for my blessing. 9 Hold **my blessing** and share **my blessing** that **my blessing** may always be our **blessings**. 10 I place the peace of God in your heart and in your hands, to hold and share. 11 The heart is pure to hold **the peace of God**, and the hands are strong to give **the peace of God**. 12 We cannot lose **the peace of God**. 13 My judgment is as strong as the wisdom of God, in Whose Heart and Hands we have our being. 14 His quiet children are His blessed Sons. 15 The Thoughts of God are with you.

Note # 41: While in time, our function is forgiveness, our purpose is love and our destiny is the Peace of God. Jesus and the Holy Spirit will guide us there. No loving thought can ever be lost. They are preserved in eternity by the Holy Spirit and await the Sonship's return to knowledge.

V. The Ego's Use of Guilt

T-5.V.1. Perhaps some of our concepts will become clearer and more personally meaningful if the ego's use of guilt is clarified. 2 The ego has a purpose, just as the Holy Spirit has. 3 The ego's purpose is fear, because only the fearful can be egotistic. 4 The ego's logic is as impeccable as that of the Holy Spirit, because your mind has the means at **the mind's** disposal to side with Heaven or earth, as **the mind** elects. 5 But again, remember that both **the higher mind and the lower mind** are in you **since you believe in the separation**.

Note # 42: Due to our belief in the separation, we appear to have split our mind into two opposing and competing parts. The ego, which claims that we have a different will than God's Will, is one component. The other is the Big "S" Self, which is represented by the thought system of the Holy Spirit. Our decision-maker is being constantly asked who it will follow. It will follow the one that it values the most.

T-5.V.2. In Heaven there is no guilt, because the Kingdom is attained through the Atonement, which releases you to create. 2 The word "create" is appropriate here because, once what you have made is undone by the Holy Spirit, the blessed residue is restored and therefore continues in creation. 3 What is truly blessed is incapable of giving rise to guilt, and must give rise to joy. 4 This makes **what is truly blessed** invulnerable to the ego because **the peace of what is truly blessed** is unassailable. 5 **What is truly blessed** is

invulnerable to disruption because **what is truly blessed** is whole. 6 Guilt is *<always>* disruptive. 7 Anything that engenders fear is divisive because **anything that engenders fear** obeys the law of division. p83 8 If the ego is the symbol of the separation, **the ego** is also the symbol of guilt. 9 Guilt is more than merely not of God. 10 **Guilt** is the symbol of attack on God. 11 **Guilt's attack on God** is a totally meaningless concept except to the ego, but do not underestimate the power of the ego's belief in **guilt**. 12 **The ego's belief that it has attacked God and therefore is guilty**, is the belief from which all guilt really stems.

Note # 43: Guilt is the egoic symbol of attack on God. Guilt is the feeling you have when you deny yourself the total freedom God gave you. When you claim that you are not perfect, whole and complete, you deny your invulnerability. The ego believes that it has attacked God by rejecting your own perfection and, therefore, you feel guilty. It is the belief in this perceived attack on God from which all guilt really stems.

T-5.V.3. The ego is the part of the mind that believes in division. 2 How could part of God detach itself without believing **the ego's mind** is attacking **God**? 3 We spoke before of the authority problem as based on the concept of usurping God's power. 4 The ego believes that **usurping God's power** is what you did because **the ego** believes that **the ego** *<is>* you. 5 If you identify with the ego, you must perceive yourself as guilty **as the ego**. 6 Whenever you respond to your ego you will experience guilt, and you will fear punishment. 7 The ego is quite literally a fearful thought. 8 However ridiculous the idea of attacking God may be to the sane mind, never forget that the ego is not sane. 9 **The ego** represents a delusional system, and speaks for **this delusional system**. 10 Listening to the ego's voice means that you believe it is possible to attack God, and that a part of **God** has been torn away by you. 11 Fear of retaliation from without follows, because the severity of the guilt is so acute that **the guilt** must be projected.

Note # 44: Believing that it has separated from the Oneness that was the Mind of God, the ego believes that it has attacked God. Fear arises from the belief that due to separation, there is now something outside itself. The ego believes that having been attacked, God will seek retribution and retaliate against His attacker, the ego. The egoic thought system is designed as a means to hide from God's retribution and minimize this guilt. The ego tries to control this guilt by the use of projection. In projection, the ego attempts to transfer its own guilt upon another by blaming another for its own thoughts and experiences. Projection claims, "I'm not guilty, you are!"

T-5.V.4. Whatever you accept into your mind has reality for you. 2 It is your acceptance of **whatever you accept into your mind** that makes it real. 3 If you enthrone the ego in your mind, your allowing **the ego** to enter makes **the ego** your reality. 4 This is because the mind is capable of creating reality or making illusions. 5 I said before that you must learn to think with God. 6 To think with **God** is to think like **God**. 7 This engenders joy, not guilt, because **to think with God** is natural. 8 Guilt is a sure sign that your thinking is unnatural. 9 Unnatural thinking will always be attended with guilt, because **unnatural thinking (not thinking with God)** is the belief in sin. 10 The ego does not perceive sin as a lack of love, but **the ego perceives** sin as a positive act of assault. 11 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. 12 And you will succeed. 13 The ego

regards this (**the removal of the ego's belief in lack**), as doom, but you must learn to regard it (**the removal of the ego's belief in lack**), as freedom.

Note # 45: If we define sin as attack, it makes sense to prepare ourselves for God's inevitable counterattack. This solution protects the belief that the separation was real. If we define sin as lack of love, the response is to want to remove all blocks to love. One definition for sin engenders fear, the other love. Whichever definition we accept will determine which thought system we will follow.

T-5.V.5. The guiltless mind cannot suffer. 2 Being sane, the **guiltless** mind heals the body because *<the mind>* has been healed. 3 The sane mind cannot conceive of illness because **the sane mind** cannot conceive of attacking anyone or anything. 4 I said before that illness is a form of magic. 5 It might be better to say that **illness** is a form of magical solution. 6 The ego believes that by punishing itself **the ego** will mitigate the punishment of God. p84 7 Yet even in this **belief that by punishing itself the ego will mitigate the punishment of God, the ego** is arrogant. 8 **The ego** attributes to God a punishing intent, and then takes this **punishing intent it has attributed to God as the ego's own prerogative to mitigate and minimize**. 9 **The ego** tries to usurp all the functions of God as **the ego** perceives **the functions of God to be**, because **the ego** recognizes that only total allegiance can be trusted.

Note # 46: Sickness is the ego's attempt to punish itself. Sickness is not from God. The egoic thought system dictates that due to sin, which it defined as our attack against God, God must demand retribution. The ego then further usurped God's authority by defining what sin is and then determined what God's proper response to the ego's imagined sin should be. Since the ego believed that God must require someone be punished, the ego attempts to extract God's "pound of flesh" from the body. The ego makes the body sick. The ego believes that it is better to suffer a little now than wait for God's judgment. Thus, the ego seeks to mitigate the punishment. The ego tells us that we can further mitigate the damages by transferring our punishment to another innocent victim. This is done by our mind's use of projection. Even illness itself is the ego's projection of the mind's punishment of the body for the mind's sins against God. The ego "knows" that it was the mind that actually did the crime; yet, the ego is willing to extract "God's retribution" from anyone, even the innocent.

T-5.V.6. The ego cannot oppose the laws of God any more than you **can oppose the laws of God**, but **the ego** can interpret **the laws of God** according to what **the ego** wants, just as you can. 2 That is why the question, "What do you want?" must be answered. 3 You are answering **the question, "What do you want?"**, every minute and every second, and each moment of decision is a judgment that is anything but ineffectual. 4 **The effects of your answer of the question, "What do you want?"** will follow automatically until the decision is changed. 5 Remember, though, that the alternatives themselves are unalterable. 6 The Holy Spirit, like the ego, is a decision. 7 Together they (**the Holy Spirit and the ego**) constitute all the alternatives the mind can accept and obey. 8 The Holy Spirit and the ego are the only choices open to you. 9 God created one (**the choice for the Holy Spirit**), and so you cannot eradicate it (**the choice for the Holy Spirit**). 10 You made the other (**the ego**), and so you can **eradicate the choice for ego**. 11 Only what God creates is irreversible and unchangeable. 12 What you made can always be changed because, when

you do not think like God, you are not really thinking at all. 13 Delusional ideas are not real thoughts, although you can believe in **your delusional ideas**. 14 But you are wrong to **believe in your delusional ideas**. 15 The function of thought comes from God and is in God. 16 **Since you are a part of God's Thought**, you *<cannot>* think apart from **God**.

Note # 47: The thoughts of the egoic mind make up our own "provisional reality". Since these thoughts are not shared with God, they are not God's Will nor are they the thoughts of your whole mind. These thoughts only exist in your ego's world of delusions. They do not exist in God's reality. Reality is the eternal and thus, changeless. The world of delusion is the world of time, choice and change. Ultimately, the choice is between the two thought systems, one representing the true and the other the false. Since the false is not real, a choice for the egoic thought system only binds the deluded mind. The choice for the ego is a mistake, not a sin. A mistake only requires correction. The Holy Spirit merely asks that we choose again. Eventually, our decision-maker will pick the choice for the Holy Spirit and truth. It is only in the world of time and perception that the false appears to be a viable choice.

T-5.V.7. Irrational thought is disordered thought. 2 God Himself orders your thought because your thought was created by **God**. 3 Guilt feelings are always a sign that you do not know **that your thought was created by God**. 4 **Guilt feelings** also show that you believe you can think apart from God, and want to **think apart from God**. 5 Every disordered thought is attended by guilt at **the disordered thought's** inception, and maintained by guilt in **the disordered thought's** continuance. 6 Guilt is inescapable by those who believe they, **rather than God**, order their own thoughts, and must therefore obey their dictates. 7 This makes **those who believe they order their own thoughts** feel responsible for their errors without recognizing that, by accepting this responsibility, they are reacting irresponsibly. 8 If the sole responsibility of the miracle worker is to accept the Atonement for himself, and I assure you that it is **to accept the Atonement for himself**, then the responsibility for *<what>* is atoned for cannot be yours. 9 The dilemma cannot be resolved except by accepting the solution of undoing. 10 You *<would>* be responsible for the effects of all your wrong thinking if **your wrong thinking** could not be undone. 11 The purpose of the Atonement is to save the past in purified form only. 12 If you accept the remedy for disordered thought, a remedy whose efficacy is beyond doubt, how can **disordered thought's** symptoms remain? p85

Note # 48: **Efficacy** is the power to produce results.

You are not responsible for what you believe that you made since it never happened. The egoic mind is incapable of creating because it believes in separation and lack. When the split mind is following the egoic thought system, it only makes in the delusional and imagined world that is misperceived by the insane mind of the ego. This egoic world of misperception is not real and only exists in the dream world of your egoic provisional reality. When you realize that unloving thoughts do not come from the Mind of God, you will give them no reality. God did not create the dream world of the ego and by accepting the Atonement for oneself this egoic world of delusion disappears. By accepting the Atonement for yourself, you accept that your ego's dream world never happened in reality. The ego's dreams are undone (fade away). You cannot feel guilty for something that never happened.

God does not judge. God allows. When God creates, He extends the One Self of “All that Is.” We are an extension of the Mind of God. A thought is an idea in the Mind of God. Thoughts are thoughts. They are neutral. It is our judgment that gives them their “good” or “bad” characteristic. When we judge a thought, we move it outside the realm of an aspect of the indivisible “All That Is.” We claim that the judged thought is now separate and apart. Now, instead of the thought being a part of the Oneness, we believe that we have a thought that is private and excluded from the Mind of God. We have judged and rejected part of our wholeness. Guilt feelings are always associated with these thoughts since we believe these thoughts are self-created. We do not know and so deny that God created our thoughts. Instead of allowing all thoughts, we choose to separate, reject and judge these thoughts. Guilt feelings show that you believe you can think apart from God and that you want to think apart from God. Guilt feelings show that you believe you can oppose God’s Will and have a will other than God’s Will. It is this belief that we have self-created or judged something to be outside of the Mind of God that is the source in our belief in sin, guilt and fear. This belief that we have private thoughts is part of the illusion of separation. Private thoughts are not real. They only “exist” in the imagination of the deluded mind of the dreamer.

T-5.V.8. The continuing decision to remain separated is the only possible reason for continuing guilt feelings. 2 We have said this before, but did not emphasize the destructive results of the decision **to remain separated**. 3 Any decision of the mind will affect both behavior and experience. 4 What you want you expect. 5 This is not delusional. 6 Your mind <does> make your future, and **your mind** will turn **your future** back to full creation at any minute if **your mind** accepts the Atonement first. 7 **Your mind** will also return to full creation the instant **your mind** has done so, (**accept the Atonement for yourself**). 8 Having given up **your mind’s** disordered thought, the proper ordering of thought becomes quite apparent.

Note # 49: The proper ordering of thought comes from God. God’s thought created us perfect, whole and complete. We cannot go against this and create something of limitation. The egoic world of misperception is nothing since it is not real. Anything that the ego mind dreams up that is fear-based is, therefore, also unreal. From nothing comes nothing. Proper order of thought is restored when we remember what we are, the Son of God. We accept the fact that our reality and the reality that is the truth of Mind of God are one and the same.

VI. Time and Eternity

T-5.VI.1. God in His knowledge is not waiting, but His Kingdom is bereft while <you> wait **for His knowledge**. 2 All the Sons of God are waiting for your return, just as you are waiting for their **return**. 3 Delay does not matter in eternity, but **delay** is tragic in time. 4 You have elected to be in time rather than eternity, and therefore believe you <are> in time. 5 Yet your election is both free and alterable. 6 You do not belong in time. 7 Your place is only in eternity, where God Himself placed you forever.

Note # 50: Time arose out of the belief in separation. Prior to the separation there was just Oneness and Being. In order for time to “exist”, you need to have different points of reference. Time could be viewed as the time or distance that it takes to get from one point

to another. Time is a measure of change. It can measure the time it takes to change not only physical positions, which are associated with distance, but also mental positions, which are associated with perception and beliefs. Time can measure how long it takes to move from misperception to the return to knowledge. If there is only oneness, there is no distance to go because being One you are already there. Both time and space are related and are needed to make each other relevant. Both time and space are learning devices that exist in our dream world of provisional reality since they both require belief in separation. Time and space are relevant in a world of perception and form. As long as we find value in the belief in separation from God's Will, time is needed. When we freely decide our will and our Father's Will are one, the need for time will disappear.

Time allows us to experience what it would be like to be something other than God, which is All-Knowing. To have forgotten knowledge is to imagine you are separate from God. Time allows us to pretend we do not know what we are. If we wish to not be aware of some idea and to have no access to that idea, we place it in the future. If there is an idea that we would like to have out of our mind's present awareness yet, still have access to that idea, we place it in the past. This "past" idea is then accessible in our memory. What we choose to be aware of at this moment, we call our present.

T-5.VI.2. Guilt feelings are the preservers of time. 2 **Guilt feelings** induce fears of retaliation or abandonment, and thus **guilt feelings** ensure that the future will be like the past. 3 **By insuring that the future will be like the past** is the ego's continuity **maintained**. 4 **Insuring that the future will be like the past** gives the ego a false sense of security by believing that you cannot escape **from time and the ego's belief in separation**. 5 But you can and must escape **from this belief in separation from which time arose**. 6 God offers you the continuity of eternity in exchange. 7 When you choose to make this exchange, **(time for eternity)**, you will simultaneously exchange guilt for joy, viciousness for love, and pain for peace. 8 My role is only to unchain your will and set **your will** free. 9 Your ego cannot accept this freedom **of your will**, and will oppose **the freeing of your will** at every possible moment and in every possible way. 10 And as **the ego's maker, which is your mind's will**, you recognize what **the ego** can do because you gave **the ego** the power to do it.

Note # 51: Due to our belief in separation, the mind made the ego. The ego derives its power and existence from our mind. The ego cannot create anything but the mind can follow or obtain its guidance from the belief system of the ego. The ego's belief system is rooted in its belief in the separation. Our belief in sin, guilt and fear are interrelated concepts that help keep our ego "alive and well" within our mind.

T-5.VI.3. Remember the Kingdom always, and remember that you who are part of the Kingdom cannot be lost. 2 The Mind that was in me *<is>* in you, for God creates with perfect fairness. 3 Let the Holy Spirit remind you always of **God's fairness**, and let me teach you how to share **this reminder of God's fairness, which comes from the Holy Spirit** with your brothers. 4 How else can the chance to claim **God's fairness** for yourself be given you? 5 The two voices (**voices of the ego and the Holy Spirit**) speak for different interpretations of the same thing simultaneously; or almost simultaneously, for the ego always speaks first p86. 6 Alternate interpretations were unnecessary until the first one (**the ego interpretation based on separation**) was made.

Note # 52: The ego always speaks first. This speaking takes many forms but is based on the belief in separation, sin, guilt and fear. The ego's voice is judgmental and comparing. The Holy Spirit will respond to egoic misperception with correct perception whenever asked.

T-5.VI.4. The ego speaks in judgment, and the Holy Spirit reverses **the ego's** decision, much as a higher court has the power to reverse a lower court's decisions in this world. 2 The ego's decisions are always wrong, because **the ego's decisions** are based on the error **the ego's decisions** were made to uphold. 3 Nothing the ego perceives is interpreted correctly. 4 Not only does the ego cite Scripture for its purpose, but **the ego** even interprets Scripture as a witness for itself. 5 The Bible is a fearful thing in the ego's judgment. 6 Perceiving the **Bible** as frightening, **the ego** interprets **the Bible** fearfully. 7 Being afraid, you do not appeal to the Higher Court because you believe its judgment (**the Holy Spirit's judgment**), would also be against you.

Note # 53: Because the egoic thought system is based on the false belief that God's Will can be opposed and changed, all conclusions that the ego reaches are incorrect. The ego judges everything based on wrong assumptions and thus, reaches wrong conclusions. Because its thought system is based in fear, the ego interprets everything fearfully. The ego does not comprehend love and thus, interprets the Bible based on its egoic version of an unloving god. This egoic version of god is not a God of love, but rather a god who is arbitrary, petty, vengeful and full of insecurity. ACIM states that such an unloving god could only exist in the insane mind of the ego. The Holy Spirit knows that God is love and thus, interprets the Bible in accordance with a loving God. ACIM suggests that we appeal all egoic judgments to the Holy Spirit for correction.

T-5.VI.5. There are many examples of how the ego's interpretations are misleading, but a few will suffice to show how the Holy Spirit can reinterpret **the ego's misinterpretations** in **the Holy Spirit's Own** light.

Note # 54: Jesus will now demonstrate interpretations of biblical verse under both thought systems.

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

Note # 55: What you hold in your consciousness, you will sow and reap. Thoughts become things. You experience what you place your attention upon.

T-5.VI.7. "Vengeance is mine, saith the Lord" is easily reinterpreted if you remember that ideas increase only by being shared. 2 The statement emphasizes that vengeance cannot be shared. 3 Give **vengeance** therefore to the Holy Spirit, Who will undo **vengeance** in you because **vengeance** does not belong in your mind, which is part of God.

Note # 54: Give all your fear-based thoughts to the Holy Spirit for reinterpretation and undoing. God judges not, for the ego's concept of sin is erroneous. There can be no victims.

T-5.VI.8. "I will visit the sins of the fathers unto the third and fourth generation," as interpreted by the ego, is particularly vicious. 2 It becomes merely an attempt to guarantee the ego's own survival. 3 To the Holy Spirit, the statement "**I will visit the sins of the fathers unto the third and fourth generation,**" means that in later generations **the Holy Spirit** can still reinterpret what former generations had misunderstood, and thus release the thoughts **that the former generations had misunderstood** from **their** ability to produce fear **in you**.

Note # 56: Egoic beliefs are based on the past. Unless we choose to follow a different thought system, we will continue to recreate our past errors in our present and future. Give these egoic misperceptions over to the Holy Spirit for correction and these past misperception will have one power over you.

T-5.VI.9. "The wicked shall perish" becomes a statement of Atonement, if the word "perish" is understood as "be undone." 2 Every loveless thought must be undone, a word the ego cannot even understand. 3 To the ego, to be undone means to be destroyed. 4 The ego will not be destroyed because **the ego** is part of your thought, but because **the ego** is uncreative and therefore unsharing, **the ego** will be reinterpreted to release you from fear. 5 The part of your mind that you have given to the ego will merely return to the Kingdom, where your whole mind belongs. 6 You can delay the completion of the Kingdom, but you cannot introduce the concept of fear into **the Kingdom**. p87

Note # 57: The wicked, or fearful, will be undone. The Holy Spirit will reinterpret and remove all fear-based thoughts into loving and forgiving thoughts. Fear will be undone.

T-5.VI.10. You need not fear **that** the Higher Court **of the Holy Spirit** will condemn you. 2 **The Higher Court of the Holy Spirit** will merely dismiss the case against you. 3 There can be no case against a child of God, and every witness to guilt in God's creations is bearing false witness to God Himself. 4 Appeal everything you believe gladly to God's Own Higher Court, because **God's Own Higher Court (the Holy Spirit)** speaks for **God** and therefore speaks truly. 5 **God's Own Higher Court (the Holy Spirit)**, will dismiss the case against you, however carefully you have built **the case against you** up. 6 The case may be fool-proof, but **the case against you** is not God-proof. 7 The Holy Spirit will not hear **the case against you**, because **the Holy Spirit** can only witness truly. 8 **The Holy Spirit** 's verdict will always be "thine is the Kingdom," because **the Holy Spirit** was given to you to remind you of what you are.

Note # 58: Both the ego's and the Holy Spirit's thought systems follow the rules of logic perfectly. Yet due to their differing initial premises, they arrive at totally opposite conclusions. ACIM states that the egoic thought system is flawed because it is based on the false belief that we were self-created and separate from God. If this major premise is wrong, everything that follows will not be correct. The logic can be impeccable but the conclusions will be wrong. ACIM states that only the thought system of the Holy Spirit can produce correct conclusions since not only is its logic perfect, its major premise is also correct. The decision-maker must decide what he chooses to value. Ultimately, truth will stand the test of time and we will freely choose the thought system of the Holy Spirit.

T-5.VI.11. When I said "I am come as a light into the world," I meant that I came to share the light with you. 2 Remember my reference to the ego's dark glass, and remember also that I said, "Do not look there." 3 It is still true that where you look to find yourself is up to you. 4 Your patience with your brother is your patience with yourself. 5 Is not a child of God worth patience? 6 I have shown you infinite patience because my will is that of our Father, from Whom I learned of infinite patience. 7 His Voice was in me as **the Holy Spirit's Voice** is in you, speaking for patience towards the Sonship in the Name of its Creator (**God, the Father**).

Note # 59: The light Jesus speaks of is the light of truth. See your brother not as a body, but as Spirit, the extension of his Creator.

T-5.VI.12. Now you must learn that only infinite patience produces immediate effects. 2 **Infinite patience** is the way in which time is exchanged for eternity. 3 Infinite patience calls upon infinite love, and by producing results *<now>* **infinite patience and love** renders time unnecessary. 4 We have repeatedly said that time is a learning device to be abolished when **time** is no longer useful. 5 The Holy Spirit, Who speaks for God in time, also knows that time is meaningless. 6 **The Holy Spirit** reminds you **that time is meaningless** in every passing moment of time, because it is **the Holy Spirit's** special function to return you to eternity and remain to bless your creations there **in eternity**. 7 **The Holy Spirit** is the only blessing you can truly give, because **the Holy Spirit** is truly blessed. 8 Because **the Holy Spirit** has been given you freely by God, you must give **the Holy Spirit freely** as you received **the Holy Spirit freely from God**.

Note # 60: To give is to receive. We demonstrate that we have something by giving it away. When only love remains, time no longer has a purpose to serve.

VII. The Decision for God

T-5.VII.1. Do you really believe you (**your egoic self**) can make a voice, **the call for egoic separation**, that can drown out God's? 2 Do you really believe **that your egoic self** can devise a thought system) that can separate you from **God**? 3 Do you really believe **your egoic self** can plan for your safety and joy, better than **God** can **plan for your safety and joy**? **The ego's plan is that you are a unique, limited ego body in competition with other ego bodies.** p88 4 You need be neither careful nor careless; you need merely cast your cares upon **God** because **God** careth for you. 5 You are **God's** care because **God** loves you. 6 **God's** Voice reminds you always that all hope is yours because of **God's** care. 7 You cannot choose to escape **God's** care because that is not **God's** Will, but you can choose to accept **God's** care and use the infinite power of **God's** care for all those **God** created by **God's care and Love**

Note # 61: Although we can choose not to believe that we are in God's care, this belief only appears true in our insane world of provisional reality. We can never escape the eternal care of God since God created us by extension of Himself in an act of God's Love. It is God's Will that we be perfect, whole, and complete. The Will of God is also His Son's Will since we are created in God's image. We share completely in God's Oneness.

T-5.VII.2. There have been many healers who did not heal themselves. 2 **The healers who did not heal themselves** have not moved mountains by their faith because **these**

unhealed healers' faith was not whole. 3 Some of **these unhealed healers** have healed the sick at times, but **these unhealed healers** have not raised the dead. 4 Unless the healer heals himself, **the healer** cannot believe that there is no order of difficulty in miracles. 5 **The unhealed healer** has not learned that every mind God created is equally worthy of being healed *<because>* God created **every mind** whole. 6 You are merely asked to return to God the mind as **God** created **the mind**. 7 **God** asks you only for what **God** gave, knowing that this giving will heal you. 8 Sanity is wholeness, and the sanity of your brothers is your **sanity**.

Note # 62: Unhealed healers would still perceive some separation within the Sonship and the Oneness. Not seeing all as God created them to be, they still believe there is some form of magic outside the power of truth that will bring about the healing of the patient's mind or body. When we speak of healing, we are speaking at the level of mind, not the body. The "unhealed healer" believes in the basic inequality between the "healer" and the patient. The healer believes that he or she has some magic power to heal the patient. Healing only occurs within the mind of the patient. It is the patient, not the healer that cures the perceived illness. The healer merely aids the patient in the patient's rediscovery of the power of truth over an illusion. The healer reminds the patient of the truth that we are spirit and not a body.

T-5.VII.3. Why should you listen to the endless insane calls you think are made upon you, **(the calls or voice for the ego and separation)**, when you can know the Voice for God is in you? 2 God commended His Spirit to you, and asks that you commend your **spirit** to Him. 3 **God** wills to keep **your spirit** in perfect peace, because you are of one mind and spirit with **God**. 4 Excluding yourself from the Atonement is the ego's last-ditch defense of **the ego's** own existence. 5 **Excluding yourself from the Atonement** reflects both the ego's need to separate, and your willingness to side with **the ego's** separateness. 6 This willingness **to excluding yourself from the Atonement** means that you do not want to be healed.

Note # 63: Our purpose is to accept the Atonement for ourselves. We cannot feel "At-Onement" when we refuse anyone this same gift. To give, we must have and to give is to receive.

T-5.VII.4. But the time is now **for you to be healed**. 2 You have not been asked to work out the plan of salvation yourself because, as I told you before, the remedy could not be of your making. 3 God Himself gave you the perfect Correction for everything you made that is not in accord with His holy Will. 4 I am making His plan perfectly explicit to you, and **I** will also tell you of your part in **God's Plan**, and how urgent **your part** is to fulfill **God's Plan**. 5 God weeps at the "sacrifice" of His children who believe they are lost to **God**.

Note # 64: The remedy for our salvation cannot be our own ego's plan. Any egoic plan is on the level of "making" since what we have made is not real and only exist in our provisional reality. Provisional reality is not on the same level as our true nature. Our true nature is God's nature. God's plan corrects the problem, the belief in the separation, at its source and restores or corrects our mistaken belief of whom and what we are. God's plan undoes our dream world of provisional reality. We cannot correct this alone because of our

deep-seated guilt, which we believe would require someone's (God's) forgiveness. As long as you believe your dream world is real, you believe your guilt is justified.

God's plan reawakens you out of the nightmare of your dream world, back to the reality of your true Big "S" Self, perfect whole and complete. Only the Holy Spirit, God's Voice for the truth, can assure you that you have done nothing wrong and, therefore, are sinless and guiltless as God created you. For this is God's Will which He shares with you. Your true will and God's Will are one and the same. You only need to accept the Atonement for yourself.

T-5.VII.5. Whenever you are not wholly joyous, **your lack of joy** is because you have reacted with a lack of love to one of God's creations. 2 Perceiving **your lack of love to one of God's creations** as "sin" you become defensive because you expect attack. 3 The decision to react in this way is **your decision** and can therefore be undone. **This reaction is based on your perceived unloving act toward another that you perceive as a sin. You then expect that your brother will retaliate with his own attack against you.** 4 **This reaction, your lack of love toward another and your expectation for attack,** cannot be undone by repentance in the usual sense, because **repentance** implies guilt. p89 5 If you allow yourself to feel guilty, you will reinforce the error rather than allow **the error** to be undone for you.

Note # 65: Anytime you are in fear, you will not react to a brother's cry for love with love. If you are not in love, you are in fear. The error is always your lack of love toward another and your expectation for attack in return. Your sense of guilt reinforces the error because by feeling guilty, you are claiming you must have done something to feel guilty about. By your own judgment, you have made your "sin" real. You cannot be a oneness since you perceive something outside yourself to feel guilty about. This sense of guilt confirms and reinforces your ego's belief in separation. It proves that there must be something outside you that needs to forgive you. The ego then warns you that if that something outside yourself fails to forgive you, it will decide to attack you. Whether it forgives or attacks, in either case, the egoic thought system has reaffirmed that you are separate and lack wholeness. Both results imply and confirm that you are not perfect, whole and complete. Thus, under the ego's thought system, you cannot be God's Son. You must be an ego-body, subject to lack and limitation.

T-5.VII.6. Decision cannot be difficult. 2 This is obvious, if you realize that you must already have decided not to be wholly joyous if that is how you feel. 3 Therefore, the first step in the undoing **this lack of joy** is to recognize that you actively decided wrongly, but can as actively decide otherwise. 4 Be very firm with yourself in this, **(that you can choose again)** and keep yourself fully aware that the undoing process, which does not come from you, is nevertheless within you because God placed **the undoing process to choose again within you.** 5 Your part is merely to return your thinking to the point at which the error was made, and give **your thinking which made the error** over to the Atonement in peace. 6 Say this to yourself as sincerely as you can, remembering that the Holy Spirit will respond fully to your slightest invitation:

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

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

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

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

*11 I choose to let **the Holy Spirit**, by allowing **the Holy Spirit** to decide for God for me.*
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Note # 66: The Atonement prayer process basically says that by taking responsibility for your decision, you have given yourself the right to reclaim your power to decide to undo that same decision. You can choose again. The Holy Spirit will undo the consequences of your wrong decision. This is easy for the Holy Spirit since It knows that your actions were just in the dream world of your provisional reality. The Holy Spirit knows that your dream world is not reality. The Holy Spirit utilizes your provisional reality, which is the level of ego misperception, as a schoolroom. The purpose of the schoolroom is to act as a learning device and playfield for you to relearn and remember what and who you really are. Under the guidance of the Holy Spirit, you are told that your answer was wrong and that you can choose again. The purpose of a schoolroom is to allow the student to learn, or in our case, to remember what is truth without placing the pupil in harms way. Thus, the Holy Spirit has reinterpreted the ego's fearful and guilt ridden world of provisional reality into a learning device to bring us back home.

To determine which thought system we are following at any given moment, we merely need to check with how we feel. Our feelings indicate the degree that our current thinking aligns with our Big "S" Self. If we are not in a state of joy and peace, we are not following the thought system of the Holy Spirit. Loss of inner peace indicates that we have slipped into fear-based, egoic thought patterns.