

Chapter 10. THE IDOLS OF SICKNESS

Introduction

T-10.in.1. Nothing beyond yourself can make you fearful or loving, because nothing <is> beyond you. 2 Time and eternity are both in your mind, and **time and eternity** will conflict until you perceive time solely as a means to regain eternity. 3 You cannot **perceive time solely as a means to regain eternity** as long as you believe that anything happening to you is caused by factors outside yourself. 4 You must learn that time is solely at your disposal, and that nothing in the world can take this responsibility **that time is solely at your disposal** from you. 5 You can violate God's laws in your imagination, but you cannot escape from **God's laws**. 6 **God's laws** were established for your protection and **God's laws** are as inviolate as your safety.

Note # 1: Nothing is beyond us because God gave us everything. We are the creators of what we perceive and we need to take sole responsibility for our own provisional reality. We alone decide which of the endless possibilities that are available within the “All That Is” that we wish to call into our experience. We do this by choosing which part of the “All That Is” that we will focus our awareness upon. We are the decision-maker, scriptwriter and producer of our moment-to-moment experience within the Oneness. If we wish to experience our imagined separation or the totality of the Oneness, it is our choice. Ultimately, however, once we remember or reclaim what we are, we will accept and embrace **the fact** that we are unlimited Spirit. Our split mind will once again know and be a Oneness with Our Father. There is only one Law and one Will and that is the Law and Will of the Father. In the Kingdom, God’s Will and our will are the same.

T-10.in.2. God created nothing beside you and nothing beside you exists, for you are part of **God**. 2 What except **God** can exist? 3 Nothing beyond **God** can happen, because nothing except **God** is real. 4 Your creations add to **God**, as you **add to God**, but nothing is added that is different **to God** because everything has always been. 5 What can upset you except the ephemeral, and how can the ephemeral be real if you are God's only creation and **God** created you eternal? 6 Your holy mind establishes everything that happens to you. 7 Every response you make to everything you perceive is up to you, because your mind determines your perception of **everything you perceive**.

Note # 2: You are the decision-maker in everything you perceive. You can either perceive under the guidance of the Holy Spirit or the ego. The guide you choose to follow is up to you. This Course’s goal is to reawaken your ability to act as the decision-maker and choose again. This time, choosing the Holy Spirit to guide you out of your egoic world of perception, space and time.

God is only love. Love does not limit. Love does not judge but instead allows us the freedom to be and experience whatever we wish. Love’s goal is that we be happy. God’s love allows His Creation the absolute freedom to create and be, with the totality of God supporting you, loving you and delighting in that which His Child creates or makes. Nothing the Child creates or imagines (makes) can be wrong, a sin or inappropriate for there is only freedom and no judgment. Happiness is perfect freedom to be what you are with the totality of the universe support our desires and decisions.

T-10.in.3. God does not change **God's** Mind about you, for **God** is not uncertain of Himself. 2 And what **God** knows can be known, because **God** does not know **God's Mind** only for Himself. 3 **God** created you for Himself, but **God** gave you the power to create for yourself so you would be like **God who created you like Himself**. 4 **Because God created you like Himself**, that is why your mind is holy. 5 Can anything exceed the Love of God? 6 Can anything, then, exceed your will? 7 Nothing can reach you from beyond **your will** because, being in God, you encompass everything. 8 Believe this, **that being in God, you encompass everything**, and you will realize how much is up to you. 9 When anything threatens your peace of mind, ask yourself, "Has God changed **God's** Mind about me?" 10 Then accept **God's** decision, for **God's decision** is indeed changeless, and **then** refuse to change your mind about yourself. 11 God will never decide against you, or **God** would be deciding against Himself. p181

Note # 3: God gave us the power to create so we would be like Our Father. God has given this power and everything God "is" because that is how creation occurs. Extension is sharing all. God gives all (everything) to all, (the Sonship) and this is God's Being. God knows His creation as Himself, perfect, whole and complete. This is our changeless reality because this is God's Will. We can imagine we are not God's Effect but we cannot change being God's Effect.

I. At Home in God

T-10.I.1. You do not know your creations simply because you would decide against **your creations** as long as your mind is split, and to attack what you have created is impossible. 2 But remember that *<it is as impossible for God to attack what has been created.>* 3 The law of creation is that you love your creations as yourself, because **your creations** are part of you. 4 Everything that was created is therefore perfectly safe, because the laws of God protect **everything that was created by God's Love**. 5 Any part of your mind that does not know **everything that was created by God's Love is perfectly safe and protected by the laws of God** has banished itself, **which is your egoic mind**, from knowledge, because **your split-mind** has not met **knowledge's** conditions. 6 Who could have done this but you? 7 Recognize **that you have done this to yourself** gladly, for in this recognition lies the realization that your banishment is not of God, and therefore does not exist.

Note # 4: You have dreamed that you could do something contradictory to God's Will. God's Will is changeless. Only in your dream world of provisional reality does time and space "exist". This world is only in your mind. You imagined that you could create from a source other than that of love. Coming from fear, you do not know that the Law of God protects all of creation from attack. Making is only an imagined dreamed. You can choose to reawaken to reality whenever you choose to follow God's Laws for creation.

T-10.I.2. You are at home in God, dreaming of exile but perfectly capable of awakening to reality. 2 Is it your decision to do so? (**To reawaken?**) 3 You recognize from your own experience that what you see in dreams you think is real while you are asleep. 4 Yet the instant you waken you realize that everything that seemed to happen in the dream did not happen at all. 5 You do not think this strange **that what seemed to happen in the dream did not happen at all** even though all the laws of what you awakened to were

violated while you slept. 6 Is it not possible that you merely shifted from one dream to another, without really waking?

Note # 5: This dream world is our provisional reality. It is a pretend world in which we image that we do not know what we are. It is a world in which time and space appear to have reality. This whole dream appears to have reality to the dreamer while the dreamer is asleep. Provisional reality is your dream state of separation. It includes all the “time” your mind believed that it was separate from God. This includes our waking and sleeping moments on this earth plane. It also includes our moments when we are not on this earth plane (when we are “dead”). It is any time we perceive that we are not a Oneness with God; any time we do not remember what we are. Throughout this state of not remembering our true reality of our Big “S” Self, we still remain safe in the Oneness of the Mind of God. Our dream state does not change the truth that we are eternally God’s Effect.

T-10.I.3. Would you bother to reconcile what happened in conflicting dreams, or would you dismiss both **conflicting dreams** together if you discovered that reality is in accord with neither **conflicting dream**? 2 You do not remember being awake. 3 When you hear the Holy Spirit you may feel better because loving then seems possible to you, but you do not remember yet that **loving** once was so. 4 And it is in this remembering **that loving once was so**, that you will know **loving** can be so again. 5 What is possible has not yet been accomplished. 6 Yet what has once been is so now, **if what has once been** is eternal. 7 When you remember **what has once been**, you will know that what you remember is eternal, and therefore **what you remember** is now.

Note # 6: The Holy Spirit does not teach us to love; rather It assists us in removing all the blocks that we have placed in order to hide the love that we are. We were created as love and thus, we need only to remember that we are to once again allow our love to shine forth.

T-10.I.4. You will remember everything the instant you desire **to remember everything** wholly, for if to desire wholly is to create, you will have willed away the separation, returning your mind simultaneously to your Creator and your creations. 2 Knowing **your Creator and your creations** you will have no wish to sleep, but only the desire to waken and be glad. 3 Dreams will be impossible because you will want only truth, and being at last your will, **truth** will be yours. p182

Note # 7: The dream of separation was our choice. The dream of separation will end when we no longer value anything that we believe the dream represents.

II. The Decision to Forget

T-10.II.1. Unless you first know something you cannot dissociate **from that something**. 2 Knowledge must precede dissociation, so that dissociation is nothing more than a decision to forget **knowledge**. 3 What has been forgotten then appears to be fearful, but only because the dissociation **from your decision to forget knowledge** is an attack on truth. 4 You are fearful *<because>* you have forgotten **you decided not to remember knowledge**. 5 And you have replaced your knowledge by an awareness of dreams because you are afraid of your dissociation **from your decision to forget knowledge**. **You are not afraid** of what you have dissociated, **which is knowledge**. 6 When what you have

dissociated is accepted **you remember knowledge and what you have dissociated** ceases to be fearful.

Note # 8: It is fear of the unknown, not the truth itself that frightens us. When you know the truth that you are the Oneness of “All That is,” you realize there is nothing to fear. We choose to forget this truth and now fear what the truth might be. The laws of God protect everything that was created by God’s Love. Thus, there is nothing to fear, yet we have banished this knowledge of God’s laws from our own mind.

T-10.II.2. Yet to give up the dissociation of reality, **which is the remembrance of the knowledge of God’s Kingdom**, brings more than merely lack of fear. 2 In this decision to **remember the knowledge of reality** lie joy and peace and the glory of creation. 3 Offer the Holy Spirit only your willingness to remember, for **the Holy Spirit** retains the knowledge of God and of yourself for you, waiting for your acceptance. 4 Give up gladly everything that would stand in the way of your remembering **God and yourself**, for God is in your memory. 5 **The Holy Spirit, God’s** Voice will tell you that you are part of **God** when you are willing to remember **God** and know your own reality again. 6 Let nothing in **your dream world of perception, time and space** delay your remembering of **God**, for in this remembering of **God** is the knowledge of yourself.

Note # 9: When we questioned and rejected the truth about ourselves, we denied all the benefits associated with that fact. Happiness, peace joy and the creation process also were forgotten. When we valued our specialness more than the oneness, we obtained the entire package of the egoic thought system. Along with specialness, we also received sin, guilt and fear.

T-10.II.3. To remember is merely to restore to your mind *<what is already there.>* 2 You do not make what you remember; you merely accept again what is already there, but was rejected. 3 The ability to accept truth in this world, **your dream world of provisional reality**, is the perceptual counterpart of creating in the Kingdom. 4 God will do **God’s** part if you will do **your part**, and **God’s** return in exchange for yours is the exchange of knowledge for perception. 5 Nothing is beyond **God’s** Will for you. 6 But signify your will to remember **God**, and behold! 7 **God** will give you everything but for the asking.

Note # 10: When we chose to forget the truth of our Oneness with God’s Will, we also lost our remembrance of the Kingdom, which is the real world of knowledge. We gave up knowledge in exchange for perception. Our split mind then projected the image of a world of perception, time and space. This projection became our dream world of provisional reality. To access knowledge again, we must demonstrate our willingness to do our part toward our remembrance of God by simply asking for and then following the thought system of the Holy Spirit. The Holy Spirit reinterprets our misperceptions into correct perceptions that support and align with the truth of the Kingdom. When we accept the Atonement for ourselves, God, our Father, exchanges perception for the return to knowledge.

T-10.II.4. When you attack, you are denying yourself. 2 You are specifically teaching yourself that you are not what you are. 3 Your denial of reality precludes the acceptance of God's gift, because you have accepted something else in **the place of God’s gift of your**

Oneness. 4 If you understand that this **acceptance of something else in the place of God's gift** is always an attack on truth, and truth is God, you will realize why **the acceptance of something else in the place of God's gift of your Oneness** is always fearful. 5 If you further recognize that you are part of God, you will understand why it is that you always attack yourself first.

Note # 11: Some of God's gifts are love, truth, joy, happiness, freedom and peace. Being a Oneness of Everything, to deny the truth is to deny our divine inheritance. We exchange the happiness of everything for the promise of specialness. The quest for specialness rewards us with limitation, competition, lack, loneliness, guilt and fear.

T-10.II.5. All attack is Self attack. 2 **Attack** cannot be anything else **than attack upon your Big "S" Self**. 3 Arising from your own decision not to be what you are, it is an attack on your identification **as your Big "S" Self and your Oneness**. 4 Attack is thus the way in which your identification is lost, because when you attack, you must have forgotten what you are. p183 5 And if your reality is God's, when you attack you are not remembering **God**. 6 This **not remembering God** is not because **God** is gone, but because you are actively choosing not to remember **God**.

Note # 12: Knowledge was not taken away from us. Instead it was our own free choice to forget the truth of what we are. We wondered what it would be like to be something other than God. Once we imagined it, we took the illusion seriously enough to become frightened. We forgot to laugh; let fear and uncertainty enter our now split-mind and made the dream of separation appear real within the mind of the dreamer. We identified ourselves as something other than the Oneness of all. Now there was an observer and something outside the observer to observe. Perception was born and knowledge forgotten.

T-10.II.6. If you realized the complete havoc this **not remembering God** makes of your peace of mind you could not make such an insane decision. 2 You make **the insane decision to not remember God** only because you still believe **that not remembering God** can get you something you want. 3 It follows, then, that you want something other than peace of mind, but you have not considered what **that something other than peace of mind that you want** must be. 4 Yet the logical outcome of your decision is perfectly clear, if you will only look at **the logical outcome of your decision**. 5 By deciding against your reality, you have made yourself vigilant *<against>* God and **God's Kingdom**. 6 **And by deciding against your reality**, it is this vigilance **against God** that makes you afraid to remember **God**.

Note # 13: All attack is attack against your true reality which is Self attack against the Son of God. We attack our real identification as the Big "S" Self. Since we are part of God, any attack on our Big "S" Self is an attack on our Father. When we remember God, we also remember what we are and accept our true nature as God's Creation. We have exchanged our peace and happiness for the specialness of our egoic little "s" self. We cling to our ego's decision to declare that we are right even when we are "dead" wrong.

III. The God of Sickness

T-10.III.1. You have not attacked God and you do love **God**. 2 Can you change your reality? 3 No one can will to destroy himself. 4 When you think you are attacking yourself,

this attack on yourself is a sure sign that you hate what you <think> you are. 5 And **what you <think> you are** and only **what you <think> you are**, can be attacked by you. 6 What you think you are can be very hateful, and what this strange image of **what you <think> you are** makes you do can be very destructive. 7 Yet the destruction is no more real than the image of **what you <think> you are**, although those who make idols do worship **the idols of their imaginations**. 8 The idols are nothing, but their worshippers are the Sons of God in sickness. 9 God would have **these sick Sons of God who worship the idols of their imagination** released from their sickness and returned to **God's Mind**. 10 **God** will not limit your power to help **these sick Sons of God who worship the idols of their imagination** because **God** has given you **the power to help your sick brothers**. 11 Do not be afraid of **the power to help your sick brothers** because **the power to help your sick brothers** is your salvation.

Note # 14: You cannot attack what you really are because what God created is changeless and eternal. You can attack what you imagine yourself to be in your dream world of provisional reality. Since God created you like Himself, your mind has been given the power to remember the wholeness of the Sonship. That is what we really are, a Oneness. Your Big "S" Self coupled with the Holy Spirit can heal and reunite the Sonship and return It to right or whole-mindedness.

T-10.III.2. What Comforter can there be for the sick children of God except **God's** power through you? 2 Remember that it does not matter where in the Sonship **God** is accepted. 3 **God** is always accepted for all, and when your mind receives **God** the remembrance of **God** awakens throughout the Sonship. 4 Heal your brothers simply by accepting God for **your brothers**. 5 **You and your brother's** minds are not separate, and God has only one channel for healing because **God** has but one Son. 6 God's remaining Communication Link with all **God's** children joins **all God's children** together, and **all God's children** to **God**. 7 To be aware of this **joining all God's children together through this Communication Link** is to heal **all God's children** because it is the awareness that no one is separate, and so no one is sick. p184

Note # 15: We are all united in the Sonship, since the Sonship is all that the Father created. To heal any part of the Sonship is to heal the totality. The Comforter is the Holy Spirit.

T-10.III.3. To believe that a Son of God can be sick is to believe that part of God can suffer. 2 Love cannot suffer, because **love** cannot attack. 3 The remembrance of love therefore brings invulnerability with **love**. 4 Do not side with sickness in the presence of a Son of God even if **a Son of God** believes in **sickness**, for your acceptance of God in **a Son of God** acknowledges the Love of God **that a sick Son of God** has forgotten. 5 Your recognition of **a Son of God** as part of God reminds **a Son of God** of the truth about himself, which **a sick Son of God** is denying. 6 Would you strengthen **a sick Son of God's** denial of God and thus lose sight of yourself? 7 Or would you remind **a sick Son of God** of his wholeness and remember your Creator with **a sick Son of God**?

Note # 16: By seeing a Son of God as "sick", you are accepting the belief in limitation and that there can be something other than the Will of God. This reinforces both his and your own belief that the separation is real. This does not lead to healing and correction of the fundamental error that a sick person is not remembering what they are. To acknowledge the

false in another, which is the belief that they are sick, is to accept the false as real. We have raised the false to the status of truth. We can choose to either share the truth or the false with our brother. Whichever we share, we strengthen. ACIM states that we should deny the existence of the false and accept and share the reality of the truth. This is how we assist the Holy Spirit in His healing of the split-minded Sonship.

T-10.III.4. To believe a Son of God is sick is to worship the same idol **a sick Son of God** does. 2 God created love, not idolatry. 3 All forms of idolatry are caricatures of creation, taught by sick minds too divided to know that creation shares power and never usurps **power**. 4 Sickness is idolatry, because **sickness** is the belief that power can be taken from you. 5 Yet **the belief that power can be taken from you** is impossible, because you are part of God, Who is all power. 6 A sick god must be an idol, made in the image of what its **sick** maker thinks the **sick** maker, himself, is. 7 And that **idol to a sick god** is exactly what the ego does perceive in a Son of God; a sick god, self-created, self-sufficient, very vicious and very vulnerable. 8 Is this the idol you would worship? 9 Is this **idol to a sick god** the image you would be vigilant to save? 10 Are you really afraid of losing this? **(Losing this idol of a sick Son of God, which is a sick god, self-created, self-sufficient, very vicious and very vulnerable)**

Note # 17: What we value, we will protect and defend. What we value, we perceive and project into our dream world. What we choose to believe, we will choose to perceive. Your perception follows your purpose. We value our littleness more than we value the Oneness that is the Love of God.

T-10.III.5. Look calmly at the logical conclusion of the ego's thought system and judge whether **the ego's thought system's** offering is really what you want, for this **image of a sick Son of God** <is> what **the ego's thought system** offers you. 2 To obtain this **logical conclusion of the ego's thought system's image of a sick Son of God**, you are willing to attack the Divinity of your brothers, and thus lose sight of **your divinity**. 3 And you are willing to keep **your divinity** hidden, to protect an idol you think will save you from the dangers for which **the idol** stands, but which **the idol's dangers** do not exist **since a sick Son of God is only imagined in a deluded mind**.

Note # 18: Not remembering what we are, we fear losing the false protection that our idols to littleness offer us against the unknown. The unknown is our forgetting the truth of what we are. The ego's thought system warns us that in a world of lack, we must compete against our brother's if we are to survive. Attack becomes a way of life. The ego tells us this world is a zero sum-game and that we need the help of outside powers or idols if we are to survive, let alone be happy.

T-10.III.6. There are no idolaters in the Kingdom, but there is great appreciation for everything that God created, because of the calm knowledge that each one **of the aspects that God created** is part of **God**. 2 God's Son, **the Big "S" Self**, knows no idols, but **the Big "S" Self** does know his Father. 3 Health in this world is the counterpart of value in Heaven. 4 It is not my merit that I contribute to you but my love, for you do not value yourself. 5 When you do not value yourself you become sick, but my value of you can heal you, because the value of God's Son is one. 6 When I said, "My peace I give unto you," I

meant it. 7 Peace comes from God through me to you. 8 **Peace** is for you although you may not ask for **peace**.

Note # 19: Thoughts never leave the mind of the thinker. What we give, we receive. If we are willing of receive the peace of God, we will also share that same peace with our brother. Extension is the sharing of thoughts which strengthens the thought.

T-10.III.7. When a brother is sick it is because he is not asking for peace, and therefore does not know he has **peace**. 2 The acceptance of peace is the denial of illusion, and sickness *<is>* an illusion. p185 3 Yet every Son of God has the power to deny illusions anywhere in the Kingdom, merely by denying **illusions** completely in himself. 4 I can heal you because I know you. 5 I know your value for you, and it is this value that makes you whole. 6 A whole mind is not idolatrous, and does not know of conflicting laws. 7 I will heal you merely because I have only one message, **which is "My peace I give unto you,"** and **this one message** is true. 8 Your faith in **this one message, which is "My peace I give unto you,"** will make you whole when you have faith in me.

Note # 20: The peace of God is the acceptance of what you are. The illusion of the provisional reality of limitations and separateness fades away upon the reawakening and reclaiming our divine birthright as the Son of God. The Peace of God is our destiny. The acceptance of the Atonement for ourselves is the denial of all illusions. The Atonement is healing and salvation.

T-10.III.8. I do not bring God's message with deception, and you will learn **God's message** as you learn that you always receive as much as you accept. 2 You could accept peace now for everyone, and offer **everyone** perfect freedom from all illusions because you heard **God's Voice**. 3 But have no other gods before **God, your Father**, or you will not hear **God's Voice, which is the Holy Spirit**. 4 God is not jealous of the gods you make, but you are **jealous of the gods you make**. 5 You would save **the gods you make** and serve **the gods you make**, because you believe that **the gods you make** made you. 6 You think **the gods you make** are your father, because you are projecting onto, **the gods you make** the fearful fact that you made **these false gods** to replace God, **Your Father**. 7 Yet when **these false gods you made** seem to speak to you, remember that nothing can replace God, **Your Father**, and whatever replacements you have attempted are nothing.

Note # 21: This replacement of Our Creator with idols is the "Authority Problem". The ego would have you believe that you fathered yourself, and that God, Our Father, either does not exist, or has somehow lost His Power, or perhaps even has been "destroyed" by you. The ego claims that an effect can change its cause. It claims that you have a will that can be different from the Will of God. Since there is only the Will of God, the images or dreams of the "sick" or "split-minded", are only false imaginings. They are dreams that disappear once we choose to remember the truth. Outside the insane mind of the dreamer these magical fantasies are nothing. Thus, within the Mind of God, our dream world of idols, sin, guilt and fear are nothing since they are not real. The imaginings of an insane mind cannot change reality. The false cannot change the truth. God, as First Cause, will always have His Effect as He caused it.

T-10.III.9. Very simply, then, you may believe you are afraid of nothingness, but you are really afraid of nothing. 2 And in that awareness **that the ego's world of false gods and idols is only imagined and not real, you realize you were afraid of nothing and thus,** you are healed. 3 You will hear the god you listen to. **This voice will be either the ego's thought system or the thought system of the Holy Spirit.** 4 You made the god of sickness, and by making **the god of sickness** you made yourself able to hear **the god of sickness, which symbolizes the ego's thought system.** . 5 Yet you did not create **the god of sickness,** because he, **the god of sickness, which symbolizes the ego's thought system,** is not the Will of the Father. 6 **The god of sickness, which symbolizes the ego's thought system,** is therefore not eternal and will be unmade for you the instant you signify your willingness to accept only the eternal.

Note # 22: We did not create the god of sickness, because to create is the extension of the Mind of God. We "make" when we deny our Big "S" Self and believe in limitation and fear. Sickness is not a part of the Mind of God. We did "make" the god of sickness "real" in our imagined dream world of provisional reality. Our provisional reality is based on our perception. If we give our perception to the Holy Spirit, He will reinterpret our misperceptions as a learning device to bring us back of the remembrance of God

T-10.III.10. If God has but one Son, there is but one God. 2 You share reality with **God,** because reality is not divided. 3 To accept other gods before **God** is to place other images before yourself. 4 You do not realize how much you listen to your gods, **the ego's thought system,** and how vigilant you are on **your imagined gods'** behalf. 5 Yet **your imagined gods** exist only because you honor **your imagined gods.** 6 Place honor where **honor** is due and peace will be yours. 7 **Peace** is your inheritance from your real Father. 8 You cannot make your Father, and the father you made, **your ego's thought system with its false gods** did not make you. 9 Honor is not due to illusions, for to honor **your imagined gods** is to honor nothing. 10 Yet fear is not due **your imagined gods** either, for nothing, **which is what your imagined gods are,** cannot be fearful. 11 You have chosen to fear love because of **love's** perfect harmlessness, and because of this fear **of love** you have been willing to give up your own perfect helpfulness and your own perfect Help, **which is the Love of God.** p186

Note # 23: What we value, we will choose to perceive. When we no longer value the egoic specialness, we will be willing to give up the illusion of littleness and turn to the thought system of the Holy Spirit. By asking and accepting God's Guide, we will be led back to the remembrance of knowledge.

T-10.III.11. Only at the altar of God will you find peace. 2 And this altar **of God** is in you because God put it there **in you.** 3 **God's Voice, the Holy Spirit,** still calls you to return, and **the Holy Spirit** will be heard when you place no other gods before **God, your Father.** 4 You can give up the god of sickness for your brothers; in fact, you would have to do so if you give **the god of sickness** up for yourself. 5 For if you see the god of sickness anywhere, you have accepted **the god of sickness.** 6 And if you accept **the god of sickness** you will bow down and worship **the god of sickness,** because **the god of sickness** was made as God's replacement. 7 **The god of sickness** is the belief that you can choose which god is real. 8 Although **the belief that you can choose which god is real** is clear this has

nothing to do with reality. It is equally clear that **the belief that you can choose which god is real** has everything to do with reality as you perceive **reality within your split mind**.

Note # 24: How we choose to view reality depends on which thought system we follow. Follow the ego and you will see yourself as a limited ego body. A world of limitation and competition will become your provisional reality. Follow the Holy Spirit, and you will see that you are unlimited Spirit and one with the Mind of God; that your will and God's Will are the same since you are part of a Oneness. You are the decision-maker and the Holy Spirit invites you to choose again. When you make the choice, you choose for the entire Sonship. If you choose to exclude one brother from healing, you exclude the entire Sonship from healing. Healing is an all or nothing proposition.

The thought system of the ego claims that you are the arbitrator of truth. It claims that you decide what will be the truth and when it will be truth. What you declare to be your "truth" will form the foundation for your making a false idol to this imagined "truth". This belief that you are the arbitrator of truth birthed the world of perception from which you made your own private world of provisional reality. This is a world of delusion that within your mind's imagination appears to be real because you choose to believe that it is "true". Because what we choose to believe becomes our perceived reality's truth, we can play the game of separation on the dimensional gameboard of time and space. Yet, childhood games of make believe cannot change the reality of the truth which remains eternally fix in the Mind of God.

IV. The End of Sickness

T-10.IV.1. All magic is an attempt at reconciling the irreconcilable. 2 All religion is the recognition that the irreconcilable cannot be reconciled. 3 Sickness and perfection are irreconcilable. 4 If God created you perfect, you *<are>* perfect. 5 If you believe you can be sick, you have placed other gods before **God, our Father**. 6 God is not at war with the god of sickness you made, but you are **at war with the god of sickness**. 7 **The god of sickness** is the symbol of deciding against God, and you are afraid of **the god of sickness** because **the god of sickness** cannot be reconciled with God's Will. 8 If you attack **the god of sickness**, you will make **the god of sickness** real to you. 9 But if you refuse to worship **the god of sickness** in whatever form **the god of sickness** may appear to you, and wherever you think you see him, **the god of sickness** will disappear into the nothingness out of which **the god of sickness** was made.

Note # 25: Truth cannot be reconciled with the false. Truth calls for the denial of the false, which leaves the truth remaining. The proper use of denial does not attack, it just acknowledges the fact that what is false is nothing and can have no impact or power over the truth. The Truth just is. When we choose to attack the false, we uplift the false illusion and give it an imagined power to attack and oppose the truth that it does not possess. When we defend the truth by attacking the false, we make the game of separation appear real within the mind of those who are uncertain of what they are. We took the imagined threat seriously and forgot to laugh. We allowed doubt into the Kingdom and thus, forgot knowledge. Perception took the place of knowledge and "paradise" was forgotten but not lost.

T-10.IV.2. Reality can dawn only on an unclouded mind. 2 **Reality** is always there to be accepted, but **reality's** acceptance depends on your willingness to have **reality**. 3 To

know reality must involve the willingness to judge unreality for what **unreality** is. 4 To overlook nothingness is merely to judge **nothingness** correctly, and because of your ability to evaluate **nothingness** truly, to let **nothingness** go. 5 Knowledge cannot dawn on a mind full of illusions, because truth and illusions are irreconcilable. 6 Truth is whole, and cannot be known by part of a mind.

Note # 26: Recognizing the false as the nothing that it is, allows us to dismiss the false into the nothingness from which it arose. The false is powerless to change the truth. By the simple denial of the existence of the false, the false fades away. We cannot know the truth as long as we cling to the ego's claim that we, not God, can determine what is to be the truth. Give all perception over to the Guidance of the Holy Spirit Who knows the difference between the true and false. The Holy Spirit will help you heal your split-mind and return it to right-mindedness. You cannot do this alone.

T-10.IV.3. The Sonship cannot be perceived as partly sick, because to perceive **the Sonship as partly sick** is not to perceive **the Sonship** at all. 2 If the Sonship is One, **the Sonship** is One in all respects. 3 Oneness cannot be divided. 4 If you perceive other gods your mind is split, and you will not be able to limit the split, because a **split mind** is the sign that you have removed part of your mind from God's Will. 5 This means a **split mind** is out of control. 6 To be out of control is to be out of reason, and then the mind does become unreasonable. p187 7 By defining the mind wrongly, you perceive **the mind** as functioning wrongly.

Note # 27: We cannot be a "little insane". To be deluded about what you are is to be insane. There is no such thing as a partial Oneness. It is a contradiction of terms and to accept a partial Oneness as your reality demonstrates that your mind is insane.

T-10.IV.4. God's laws will keep your mind at peace because peace is **God's Will**, and **God's laws** are established to uphold **your mind at peace, which is God's Will for you**. 2 **God's laws** are the laws of freedom, but **your laws** are the laws of bondage. 3 Since freedom and bondage are irreconcilable, **God's laws and your laws** cannot be understood together. 4 The laws of God work only for your good, and there are no other laws beside **God's laws**. 5 Everything else **that is not based on God's laws, are** merely lawless and therefore chaotic. 6 Yet God Himself has protected everything **God** created by **God's laws**. 7 Everything that is not under **God's laws** does not exist. 8 "Laws of chaos", **which are your egoic laws**, is a meaningless term. 9 Creation is perfectly lawful, and the chaotic is without meaning because **the chaotic** is without God. 10 You have "given" your peace to the gods **of sickness that you made**, but **the gods that you made** are not there to take **your peace** from you **for they are not real**. And you cannot give **your peace** to **these false gods that you believe you have made**.

Note # 28: You cannot give your peace to the gods that you made for two basis reasons. The first is that this is not the Will of God. God wills you the Peace of God. Nothing can take your Peace of God away from you, but you can choose to "forget" this during your dream state of provisional reality, which is your denial of truth. The second reason is basically a corollary to the first, which is that it was not God's Will. Anything that is not shared with the Will of God is not real and, therefore, does not exist. The gods you "made"

can only exist in your illusionary world of provisional reality. These false idols appear “true” to the dreamer, but will disappear when the dreamer reawakens.

This section makes it clear that the two thought systems of the ego and the Holy Spirit are irreconcilable. Only one can be correct. They can never co-exist. You must choose which thought system you will give your allegiance to. This decision to follow either thought system is a choice that the decision-making part of your mind must freely make. Ultimately, the thought system of the Holy Spirit will be freely chosen by the Son of God, because that is the Will of God which must also be His Son’s will. One mind can have only one will.

T-10.IV.5. You are not free to give up freedom, but only to deny **freedom**. 2 You cannot do what God did not intend, because what **God** did not intend does not happen. 3 Your gods do not bring chaos; you are endowing **the god’s you made** with chaos, and accepting **chaos of the god’s you made**. 4 All this has never been, **because what God did not intend does not happen. This has only appeared to happen in the imagination of the split-minded**. 5 Nothing but the laws of God has ever been, and nothing but **God’s Will** will ever be. 6 You were created through **God’s laws** and by **God’s Will**, and the manner of your creation established you a creator. 7 What you have made is so unworthy of you that you could hardly want **what you have made**, if you were willing to see **what you have made** as it is. 8 You will see nothing at all **when you look with true vision on what you have made**. 9 And your vision will automatically look beyond **what you have made**, to what is in you and all around you. 10 Reality cannot break through the obstructions you interpose, but **reality** will envelop you completely when you let **what you have made** go.

Note # 29: Because you have free will, you can choose to be what you are or pretend that you are something that you are not. God is Love and love allows Its creations total freedom to experience anything that they wish to call into their awareness without God’s judgment or condemnation. God’s love insures us that our birthright of perfect freedom will be preserved for us because it is God’s Truth. We can deny God’s love but our denial cannot change God’s Love. Eventually, we will freely choose to accept, extend and be love. This is inevitable because it is our Cause’s Will for His Effect.

What you have made is your dream world of provisional reality. When you choose to reawaken from your dream, you will realize that your dream was never real and that your dream had no affect on reality since your dream was not part of the Mind of God. Creation, unlike making, is shared. Your world of provisional reality is a private world. It is not shared and, therefore, it was never created in the Mind of God. The Mind of God shares and gives all, to all. Your “making” shares nothing with anyone, not even our own split mind.

T-10.IV.6. When you have experienced the protection of God, the making of idols becomes inconceivable. 2 There are no strange images in the Mind of God, and what is not in **God’s Mind** cannot be in **your mind**, because you are of one mind and that mind belongs to **God**. 3 **The Mind of God** is **your mind** <because> **the Mind of God** belongs to **God**, for to **God** ownership is sharing. 4 And if it is so for **God that ownership is sharing**, it is so for you. 5 **God’s definitions** <are> **God’s laws**, for by **God’s laws**, **God** established the universe as what **the universe** is. 6 No false gods you attempt to interpose

between yourself and your reality affect truth at all. 7 Peace is yours because God created you. 8 And **God** created nothing else.

Note # 30: Our perceived world of provisional reality has no effect on true reality, which is synonymous with God's Will. Reality is changeless and eternal because that is God's Will.

T-10.IV.7. The miracle is the act of a Son of God who has laid aside all false gods, and calls on his brothers to do likewise **and laid aside all the brothers' false gods.** 2 **The miracle** is an act of faith, because **the miracle** is the recognition that his brother can **also lay aside all his false gods.** p188 3 **The miracle** is a call to the Holy Spirit in **the miracle worker's** mind, a call that is strengthened by joining. 4 Because the miracle worker has heard God's Voice, **the miracle worker** strengthens **God's Voice** in a sick brother by weakening **a sick brother's** belief in sickness, which **the miracle worker** does not share. 5 The power of one mind can shine into another **mind**, because all the lamps of God were lit by the same spark. 6 **That spark from God** is everywhere and **the spark** is eternal.

Note # 31: The miracle is a process of rejoining perceived individualized aspects of the whole into the realization that they are joined together as part of a Oneness. The "Mind" of a Oneness is connected to all parts which are truly inseparable because there is only one mind. In a hologram all parts contain the whole and the whole is in all parts.

T-10.IV.8. In many only the spark remains, for the Great Rays are obscured. 2 Yet God has kept the spark alive so that the Rays can never be completely forgotten. 3 If you **but** see the little spark you will learn of the greater light, for the Rays are there unseen. 4 Perceiving the spark will heal, but knowing the light will create. 5 Yet in the returning the little light must be acknowledged first, for the separation was a descent from magnitude to littleness. 6 But the spark is still as pure as the Great Light, because **the spark** is the remaining call of creation. 7 Put all your faith in **the spark, which is the remaining call of creation** and God Himself will answer you.

Note # 32: This spark is the reality of our Big "S" Self or Christ consciousness which was never lost. This spark lies hidden behind the veil of the body. We need to look past our brother's bodily form that obscures this light and "see" the Christ that is his reality. By sharing this vision with our brothers, our light and minds are joined and healed. Perceiving the spark is an individual act that is shared with a brother but unlike knowing is subject to change. Perception is in the realm of provisional reality. Knowing or knowledge is in the realm of the Mind of God. All creation comes from sharing, extending, or giving all, to the creation. Creation includes and nothing is held back.

V. The Denial of God

T-10.V.1. The rituals of the god of sickness are strange and very demanding. 2 Joy is never permitted, for depression is the sign of allegiance to **the god of sickness.** 3 Depression means that you have forsworn God. 4 Many are afraid of blasphemy, but they do not understand what **blasphemy** means. 5 **The many who are afraid of blasphemy** do not realize that to deny God is to deny their own Identity, and in this sense the wages of sin *<is>* death. 6 The sense is very literal; denial of life perceives its opposite, **which is death**, as all forms of denial replace what is with what is not. 7 No one can really do this, **replace**

what is with what is not, but that you can think you can **replace what is with what is not** and **than** believe **that** you have **done this** is beyond dispute.

Note # 33: God is Truth. Within the mind of the person that chooses to deny the truth, his denial becomes his perceived reality. Denying the truth cannot change the truth's reality in the Kingdom of the real world, but it does affect how the insane relates to his imagined world of delusion. Since we are a part of the shared Oneness that is the Mind of God, when we deny the truth, we deny the identity of both God and Our Big "S" Self.

T-10.V.2. Do not forget, however, that to deny God will inevitably result in projection, and **due to your own projections** you will believe that others and not yourself have done this **denial of God** to you. 2 You must receive the message you give because **the message you give** is the message you want. 3 You may believe that you judge your brothers by the messages **your brothers** give you, but you have judged **your brothers** by the message you give to **your brothers**. 4 Do not attribute your denial of joy to **your brothers**, or you cannot see the spark in **your brothers** that would bring joy to you. 5 It is the denial of the spark that brings depression, for whenever you see your brothers without **the spark** you are denying God. p189

Note # 34: What we perceive in another mirrors our own beliefs about ourselves. This is how projection works. Deny our brother his divinity and we deny our own divinity for what we receive is what we have given.

T-10.V.3. Allegiance to the denial of God is the ego's religion. 2 The god of sickness obviously demands the denial of health, because health is in direct opposition to **the god of sickness'** own survival. 3 But consider what this **denial of health** means to you. 4 Unless you are sick you cannot keep the gods you made, for only in sickness could you possibly want **the god of sickness**. 5 Blasphemy, then, is *<self-destructive,>* not God-destructive. 6 This **blasphemy of the denial of your health** means that you are willing not to know yourself in order to be sick. 7 This **blasphemy of not to know yourself in order to be sick**, is the offering your god **of sickness** demands because, having made **your god of sickness** out of your insanity, **your god of sickness** is an insane idea. 8 **Your god of sickness** has many forms, but although **your god of sickness** may seem to be many different things **your god of sickness** is but one idea;—the denial of God.

Note # 35: In order to deny God, you must deny your own identity. This denying of what you truly are is the denial of what God truly is. Your denial of yourself, of course, does not change the reality of what you are as God created you. God's Will is unalterable. Sickness is not just lack of bodily health. Sickness is any denial of your own Big "S" Self's divinity. Anytime you believe yourself to be something other than perfect, whole and complete as God created you, you are suffering from the delusions of a sick mind.

T-10.V.4. Sickness and death seemed to enter the mind of God's Son against **God's** Will. 2 The "attack on God" made His Son think he was Fatherless, and out of his depression he, **God's Son**, made the god of depression. 3 This was his alternative to joy, because he, **God's Son**, would not accept the fact that, although he was a creator, he, **being God's Son**, had been created **by God**. 4 Yet the Son *<is>* helpless without the Father, Who alone is **God's Son's** Help.

Note # 36: This is the authority problem. The ego tells us that we are self-created. All our power, whether it is used to create or misused to make, comes from being an extension of the Mind of God. Without God as our Cause, we are powerless.

T-10.V.5. I said before that of yourself you can do nothing, but you are not <of> yourself. 2 If you were **of yourself, the illusion of** what you have made would be true, and you could never escape **the illusion**. 3 It is because you did not make yourself that you need be troubled over nothing. 4 Your gods are nothing, because your Father did not create **your gods of sickness that you made up**. 5 You cannot make creators who are unlike your Creator, any more than **God, Your Father**, could have created a Son who was unlike **God, Your Father**. 6 If creation is sharing, **creation** cannot create what is unlike itself. 7 **Creation** can share only what it is. 8 Depression is isolation, and so **depression** could not have been created.

Note # 37: Since creation is defined as extension, the only thing that can be created is a “carbon copy” of the original. Extension is sharing everything that the creator is with his creation. Since God, the Father, is our creator, only the attributes that are God-like can be real. God is unconditional Love and Truth. Because God is Love, attributes like hate, sickness and depression cannot exist. They are not part of the Mind of God. Attributes like sickness and depression can only exist in the illusions of the mind of the small “s” self, which is the dream world of provisional reality and misperception. God’s Child is never alone. Even in the split-minded the Big “S” Self remains as the home of the Holy Spirit. The small “s” self will claim that it is home alone, but our Big “S” Self has not deserted us. We have just chosen to forget to listen.

T-10.V.6. Son of God, you have not sinned, but you have been much mistaken. 2 Yet this **mistake** can be corrected and God will help you, knowing that you could not sin against **God**. 3 You denied **God** because you loved **God**, knowing that if you recognized your love for **God**, you could not deny **God**. 4 Your denial of **God** therefore means that you love **God**, and that you know **God** loves you. 5 Remember that what you deny you must have once known. 6 And if you accept denial, you can accept **the undoing of your denial of God**.

Note # 38: Your Big “S” Self, has never lost its remembrance of God and the Truth of its Oneness. Our egoic denial is blocking the hearing of the Voice for God but it cannot remove it totally from your insane mind. Everyone hears the Voice for Truth sporadically throughout his or her current physical existence. The only question is when will we stop and listen. Our mind has denied our love for God. However, that same mind, under the guidance of the Holy Spirit, can correct this mistake.

T-10.V.7. **God, Your Father** has not denied you. 2 **God** does not retaliate, but **God** does call to you to return. 3 When you think **God** has not answered your call, you have not answered **God’s call**. 4 **God** calls to you from every part of the Sonship, because of **God’s** Love for His Son. 5 If you hear **God’s** message **God** has answered you, and you will learn of **God** if you hear aright. p190 6 The Love of God is in everything **God** created, for **God’s** Son is everywhere. 7 Look with peace upon your brothers, and God will come rushing into your heart in gratitude for your gift to **God**.

Note # 39: The Sonship is all God created. You and your brother are all a part of this Sonship. Every time you look upon any part of the Sonship with true Christ Vision, you look upon the Face of God.

God is unconditional love. Love allows you the freedom to create or imagine anything you like. God does not condemn or judge. God knows His Creation as an extension of His Love, perfect whole and complete in the shared Oneness that is their Creator.

T-10.V.8. Do not look to the god of sickness for healing but only to the God of love, for healing is the acknowledgment of **God, Your Father.** 2 When you acknowledge **God** you will know that **God** has never ceased to acknowledge you, and that in **God's** acknowledgment of you lies your being. 3 You are not sick and you cannot die. 4 But you can confuse yourself with things that do **become sick and die.** 5 Remember, though, that to do this **denial of what you truly are and your belief that you can be sick** is blasphemy, for **this denial** means that you are looking without love on God and **God's** creation, from which **God** cannot be separated.

Note # 40: Our sickness, like all parts of a dream, has no reality outside the dream itself. Any perceived sickness of our small "s" self was just a part of the egoic dream for littleness. It never had any reality and thus, always remained powerless to affect any change in our Big "S" Self.

T-10.V.9. Only the eternal can be loved, for love does not die. 2 What is of God is **God's** forever, and you are of God. 3 Would **God** allow Himself to suffer? 4 And would **God** offer His Son anything that is not acceptable to **God**? 5 If you will accept yourself as God created you, you will be incapable of suffering. 6 Yet to accept yourself as God created you, you must acknowledge **God** as your Creator. 7 This **acknowledgement of God as your Creator** is not because you will be punished otherwise. 8 It is merely because your acknowledgment of your Father is the acknowledgment of yourself as you are. 9 Your Father created you wholly without sin, wholly without pain and wholly without suffering of any kind. 10 If you deny **your Father**, you bring sin, pain and suffering into your own mind because of the power **your Father** gave **your own mind.** 11 Your mind is capable of creating worlds, but **your own mind** can also deny what **your own mind** creates because **your own mind** is free.

Note # 41: Because God has given us the power to create, our mind is powerful. In our dream world of provisional reality, we can "use" this power of the mind to make or "miscreate". When we attempt to create from the false belief in lack and fear, we make a private dream world that is designed to bear witness to our false belief that we are separate from the Oneness. This delusional world is not shared and it is an attempt to exclude and fragment the One Self. The denial of what we truly are, Son's of our Father, is the cause of our inability to create like our Father created us. Because we view ourselves as limited and separate, we are unwilling to share ourselves completely. The Law of Creation is extension. To have and be all, we must give all, to all. By sharing ourselves completely, we become creators. This co-creation process is the completion of God.

T-10.V.10. You do not realize how much you have denied yourself, and how much God, in **God's Love**, would not have **you denied yourself** so. 2 Yet **God** would not interfere with you, because **God** would not know His Son if **His Son** were not free. 3 To interfere with you would be to attack Himself, and God is not insane. 4 When you deny **God** <you> are insane. 5 Would you have **God** share your insanity? 6 God will never cease to love His Son, and **God's Son** will never cease to love **God**. 7 **This mutual exchange of love between Father and Son** was the condition of **God's Son's** creation, fixed forever in the Mind of God. 8 To know that **God's Son will never cease to love God and God will never cease to love His Son** is to know sanity. 9 To deny **that God's Son will never cease to love God and God will never cease to love His Son** is insanity. 10 God gave Himself to you in your creation, and **God's** gifts are eternal. 11 Would you deny yourself to **God**?

Note # 42: Like God, we have been given freedom. Our free will does not give us the power to do anything outside the Mind of God since our will is the same as our Father's Will. Free will does give us the power to temporarily deny the truth. In the illusionary world of time and space, we get to decide when we will choose to reawaken from our dream of separation. Until we freely choose to awaken, we are free to imagine anything that we want. We can even pretend what it would be like to experience something other than God's love. What we are, Our Big "S" Self is eternal and always remains safe in the Kingdom, which is the Oneness of the Mind of God.

T-10.V.11. Out of your gifts to **God** the Kingdom will be restored to **God's Son**. 2 His Son removed himself from **God's** gift by refusing to accept what had been created for him, and what he, **God's Son**, had created in the Name of his Father. 3 Heaven waits for **God's Son's** return, for **the Kingdom, or Heaven**, was created as the dwelling place of God's Son. p191 4 You are not at home anywhere else, or in any other condition. 5 Do not deny yourself the joy that was created for you for the misery you have made for yourself. 6 God has given you the means for undoing what you have made. 7 Listen, and you will learn how to remember what you are.

Note # 43: By following the guidance of the Holy Spirit, we can escape from the world of perception and our provisional reality back to the Kingdom. This is God's means with which the Sonship's sanity is restored. By our acceptance of the Atonement for ourselves, we reject the false and embrace the truth. The Kingdom rests only on the knowledge of God. Illusion rests on the ego's perception of separateness.

T-10.V.12. If God knows His children as wholly sinless, it is blasphemous to perceive **God's children** as guilty. 2 If God knows His children as wholly without pain, it is blasphemous to perceive suffering anywhere. 3 If God knows His children to be wholly joyous, it is blasphemous to feel depressed. 4 All of these illusions, and the many other forms that blasphemy may take, are refusals to accept creation as it is. 5 If God created His Son perfect, that is how you must learn to see **His Son** to learn of **His Son's perfect** reality. 6 And as part of the Sonship, that **perfection** is how you must see yourself to learn of **your perfect reality**.

Note # 44: When we perceive the littleness of another or ourselves, we make the illusion appear real within our own split mind. All attempts at raising body thoughts to the level of

mind are an attack on both God and our reality. Sin is any belief in lack and God, the Oneness of Everything, lacks for nothing. Give our brother his “Christness” and our brother returns you to your Big “S” Self. We can only give what we possess and what we give we receive.

T-10.V.13. Do not perceive anything God did not create or you are denying **God**. 2 **God** is the only Fatherhood, and **fatherhood** is yours only because **God** has given **fatherhood** to you. 3 Your gifts to yourself are meaningless, but your gifts to your creations are like **God’s gifts to His creations**, because they are given in **God’s** Name. 4 That is why your creations are as real as **God’s creations**. 5 Yet the real Fatherhood must be acknowledged if the real Son is to be known. 6 You believe that the sick things you have made are your real creations, because you believe that the sick images you perceive are the Sons of God. 7 Only if you accept the Fatherhood of God will you have anything, because **God’s** Fatherhood gave you everything. 8 That is why to deny **God** is to deny yourself.

Note # 45: Our purpose as God’s Son is to create like our Father. Because we believe that we are separated and, therefore, limited, we cannot create like our Father. We can only make, because we fail to understand the Law of Creation, which states that creation is giving or sharing. When we stop denying our divine birthright, we automatically recover our full creative powers. When we deny God’s Fatherhood, we deny that we are the extension of our Father. We claim that we are limited and, therefore, can only believe that we have littleness to give to our own creations. God knows that His Child is as unlimited as Himself and that creation is only the extension of the Oneness of Everything. When we remember God’s Fatherhood, we will reawaken to the truth about our own fatherhood. We, like our Father, only extended the perfect, the whole and the complete.

T-10.V.14. Arrogance is the denial of love, because love shares and arrogance withholds. 2 As long as both **the denial and the sharing of love** appear to you to be desirable the concept of choice, which is not of God, will remain with you. 3 While this **concept of choice** is not true in eternity **the concept of choice** <is> true in time, so that while time lasts in your mind there will be choices. 4 Time itself is your choice. 5 If you would remember eternity, you must look only on the eternal. 6 If you allow yourself to become preoccupied with the temporal, you are living in time. 7 As always, your choice is determined by what you value. 8 Time and eternity cannot both be real, because **time and eternity** contradict each other. 9 If you will accept only what is timeless as real, you will begin to understand eternity and make **eternity** yours. p192

Note # 46: Prior to the separation, there was no choice. What can a Oneness of Everything choose between? God is love and so there was only love. With our egoic belief that God’s love could be denied, choice appeared to be possible. Love and love’s denial, which is fear, now appeared to be possible choices. Now we had the choice for truth, which is love or the false, which is fear. Choice cannot exist in eternity since truth has no opposites. Choice is only possible where there is the belief in separation. Choice exists in the world of perception, or provisional reality, because we believe that we are separate. Prior to the belief in separation, there was nothing outside ourselves to perceive since we were everything. Once we believed that there was something outside ourselves, time and space came into being. Time and space allow for the measure of change which results from

making different choices. Perception and provisional reality were birthed because now there was something to differentiate. All parts were not perceived as equal. Time, space, perception and choice all hinge on your mistaken belief in the “authority problem”. We believe we could be self-created instead of God-created. This mistaken belief made the world of separation appear real. Since these items are only mistaken beliefs in our deluded mind, we need only to reawaken from our insane dream to return to the wholeness of the Mind of God. Sin, guilt and fear are denials of love’s truth and do not exist in the Mind of God.