

## Chapter 15.

### THE HOLY INSTANT

#### I. The Two Uses of Time

**T-15.I.1.** Can you imagine what it means to have no cares, no worries, no anxieties, but merely to be perfectly calm and quiet all the time? 2 Yet **to be perfectly calm all the time** is what time is for; to learn just **perfect calmness** and nothing more. 3 God's Teacher, **the Holy Spirit**, cannot be satisfied with His teaching until **His teaching** constitutes all your learning. 4 **The Holy Spirit** has not fulfilled **the Holy Spirit's** teaching function until you have become such a consistent learner that you learn only of **the Holy Spirit's thought system**. 5 When you learn only of **the Holy Spirit interpretation of what** has happened, you will no longer need a teacher or time in which to learn.

**Note # 1:** The goal of the Holy Spirit is to teach you Its thought system which will restore you to the Christ, which is the remembrance of God. The Holy Spirit teaches the lessons necessary for the restoration of knowledge and acceptance of your divine birthright.

**T-15.I.2.** One source of perceived discouragement from which you may suffer is your belief that this **perfect calmness takes time to learn** and that the results of the Holy Spirit's teaching are far in the future. 2 This is not so. 3 For the Holy Spirit uses time in **the Holy Spirit's** Own way, and is not bound by **time**. 4 Time is **the Holy Spirit's** friend in teaching. 5 **Time** does not waste **the Holy Spirit**, as **time** does **waste** you. 6 And all the waste that time seems to bring with **time** is due but to your identification with the ego, which uses time to support **the ego's** belief in destruction. 7 The ego, like the Holy Spirit, uses time to convince you of the inevitability of the goal and end of **the ego's** teaching. 8 To the ego the goal of **time** is death, which *<is>* **time's** end. 9 But to the Holy Spirit the goal of **time** is life, which *<has>* no end.

**Note # 2:** The ego uses time to demonstrate that you are a limited ego-body. The ultimate proof of this is your death. The Holy Spirit knows that you are unlimited spirit and that you are eternal. The Holy Spirit uses time to demonstrate that you are a shared oneness with your Creator.

**T-15.I.3.** The ego is an ally of time, but not a friend of **time**. 2 For **the ego** is as mistrustful of death as **the ego** is of life, and what **the ego** wants for you **the ego** cannot tolerate **for the ego, itself**. 3 The ego wants *<you>* dead, but not itself **dead**. 4 The outcome of **the ego's** strange religion must therefore be the conviction that **the ego** can pursue you beyond the grave. 5 And out of **the ego** unwillingness for you to find peace even in death, **the ego** offers you immortality in hell. 6 **The ego** speaks to you of Heaven, but assures you that Heaven is not for you. 7 How can the guilty hope for Heaven?

**Note # 3:** The ego associates itself with you and the body but does not wish the ultimate death of its host. If your existence were to end, the ego's existence would also be terminated. It is this termination of the ego's existence that it fears most since its specialness would end. Therefore, the ego offers you some hope that you may exist after the death of the body. Unfortunately for us, the ego's thought system has already condemned its host, our split mind, to hell. Due to our mind's acceptance of the ego's belief in sin, guilt and fear, the ego demands eternal punishment for us. Thus, we, the ego's guilty host, burn forever in Hell.

**T-15.I.4.** The belief in hell is inescapable to those who identify with the ego. 2 **For those who identify with the ego**, their nightmares and their fears are all associated with **hell**. 3 The ego teaches that hell is in the future, for this is what all **the ego's** teaching is directed to. 4 Hell is **the ego's** goal. 5 For although the ego aims at death and dissolution as an end, **the ego** does not believe in **death and dissolution**. 6 The goal of death, which **the ego** craves for you, leaves **the ego** unsatisfied. 7 No one who follows the ego's teaching is without the fear of death. p301 8 Yet if death were thought of merely as an end to pain, would **death** be feared? 9 We have seen this strange paradox in the ego's thought system before, but never so clearly as here **in the ego's teaching of death**. 10 For the ego must seem to keep fear from you to hold your allegiance. 11 Yet **the ego** must engender fear in order to maintain **the ego**, itself. 12 Again the ego tries, and all too frequently succeeds, in doing both. **The ego keeps you from fear yet also engenders fear. The ego does this** by using dissociation for holding **the ego's** contradictory aims together so that **these contradictory egoic aims of both keeping you from fear yet also engendering fear** seem to be reconciled. 13 The ego teaches thus: Death is the end as far as hope of Heaven goes. 14 Yet because you and the ego cannot be separated, and because **the ego** cannot conceive of **the ego's** own death, **the ego** will pursue you still, because guilt is eternal. 15 Such is the ego's version of immortality. 16 And it is **the ego's belief that guilt is eternal which** the ego's version of time supports.

**Note # 4:** The ego wants eternal life. If the ego's thought system were to result in the permanent death of the existence of its host, the ego's existence would also be terminated. In order to get around this dilemma, the ego says to its host that there is something beyond the death of the body. In the belief system of the ego, heaven or hell awaits you after death. This is because the mind is not the body and, therefore, the mind or "soul" continues after death. Unfortunately for us, sin with its accompanying guilt is also eternal. Sin demands punishment for the god of the ego is a revengeful god. The possibility of Heaven or happiness is offered to us by the ego. This egoic possibility of Heaven helps us control our fear and, therefore, our mind continues to support the ego's thought system. Yet, the law of the ego is, "Seek, but do not find." The ego tells us to look for happiness and heaven but the ego never wants us to find either. The ego's vested interest in sin, guilt and fear require that you never achieve the removal of guilt. This unholy trinity of sin, guilt and fear must always remain in our minds to insure the survival of the ego.

Hell was invented as the place where the ego can maintain its existence by keeping your mind trapped in guilt. What better place than hell to keep our mind in victim consciousness? Hell, being eternal and with no escape, insures the continuation of the ego existence. Unfortunately for us, our belief in sin, guilt and fear, dooms us to hell. Our desire for specialness and the little "s" self that specialness brings costs us our happiness. Yet, this trade-off allows us to continue to claim that we are right. We continue to claim that we are the arbitrator of truth. We have traded our divine birthright in exchange for hell so that we could say we are capable of doing something other than God's Will. We exchange the happiness of everything, which is God's Will for His Son, for the need to be special, limited, egoically "right" and unhappy. This is the logical conclusion of the ego's thought system. It is this final outcome of the ego's thought system that the ego attempts to hide from us. This is why the ego is constantly telling us that something outside ourselves will bring us happiness. The mantra of the ego is always, "I will be happy when..." Yet,

when we achieve that goal and we are still unhappy, the ego tells us something else will do the trick. "Seek but do not find." is the endless goal of the ego.

**T-15.I.5.** The ego teaches that Heaven is here and now because the future is hell. 2 Even when **the ego** attacks so savagely that it tries to take the life of someone who thinks **the ego** is the only voice, it speaks of hell even to him. 3 For **the ego** tells him hell is here as well, and bids him leap from hell into oblivion. 4 The only time the ego allows anyone to look upon with equanimity is the past. 5 And even there, **the past's** only value is that **the past** is no more.

**Note # 5:** The ego's focus for time is the past. The ego knows that we were under the control of its thought system in the past. Therefore, the ego desires that we remain in the victim consciousness that our egoic past represents. We bring our egoic past judgments into the present so that we never experience the <now> and thus, our future replicates the past. Since we are never in the <now>, we fail to hear the voice of the Holy Spirit. We do not hear the call to choose again. Happiness can be in the past but it can never become our future reality. We are allowed to strive for happiness but never find it. The guilt of sin must always be maintained and sin requires eternal punishment. Under the thought system of the ego, this punishment can be temporarily put off until our body's death. At death, the wages of sin will be rewarded in the fires of hell. This is what the thought system of the ego offers us and this is why our ego does not want its host, our mind, to examine its logic.

**T-15.I.6.** How bleak and despairing is the ego's use of time! 2 And how terrifying! 3 For underneath **the ego's** fanatical insistence that the past and future be the same is hidden a far more insidious threat to peace. 4 The ego does not advertise its final threat, for it would have **the ego's** worshippers still believe that **the ego** can offer them escape. 5 But the belief in guilt must lead to the belief in hell, and always does. 6 The only way in which the ego allows the fear of hell to be experienced is to bring hell here, but always as a foretaste of the future. 7 For no one who considers himself deserving of hell can believe that punishment will end in peace.

**Note # 6:** The ego holds out the possibility that heaven may be temporarily won, but the truth of the ego's thought system is that you, its victim, must ultimately end up in hell. Moments of fleeting happiness may be temporarily won in order to keep us willing to play the egoic game of specialness. But happiness within a body can never last. Ultimately, death must be experienced. To the ego, heaven would also result in the death of ego and egoic specialness. It is only in hell that the ego's continued existence is guaranteed. Sin demands eternal punishment for the egoic god is an unmerciful, revengeful god.

**T-15.I.7.** The Holy Spirit teaches thus: There is no hell. 2 Hell is only what the ego has made of the present. 3 The belief in hell is what prevents you from understanding the present, because you are afraid of **the present since you believe that it results in hell**. 4 The Holy Spirit leads as steadily to Heaven as the ego drives to hell. 5 For the Holy Spirit, Who knows only the present, uses **the present** to undo the fear by which the ego would make the present useless. 6 There is no escape from fear in the ego's use of time. 7 For time, according to **the ego's** teaching, is nothing but a teaching device for compounding guilt until **guilt** becomes all-encompassing, demanding vengeance forever.

**Note # 7:** The Holy Spirit knows that the guiltless Son of God cannot sin. Any past guilt that you bring with you to the present has no basis in reality, for it is not found in the Mind of God. The Holy Spirit's focus on time is the present. The Holy Spirit knows that the Son's past must be sinless since sin does not exist in the Mind of God. By the removal of the past misperceptions, the Holy Spirit will reawaken the vision of Christ that appears to be asleep within your split-mind. Thus, the fear of the present will be corrected since the Holy Spirit only knows that God's Son is innocent and guiltless. The Sonship remains eternally perfect, whole and complete as the Creator intended.

Under the egoic thought system, the present is a fearful place. The present is where and when we get to experience being constantly judged, attacked and found guilty. Being under attack, we must always be enhancing our defenses. The ego tells us that the best defense is the "preemptive first strike." Yet, both attacking and defensive strategies confirm our separation. Our fear leads to additional sins which increase our guilt and in turn, compound our fear. Time becomes a vicious cycle in which we are doomed to continually repeat the failures of our past egoic misperceptions.

**T-15.I.8.** The Holy Spirit would undo all of this **self-imposed guilt that demands eternal vengeance** <now.> 2 Fear is not of the present, but **fear** is only of the past and future, which do not exist. p302 3 There is no fear in the present when each instant stands clear and separated from the past, without **any of fears past** shadow reaching out into the future. 4 Each instant is a clean, untarnished birth, in which the Son of God emerges from the past into the present. 5 And the present extends forever. 6 **The Son of God** is so beautiful and so clean and free of guilt that nothing but happiness is there **in the present**. 7 No darkness is remembered, and immortality and joy are now.

**Note # 8:** Without the past misperception, the present can be correctly perceived. By undoing or erasing, the past misperception that we carry with us into the present, the Holy Spirit unclouds the vision of Christ. We realize through the use of the tool of forgiveness that we remain connected with our brother. God's Will is our will that we share and we are guiltless. Happiness and peace are returned to our split-mind.

When we understand that the Sonship is guiltless, the past loses the fearful grip it held upon the present. Each moment in the <now> stands alone. It is not affected by past experiences. We realize that we determine our current experiences based on our current thought patterns. This is the recovery of the creative power that resides with our decision-maker. Each moment we have the opportunity to choose again. The Holy Spirit suggests that before we decide, we should ask the Holy Spirit, "What would love have me do?" If we do this, we will follow our bliss and quickly return to the remembrance of God.

**T-15.I.9.** This lesson **that we are guiltless** takes no time. 2 For what is time without a past and future? 3 **The ego** has taken time to misguide you so completely, but it takes no time at all to be what you are. 4 Begin to practice the Holy Spirit's use of time as a teaching aid to happiness and peace. 5 Take this very instant, now, and think of **this very instant, the now**, as all there is of time. 6 Nothing can reach you here out of the past, and it is here, **in the now of this very instant**, that you are completely absolved, completely free and wholly without condemnation. 7 From this holy instant wherein holiness was born again you will go forth in time without fear, and with no sense of change with time.

**Note # 9:** Although it took the ego a long time to misguide you into your present state of victim consciousness, it requires no time for the Holy Spirit to return you to guiltlessness. For guilt never existed in reality and, therefore, there is nothing to change. The only “correction” that is needed is that the Son of God must reawaken from the dream that he could be something other than what he is. He must reawaken to his innocence. Time measures change. Once we realize the changelessness of truth, there is no change for time to measure. Time will disappear into the only reality, which is the now.

In the holy instant, all past judgments have been suspended and thus, we can experience and be in the <now>. This suspension of judgment allows us to abandon egoic “seeing” and become aware of the truth through the “eyes” of Christ.

**T-15.I.10.** Time is inconceivable without change, yet holiness does not change. 2 Learn from this **holy** instant more than merely that hell does not exist. 3 In this redeeming instant lies Heaven. 4 And Heaven will not change, for the birth into the holy present is salvation from change. 5 Change is an illusion, taught by those who cannot see themselves as guiltless. 6 There is no change in Heaven because there is no change in God. 7 In the holy instant, in which you see yourself as bright with freedom, you will remember God. 8 For remembering **God** <is> to remember freedom.

**Note # 10:** The consequence of the removal of all guilt within the Sonship has sweeping results. With the removal of guilt, the Sonship reawakens to the reality of what it is. The Sonship is the extension of the Mind of God. There is nothing outside the Mind of God. There is just the changeless Oneness. In the holy instant, all past judgments are suspended. This allows for the beginning of the remembrance of God. Time’s ultimate function is to allow for the return of the Sonship to the remembrance of God. When this remembrance is accomplished, time has served its purpose. With the function of time fulfilled, time, which is the measurement of change, will disappear. Both the illusion of change and time disappear into the nothingness from which they arose and the changeless eternal mind of God is all that remains.

**T-15.I.11.** If you are tempted to be dispirited by thinking how long it would take to change your mind so completely, ask yourself, "How long is an instant?" 2 Could you not give so short a time to the Holy Spirit for your salvation? 3 **The Holy Spirit** asks no more **than an instant**, for **the Holy Spirit** has no need of more. 4 It takes far longer to teach you to be willing to give **the Holy Spirit** this **instant** than for **the Holy Spirit** to use this tiny instant to offer you the whole of Heaven. 5 In exchange for this instant **the Holy Spirit** stands ready to give you the remembrance of eternity.

**Note # 11:** For the Holy Spirit to return us to sanity, we must first ask for his guidance. When our need to be happy is greater than our need to be special, we will ask for the return to truth. Until that request, we will exchange our happiness for the desire to be right, even though we are wrong. We need to learn to become vigilant only for God.

**T-15.I.12.** You will never give this holy instant to the Holy Spirit on behalf of your release while you are unwilling to give **this holy instant** to your brothers on behalf of **your brother’s release**. 2 For the instant of holiness is shared, and cannot be yours alone. 3 Remember, then, when you are tempted to attack a brother, that his instant of release is **your instant of release**. 4 Miracles are the instants of release you offer, and will receive.

p303 5 **Miracles** attest to your willingness to *<be>* released, and to offer time to the Holy Spirit for **the Holy Spirit's** use of **time**.

**Note # 12:** To give is to receive. We cannot obtain our own freedom from guilt without giving that same freedom to our brother. We are all connected in Christ consciousness. We are One.

**T-15.I.13.** How long is an instant? 2 **An instant** is as short for your brother as **an instant** is for you. 3 Practice giving this blessed instant of freedom to all who are enslaved by time, and thus make time **the friend of all who were previously enslaved by time**. 4 The Holy Spirit gives their blessed instant to you through your giving **your blessed instant to your brothers**. 5 As you give **your blessed instant to your brothers**, He, **the Christ consciousness in your brothers**, offers **your blessed instant back** to you. 6 Be not unwilling to give what you would receive of Him, **the Christ consciousness in your brothers**, for you join with Him, **the Christ consciousness in your brothers**, in giving. 7 In the crystal cleanness of the release you give is your instantaneous escape from guilt. 8 You must be holy if you offer holiness **to your brother**.

**Note # 13:** Holiness is wholeness. When we see ourselves as whole, we see our brother as whole. In the reality of our holiness and wholeness, we rediscover our shared Oneness. By granting our brother his guiltlessness, we receive and reclaim our own.

**T-15.I.14.** How long is an instant? 2 As long as it takes to re-establish perfect sanity, perfect peace and perfect love for everyone, for God and for yourself. 3 **An instant is** as long as it takes to remember immortality, and your immortal creations who share **your immortality** with you. 4 **An instant is** as long as it takes to exchange hell for Heaven. 5 **An instant is** long enough to transcend all of the ego's making, and ascend unto your Father.

**Note # 14:** All that is needed for the return to knowledge is the willingness to accept only the truth. Truth never changes but we can deny the truth. ACIM asks how long we will cling to our desire to be special when the price is our happiness? Happiness can only be found in truth. Only the insane believe that they are the arbitrators of the truth. Our little willingness is our request for the Holy Spirit to guide us home.

**T-15.I.15.** Time is your friend, if you leave **time** to the Holy Spirit to use **on your behalf**. 2 **The Holy Spirit** needs but very little **time** to restore God's whole power to you. 3 **The Holy Spirit**, Who transcends time for you, understands what time is for. 4 Holiness lies not in time, but **holiness lies** in eternity. 5 There never was an instant in which God's Son could lose his purity. 6 **The Son of God's purity is the Son's** changeless state, **which** is beyond time, for his purity remains forever beyond attack and without variability. 7 Time stands still in his holiness, and **time** changes not. 8 And so **time, which measures change**, is no longer time at all. 9 For caught in the single instant of the eternal sanctity of God's creation, **time** is transformed into forever. 10 Give the eternal instant, that eternity may be remembered for you, in that shining instant of perfect release. 11 Offer the miracle of the holy instant through the Holy Spirit, and leave **the Holy Spirit's** giving **this perfect release** to you to Him.

**Note # 15:** When all guilt has been removed from the mind of the Sonship, the need for time will be no more. Time came into our awareness to allow for the correction of the belief that we could be separate from our Father. With the acceptance of the Atonement, we reawaken to the fact that we are and always will be guiltless. Sin is impossible. With the acceptance of the Atonement for ourselves, we give the Atonement's guiltlessness to all our brothers since we are all connected within the Mind of God. Time no longer has a purpose since the Mind of God is changeless. Therefore, there is no change to measure. Sanity is the return to whole-mindedness and the end of the mad idea that God could be limited. The release from littleness that arose from the desire to be special has been obtained.

## II. The End of Doubt

**T-15.II.1.** The Atonement is *<in>* time, but **the Atonement** not *<for>* time. 2 Being in you, **the Atonement** is eternal. 3 What holds remembrance of God, **the Atonement**, cannot be bound by time. 4 **With the Atonement** no more are you **bound by time**. 5 For unless God is bound, you cannot be **bound**. 6 An instant offered to the Holy Spirit is offered to God on your behalf, and in that instant you will awaken gently in **God**. 7 In the blessed instant you will let go all your past learning, and the Holy Spirit will quickly offer you the whole lesson of peace, **which is the truth that God's Son is guiltless**. p304 8 What can take time, when all the obstacles to learning **the whole lesson of peace, which is the truth that God's Son is guiltless** have been removed? 9 Truth is so far beyond time that all of **truth** happens at once. 10 For as **truth** was created one, so **truth's** oneness depends not on time at all.

**Note # 16:** Truth is constant. The Atonement removes the obstacles that we place in front of truth. Our belief in guilt hides the truth of what we are. Remove the guilt and only truth remains. There is no lesson to learn about truth since truth is all there is. We need only wake up from the illusionary world that we perceive of as sin, guilt and fear.

**T-15.II.2.** Do not be concerned with time, and fear not the instant of holiness that will remove all fear. 2 For the instant of peace is eternal *<because>* **peace** is without fear. 3 **Peace** will come, being the lesson God gives you, through the Teacher, **the Holy Spirit, which God** has appointed to translate time into eternity. 4 Blessed is God's Teacher, **the Holy Spirit**, Whose joy it is to teach God's holy Son his holiness. 5 **The Holy Spirit's** joy is not contained in time. 6 **The Holy Spirit's** teaching is for you because **the Holy Spirit's** joy is **your joy**. 7 Through **the Holy Spirit** you stand before God's altar, where **the Holy Spirit** gently translates hell into Heaven. 8 For it is only in Heaven that God would have you be.

**Note # 17:** The function of the Holy Spirit is to teach you the truth of your Holiness, which is your wholeness with God and all His creations. This is taught by removing the obstacle to truth, which is your belief in guilt. By the removal of guilt, all that is left is the truth of what you truly are, unlimited spirit, which is perfect, whole and complete.

**T-15.II.3.** How long can it take to be **in Heaven** where God would have you? 2 For you are **in Heaven** where you have forever been and will forever be. 3 All that you have, you have forever. 4 The blessed instant reaches out to encompass time, as God extends Himself to encompass you. 5 You who have spent days, hours and even years in chaining

your brothers to your ego in an attempt to support **the ego** and uphold **the ego's** weakness, do not perceive the Source of strength, **which is the power of God**. 6 In this holy instant you will unchain all your brothers, and refuse to support either their weakness or your own **weakness**.

**Note # 18:** A decision for the ego is a choice for littleness. When we deny our divine birthright, the price of specialness comes at the cost of everything. For God created us, as an extension of Himself. The Creator gave everything to us. When we deny God his Fatherhood, we deny that we have been created holy and have all the power of God at our disposal. We believe ourselves to be limited, which is the denial of truth.

**T-15.II.4.** You do not realize how much you have misused your brothers by seeing **your brothers** as sources of ego support. 2 As a result, **your brothers** witness to the ego in your perception, and seem to provide reasons for not letting **your perceptions** go. 3 Yet **your brothers** are far stronger and much more compelling witnesses for the Holy Spirit. 4 And **your brothers** support **the Holy Spirit's** strength. 5 It is, therefore, your choice whether **your brothers** support the ego or the Holy Spirit in you. 6 And you will recognize which you have chosen by **< your brother's >** reactions. 7 A Son of God who has been released through the Holy Spirit in a brother is always recognized **as a Son of God**. 8 **A Son of God who has been released through the Holy Spirit** cannot be denied. 9 If you remain uncertain, it is only because you have not given complete release **to your brothers**. 10 And because **you have not given complete release to your brothers**, you have not given a single instant completely to the Holy Spirit. 11 For when you have **given a single instant completely to the Holy Spirit**, you will be sure you have **been released from your misperceptions**. 12 You will be sure because the witness to **the Holy Spirit** will speak so clearly of **the Holy Spirit** that you will hear and understand **that your brothers are witness for the Holy Spirit**. 13 You will doubt **that your brother can be a compelling witness for the Holy Spirit** until you hear **a brother as** one witness whom you have wholly released through the Holy Spirit. 14 And then you will doubt no more.

**Note # 19:** All that we perceive are actually neutral experiences or events. Yet, these perceptions can be utilized as witnesses for either the true or the false. The Holy Spirit has the ability to remove past egoic misperceptions so that current events can be perceived correctly. The ego relies on past misperception to maintain its control over the decision-maker, and thus, keep you playing the role of victim. Our brother is a witness for the ego when we perceive him to be like the little "s" self we claim to be. We perceive our brother as only a limited ego-body. Perceiving ourselves to be separate, limited and sinful, we project these same imagined traits upon our brother. If we see ourselves under the thought system of the Holy Spirit and the vision of Christ, we perceive a brother as deserving of love. The Holy Spirit correctly interprets any perception as a neutral event deserving of only love. The proper interpretation is that an event is either a cry for love or is love. The proper response to any event is, therefore, only love.

**T-15.II.5.** The holy instant has not yet happened to you. 2 Yet **the holy instant** will, and you will recognize **the holy instant** with perfect certainty. p305 3 No gift of God is recognized in any other way **except with perfect certainty**. 4 You can practice the mechanics of the holy instant, and will learn much from doing so. 5 Yet **the holy instant's** shining and glittering brilliance, which will literally blind you to this world by its own



vision, you cannot supply. 6 And here **the recognition of the gift of God** is, all in this **holy** instant, complete, accomplished and given wholly.

**Note # 20:** The purpose of the Holy Instant is to suspend judgment entirely. This suspension of judgment removes all barriers that prevent the Holy Spirit from teaching the meaning of love. God is Love. The Holy Instant allows for the reclaiming and reawakening of the Christ, which is the Big “S” Self. The Sonship shares with God as God shares His Self with Christ. All brothers are joined in the Christ. This is the recognition that there is but One Self that is the extension of the shared Oneness of the Mind of God. The Holy Instant is the realization that we are not separate and that the separation has never occurred. Both God and His Child’s innocence is reclaimed. We, like our Father do not know what does not exist and this is the innocence of God. All that remains is the truth. Thus as ACIM states, “Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.”

**T-15.II.6.** Start now to practice your little part in separating out the holy instant. 2 You will receive very specific instructions as you go along. 3 To learn to separate out **this single second**, and to experience **this single second** as timeless, is to begin to experience yourself as not separate. 4 Fear not that you will not be given help in this **rediscovery that you are not separate**. 5 God's Teacher, **the Holy Spirit**, and **the Holy Spirit’s** lesson will support your strength. 6 It is only your weakness that will depart from you in this practice of **rediscovery that you are not separate**, for it is the practice of the power of God in you. 7 Use **the power of God in you** but for one instant, and you will never deny **the power of God in you** again. 8 Who can deny the Presence of what the universe bows to, in appreciation and gladness? 9 Before the recognition of the universe that witnesses to **God’s power** your doubts **of the power of God within you** must disappear.

**Note # 21:** We, the Sonship, are the manifestations of God. We are the thoughts of God. This Presence is God manifesting through His Creation. We have been given all the power of God because we share completely both the Mind and the Will of God. There is just the Oneness. The real world, the Kingdom or Heaven is where truth is found. Our private world of provisional reality is not shared and is, therefore, not real. The world we currently perceive bears false witness to the ego’s belief in separation and specialness. Our little “s” self will reawaken to the Christ, the Big “S” Self, when we grant guiltlessness to our brother and thus to ourselves. For the law of God is “What we give, we receive.” The world we perceive will disappear when our belief in the Sonship’s guilt is removed. This is accomplished by the acceptance of truth, which is the Atonement. The real world, Heaven, will then be restored to our true vision, which flows from the Vision of Christ.

### **III. Littleness versus Magnitude**

**T-15.III.1.** Be not content with littleness. 2 But be sure you understand what littleness is, and why you could never be content with **littleness**. 3 Littleness is the offering you **egoically** give yourself. 4 You offer **littleness** in place of magnitude, and you accept **littleness**. 5 Everything in this world is little because **this world** is a world made out of littleness, in the strange belief that littleness can content you. 6 When you strive for anything in this world in the belief that **anything in this world** will bring you peace, you are belittling yourself and blinding yourself to glory. 7 Littleness and glory are the choices

open to your striving and your vigilance. 8 You will always choose **either littleness or the glory of magnitude** at the expense of the other.

**Note # 22:** This world was born out of the desire to be separate from God. It is the attempt of the ego to keep out God's Love for His Son. It was born out of the desire for specialness, which is to be something less than "the everything" that the Sonship was created to be. The egoic little "s" self wanted to be the arbitrator of truth and thus, usurp God's authority. Specialness is the desire to get, which flows from the belief that you no longer are everything. The Christ is the Home of "the everything" that we are. The Christ is the big "S" Self. The ego's thought system is the origin for our belief in "littleness".

**T-15.III.2.** Yet what you do not realize, each time you choose, is that your choice is your evaluation of yourself. 2 Choose littleness and you will not have peace, for you will have judged yourself unworthy of **peace**. 3 And whatever you offer as a substitute **for peace** is much too poor a gift to satisfy you. 4 It is essential that you accept the fact, and accept it gladly, that there is no form of littleness that can ever content you. 5 You are free to try as many **forms of littleness** as you wish, but all you will be doing is to delay your homecoming **to the glory of your own magnitude**. 6 For you will be content only in magnitude, which is your home. p306

**Note # 23:** Being everything, we cannot be happy with less than what we are

**T-15.III.3.** There is a deep responsibility you owe yourself, and **this responsibility that you owe yourself**, you must learn to remember all the time. 2 The lesson of **responsibility that you owe yourself** may seem hard at first, but you will learn to love **the lesson** when you realize that **the lesson** is true and **the lesson** is but a tribute to your power. 3 You who have sought and found littleness, remember this: Every decision you make stems from what you think you are, and **every decision you make** represents the value that you put upon yourself. 4 Believe the little can content you, and by limiting yourself you will not be satisfied. 5 For your function is not little, and it is only by finding your function and fulfilling **your function** that you can escape from littleness.

**Note # 24:** Our responsibility is to be as the Father created us. We are seekers and our single purpose is to reach the truth. Nothing "sources" or causes my perceived experience but my own thinking in each moment. Nothing has an effect on me since everything in the world of perception is neutral. Every decision I make is a decision of love or fear. Nothing can have any effect on me unless I chose to allow it to effect me. This understanding that I am responsible for my own viewpoint is critical for my ability to recover my decision-making abilities. Until I claim self-responsibility of my private world, I remain in the ego's world of victim consciousness. Once I realize I am not a victim, I can ask for guidance of the Holy Spirit and choose again. We are seekers and our single purpose is to reach the truth. With the Holy Spirit as our guide, our rediscovery of the truth is inevitable.

While we perceive ourselves to be in time and space, our function is forgiveness. In eternity, our function is co-creation. Our destiny is the peace of God. Love is our reality and truth.

**T-15.III.4.** There is no doubt about what your function is, for the Holy Spirit knows what **your function** is. 2 There is no doubt about **your function's** magnitude, for **your**

**function's magnitude** reaches you through **the Holy Spirit** <from> Magnitude. 3 You do not have to strive for **your function's magnitude**, because you have **your function's magnitude**. 4 All your striving must be directed against littleness, for **littleness** does require vigilance to protect your magnitude in this world. 5 To hold your magnitude in perfect awareness in a world of littleness is a task the little cannot undertake. 6 Yet **the task of holding your magnitude in perfect awareness in a world of littleness** is asked of you, in tribute to your magnitude and not your littleness. 7 Nor is **the task of holding your magnitude in perfect awareness in a world of littleness** asked of you alone. 8 The power of God will support every effort you make on behalf of His dear Son. 9 Search for the little, and you deny yourself **God's** power. 10 God is not willing that His Son be content with less than everything. 11 For **God** is not content without His Son, and His Son cannot be content with less than **the everything that** his Father has given him.

**Note # 25:** In the world of perception we are asked to freely choose for the Will of our Father. We are asked to choose between the oneness of everything versus the specialness of limitation. Although the choice would appear obvious to the sane person, we need to realize that the split-minded are not sane. The split-minded have sided with the ego to experience littleness. Littleness is separate individuality. Littleness is specialness. When you look at the planet earth, you see that the desire for separate autonomy is great. We, as a society highly value individuality. We value it so much that according to ACIM, we sacrifice our happiness for the wish to be right, even if we are wrong. Ask yourself this question. Would I rather be happy or would I rather be right? We are seekers and our single purpose is to reach the truth. Truth cannot be found if we are not willing to look at our beliefs and question whether they serve our search for truth. It is important to realize that if you believe that an illusion is true, you will never be able to question the validity of the illusion because you will never think to question it. We are suffering from a form of unconscious incompetence. We don't know that we don't know. ACIM ask that we question what we believe and not simply accept it because we were indoctrinated into a particular belief system.

**T-15.III.5.** I asked you earlier, "Would you be hostage to the ego or host to God?" 2 Let this question, "**Would you be hostage to the ego or host to God?**" be asked you by the Holy Spirit every time you make a decision. 3 For every decision you make does answer this **question of "Would you be hostage to the ego or host to God?"** and invites sorrow or joy accordingly. 4 When God gave Himself to you in your creation, **God** established you as host to **God** forever. 5 **God** has not left you, and you have not left **God**. 6 All your attempts to deny **God's** magnitude, and make **God's** Son hostage to the ego, cannot make little whom God has joined with **Himself**. 7 Every decision you make is for Heaven or for hell, and brings you the awareness of what you decided for.

**Note # 26:** There are only two choices, truth or the falsity of illusion. Every decision we make is a choice between following the ego's thought system of littleness or the thought system for magnitude or truth, which is the thought system of the Holy Spirit. The Holy Spirit's thought system leads us back to the truth that we are a Big "S" Self. We are perfect, whole and complete. We are part of the shared Will of God. The Mind of God is changeless and this is our home. We can deny the truth about ourselves, but we cannot change the truth. Truth is the great gift that we received when God extended Himself to His Son. Our magnitude is simply the truth about what we are.

**T-15.III.6.** The Holy Spirit can hold your magnitude, clean of all littleness, clearly and in perfect safety in your mind, untouched by every little gift the world of littleness would offer you. 2 But for this, **the magnitude of your Christ consciousness**, you cannot side against **God** in what **God** wills for you. 3 Decide for God **through the use of your Christ consciousness. For the Christ is the home of the Holy Spirit in your apparent split-mind.** 4 For littleness, and the belief that you can be content with littleness, are decisions you make about yourself **when you follow the thought system of the ego.** 5 The power and the glory that lie in you from God are for all who, like you, perceive themselves as little, and believe that littleness can be blown up into a sense of magnitude that can content them. **The power and the glory that lie in you from God reside in your Christ conscious part of your split-mind.** p307 6 Neither give littleness, nor accept littleness. 7 All honor is due the host of God, **the Christ.** 8 Your littleness deceives you, but your magnitude is of **God**, Who dwells in you, and in Whom you dwell. 9 Touch no one, then, with littleness in the Name of Christ, eternal Host unto **God**, His Father.

**Note # 27:** The Christ is the part of the mind that always remembers God. For discussion purposes, ACIM speaks in terms of the Holy Trinity as if each part was separate and distinct from the other parts. This is done because we are use to dualistic thinking. We do not perceive the true oneness of the whole, which is the Mind of God. In reality, the Father, Sonship and Holy Spirit are different aspects of the whole. There is only the Oneness but since we have lost the use of knowledge, we must speak in terms of symbols. The Father, the Sonship and the Holy Spirit abide in each other for They are only the One Self, a Oneness of Everything, which is the Mind of God, etemal, changeless, perfect, whole and complete.

**T-15.III.7.** In this season (Christmas) which celebrates the birth of holiness into this world, join with me, **Jesus**, who decided for holiness for you. 2 It is our task together to restore the awareness of magnitude to the host, **the Christ**, whom God appointed for Himself. 3 It is beyond all your littleness to give the gift of God, but not beyond **your magnitude to give the gift of God.** 4 For God would give Himself *<through>* you, **the Christ, the Big “S” Self.** 5 **God** reaches from you to everyone and beyond everyone to the Son of God’s creations, but without leaving you, **the Christ.** 6 Far beyond your little world but still in you, **God** extends forever. 7 Yet **God** brings all **God’s** extensions to you, as host to **God.**

**Note # 28:** This speaks of the shared Oneness. Everything extends from the Mind of God and is the Mind of God. There can never be separation in a Oneness comprised of everything. Only the extension of the Oneness is possible.

**T-15.III.8.** Is it a sacrifice to leave littleness behind, and wander not in vain? 2 It is not a sacrifice to wake to glory. 3 But it is a sacrifice to accept anything less than glory. 4 Learn that you must be worthy of the Prince of Peace, **the Christ**, born in you in honor of **God** Whose host you are. 5 You know not what love means because you have sought to purchase **love** with little gifts, thus valuing **love** too little to understand **love’s** magnitude. 6 Love is not little and love dwells in you, for you are host to **God.** 7 Before the greatness that lives in you, your poor appreciation of yourself and all the little offerings you give slip into nothingness.

**Note # 29:** Illusions must give way to the truth. The glory of God, which resides in us, cannot be limited by our denial of the truth. The little “s” self arose because of our belief in the separation. It has never been shared in the Mind of God and, therefore, being nothing, is nothing. Nothingness can have no impact on everything. When we remove all the veils of guilt that attempt to hide the truth from our split-minds, all that remains is the truth that we are the Christ. The Christ is the expression of the love of God. The truth is that there is only Love. We are the Love of God and the Love of God is “Us”, the Big “S” Self.

**T-15.III.9.** Holy child of God, when will you learn that only holiness can content you and give you peace? 2 Remember that you learn not for yourself alone, no more than I, **Jesus**, did. 3 It is because I learned for you that you can learn of me. 4 I would but teach you what is yours, so that together we can replace the shabby littleness that binds the host of God to guilt and weakness with the glad awareness of the glory that is in him. 5 My birth in you is your awakening to grandeur. 6 Welcome me not into a manger, but into the altar to holiness, where holiness abides in perfect peace. 7 My Kingdom is not of this world because **My Kingdom** is in you. 8 And you are of your Father. 9 Let us join in honoring you, who must remain forever beyond littleness.

**Note # 30:** Jesus expresses the fact that we are all interconnected. Each part is a hologram of God, Himself. God abides in you and me, as we abide in God. God is like the ocean and we are like a wave. But in reality, we are only “ocean” for the ocean is all that is. We can dream or appear for a split second to be a wave but in the end we dissolve back into the ocean.

**T-15.III.10.** Decide with me, **a symbol for the Christ and the thought system of the Holy Spirit**, who has decided to abide with you. 2 I will as my Father wills, knowing **our Father’s Will** is constant and at peace forever with itself. 3 You will be content with nothing but **God’s Will**. p308 4 Accept no less **than God’s Will**, remembering that everything I learned is yours. 5 What my Father loves I love as **God** does, and I can no more accept **God’s Will** as what it is not, than **God** can **accept what is not His Will**. 6 And no more can you **accept what is not God’s Will**. 7 When you have learned to accept what you are, you will make no more **egoic** gifts to offer to yourself, for you will know you are complete, in need of nothing, and unable to accept anything for yourself. 8 But you will gladly give, having received. 9 The host of God, **you, the Christ**, needs not seek to find anything **for you are everything**.

**Note # 31:** There is no will but God’s Will. Because of what we are, which is an extension of God, we are everything. The idea that we are everything is difficult for us to comprehend because we associate ourselves so strongly as “the body”. We need to constantly remind ourselves that we are not a limited ego-body in competition with other ego-bodies, but rather unlimited spirit. God is not form. God is Unlimited Spirit, Mind, an Idea, a Thought. We are not a body. We are unlimited spirit, mind, an idea and a thought. Thoughts can be shared. When thoughts are shared they are strengthened. There is not loss; there is just the extension of the thought. No sacrifice is required. Having received a thought, we in turn give the thought to another. There is no diminishment. The thought of God is Love. This is what we are, for Love is everything. Love is the Truth about God.

Love is the Truth about us. And the truth will set us free. As ACIM proclaims, “I am not a body. I am free, for I am exactly as God created Me.”

**T-15.III.11.** If you are wholly willing to leave salvation to the plan of God and unwilling to attempt to grasp for peace yourself, salvation will be given you. 2 Yet think not you can substitute your **egoic** plan for **God’s Plan for salvation**. 3 Rather, join with me in **God’s Plan for salvation**, that we may release all those who would be bound, proclaiming together that the Son of God is host to **God**. 4 Thus will we let no one forget what you would remember. 5 And thus will you remember **you are host to God**.

**Note # 32:** Being an extension of God, we must be guiltless as our Father, who is us. God’s Plan for Salvation is the Atonement. The acceptance of the Atonement is the acceptance of truth and the denial and abandonment of all that is false. It is the acceptance that God’s Son is guiltless and that sin is impossible. By accepting the Atonement for ourselves, we allow for the awakening of the Christ consciousness within us. We thus, have the return of the remembrance of God.

**T-15.III.12.** Call forth in everyone only the remembrance of God, and of the Heaven that is in him, **the Christ**. 2 For where you would have your brother be, there will you think you are. 3 Hear not **your brother’s** appeal to hell and littleness, but **hear only your brother’s** call for Heaven and greatness. 4 Forget not that **your brother’s call is your call**, and answer **your brother** with me. 5 God’s power is forever on the side of **God’s host, the Christ**, for **God’s power** protects only the peace in which **God** dwells. 6 Lay not littleness before **God’s** holy altar, which rises above the stars and reaches even to Heaven, because of what is given **God’s holy altar**. **God’s holy altar is everything, because it is the Power of God**.

**Note # 33:** We are God’s altar and the only thing worthy to be place on God’s altar is the truth. When we attempt to place the egoic gift of littleness upon God’s altar, it cannot be accepted. For the false has no place on the altar of Truth. Instead of the gift of magnitude upon God’s altar, we place the gifts of limitation on the altar to the false gods of the ego. The gift of littleness comes from the ego’s thought system. It comes from the belief that we have some power outside the power of God. By myself, I can do nothing. But if I act as an instrument of my Father, God can do everything through me for I am the recipient of the Power of God.

#### **IV. Practicing the Holy Instant**

**T-15.IV.1.** This course is not beyond immediate learning, unless you believe that what God wills takes time. 2 And this **course is not beyond immediate learning**; it means only that you would rather delay the recognition that **God’s Will** is so. 3 The holy instant is this instant and every instant. 4 **The Holy Instant is when** you want it to be **the Holy Instant** is. 5 The one **instant** you would not have **the Holy Instant** be is lost to you. 6 You must decide when **the Holy Instant** is. 7 Delay **the Holy Instant** not. 8 For beyond the past and future, where you will not find **the Holy Instant**, **the Holy Instant** stands in shimmering readiness for your acceptance. 9 Yet you cannot bring **the Holy Instant** into glad awareness while you do not want **the Holy Instant**, for **the Holy Instant** holds the whole release from littleness.

**Note # 34:** When the Holy Instant is recognized by us, it is under our control. The Holy Instant will appear in our consciousness the moment we recognize there is no will but God's Will. We share God's Will because we are the host of God. A Oneness knows no separation. The Holy Instant will be when we choose again for the truth. Ideas never leave their source. Thoughts we hold are mighty and illusions are as strong in their effect upon the thinker as the truth would be. It is our refusal to reject all thoughts of separation that keep us trapped in the unreal world of erroneous thoughts. Change our thoughts and our world of provisional reality changes. We need to change from egoic thinking to the thought system of the Holy Spirit. We need to reawaken to the fact that the separation is not real and has never occurred and thus, suspend all past judgments. God's Son is holy, sinless and innocent. When we freely and wholly choose against the littleness of the ego, the Holy Instant will arrive.

**T-15.IV.2.** Your practice must therefore rest upon your willingness to let all littleness go. 2 The instant in which magnitude dawns upon you is but as far away as your desire for **magnitude, which is the choice to be your Big "S" Self.** p309 3 As long as you **do not** desire **magnitude** and cherish littleness instead, by so much is **the Holy Instant** far from you. 4 By so much as you want **magnitude; due to your desire for magnitude** will you bring **the Holy Instant** nearer. 5 Think not that you can find salvation in your own way and have **littleness.** 6 Give over every **egoic** plan you have made for your salvation in exchange for God's **plan for salvation.** 7 **God's plan for salvation** will content you, and nothing else can bring you peace. 8 For peace is of God, and no one beside **God.**

**Note # 35:** God's Plan for salvation rests upon you reclaiming your Big "S" Self. The ego's plan for salvation is based on your desire for the specialness that comes from littleness. Our claim for our littleness is the demand for specialness and individuality that comes from inequality. The acceptance of the Atonement is the rejection of littleness and the guilt that arose from our mad idea that we could be something other than as we were created.

**T-15.IV.3.** Be humble before **God,** and yet great *<in>* **God.** 2 And value no plan of the ego before the plan of God. 3 For you leave empty your place in **God's** plan, which you must fill if you would join with me, by your decision to join in any plan but **God's plan.** 4 I call you to fulfill your holy part in the plan that **God** has given to the world for **your** release from littleness. 5 God would have His host, **which is you, the Christ,** abide in perfect freedom. 6 Every allegiance to a plan of salvation apart from **God's plan** diminishes the value of **God's** Will for you in your own mind. 7 And yet it is your mind that is the host to **God.**

**Note # 36:** Be humble before God, and yet great *<in>* God, calls for the recognition that by myself I can do nothing, but through me, God can do everything. We are the host of God. If we choose not to be arrogant, we will accept our role as the Big "S" Self. We are an extension of the Mind of God. The Mind of God is limitless. It cannot be made little because we imagine something about ourselves that is not true. The acceptance of the Atonement is the removal of any thoughts of guilt that prevent us from reclaiming our magnitude, our Big "S" Self, the Christ, which is the Host for God.

**T-15.IV.4.** Would you learn how perfect and immaculate is the holy altar on which your Father has placed Himself? 2 This **holy altar** you will recognize in the holy instant, in which you willingly and gladly give over every plan but **God's plan for salvation**. 3 For **in the acceptances of God's plan for salvation**, there lies peace, perfectly clear because you have been willing to meet **peace's** conditions, **which is the abandonment of egoic thinking**. 4 You can claim the holy instant any time and anywhere you want **the Holy Instant**. 5 In your practice, try to give over every **egoic** plan you have accepted for finding magnitude in littleness. 6 *<Salvation from littleness is not there in any egoic plan for salvation.>* 7 Use the holy instant only to recognize that you alone cannot know where **salvation** is, and can only deceive yourself **with egoic planning**.

**Note # 37:** Because our ego does not remember what we are, we cannot expect to find the truth about ourselves from something like the ego, which does not know truth. The ego is the representative for untruth and littleness. The ego knows nothing because it is nothing. The ego is not real. Only the Holy Spirit is the proper guide for God's plan since only the Holy Spirit can bridge the gap between your illusion about yourself and the truth. Only the Holy Spirit knows the truth about what you are and is aware of your self-imposed belief in littleness.

**T-15.IV.5.** I stand within the holy instant, as clear as you would have me. 2 And the extent to which you learn to accept me is the measure of the time in which the holy instant will be **your Holy Instant**. 3 I call to you to make the holy instant **your Holy Instant** at once, for the release from littleness in the mind of the host of God depends on **the host of God's willingness to be released from his belief in littleness**, and not on time.

**Note # 38:** Time "exists" only to serve as a measure for change during our journey home from perception to truth. Time measures change and change exists only in the world of perception. The world of perception was born only in the split-mind of one who believed in specialness, which is the call for the littleness of separation. Since ideas never leave their source, the belief that we are separate must be changed within our own minds. This is why ACIM asks us to choose again. This time siding for the truth, which is the magnitude of the Christ.

**T-15.IV.6.** The reason this course is simple is that truth is simple. 2 Complexity is of the ego, and **complexity** is nothing more than the ego's attempt to obscure the obvious, **which is the truth**. 3 You could live forever in the holy instant, beginning now and reaching to eternity, but for a very simple reason. 4 Do not obscure the simplicity of this reason, for if you do **obscure the truth**, it will be only because you prefer not to recognize **the truth** and not to let go of **the ego's attempt to obscure the obvious, which is truth**. 5 The simple reason **that you are not living forever in the holy instant currently is**, simply stated, this: The holy instant is a time in which you receive and give perfect communication. 6 This means, however, that **the holy instant** is a time in which your mind is open, both to receive and give **communication**. p310 7 **The holy instant** is the recognition that all minds are in communication. 8 **The holy instant** therefore seeks to change nothing, but merely to accept everything.

**Note # 39:** The Holy Instant cannot change truth, since truth is the changeless eternal. The holy instant seeks the acceptance of truth, which is everything that is real and, therefore,



everything that is real is also eternally changeless. The egoic thought system places clouds over the truth, but cannot change the truth. The Holy Spirit teaches how to remove the ego's barriers to truth, which all arise from sin, guilt and fear. As long as we place value in egoic thinking, we are unable to be a clear channel for the thought system of the Holy Spirit. Lacking this commitment to only receive and give communication for truth, we postpone the realization of the holy instant within our own mind. An attempt to communicate the false is an attempt to communicate nothing, for the false is nothing.

**T-15.IV.7.** How can you do this, **communicate with an open mind that both gives and receives proper communication**, when you would prefer to have private thoughts and keep **private thoughts**? 2 The only way you could **keep private thoughts** would be to deny the perfect communication that makes the holy instant what **the holy instant** is. 3 You believe you can harbor thoughts you would not share, and that salvation lies in keeping thoughts to yourself alone. 4 For in private thoughts, known only to yourself, you think you find a way to keep what you would have alone, **which are your private thoughts**, and share what <you> would share, **which are your non-private or shared, thoughts**. 5 And then you wonder why it is that you are not in full communication with those around you, and with God Who surrounds all of you together

**Note # 40:** Perfect communication is open to all. It is both given and received by all. This is why reality is a shared Oneness. Nothing is unknown from the whole. Private thoughts are not shared with all and, therefore, are meant to exclude, rather than include. The Holy Instant is inclusive; nothing is left outside the communication process of the whole. The whole is the Mind of God.

Our world of egoic perception is predicted on projection. In projection, we take a fear-based thought we do not want, like guilt, and project it out of our mind upon another. Our senses then "observe" this same thought as being outside ourselves. This "observation" is merely a confirmation of our prejudged belief that we have projected from our mind. Thus, our egoic senses are not objective, but rather predetermined thought confirmation devices. They witness only for our private thoughts. We then deny that we are the source for these projected, private thoughts and misperceive and judge our world. This is not sharing or communication. It is delusional and exclusive.

**T-15.IV.8.** Every thought you would keep hidden shuts communication off, because you would have **the private, hidden thoughts not shared with the whole**. 2 It is impossible to recognize perfect communication while breaking communication holds value to you. 3 Ask yourself honestly, "Would I want to have perfect communication, and am I wholly willing to let everything that interferes with **perfect communication** go forever?" 4 If the answer is no, then the Holy Spirit's readiness to give **perfect communication** to you is not enough to make **perfect communication** yours, for you are not ready to share **perfect communication with the Holy Spirit**. 5 And **perfect communication** cannot come into a mind that has decided to oppose **perfect communication**. 6 For the holy instant is given and received with equal willingness, being the acceptance of the single Will that governs all thought.

**Note # 41:** In order to want perfect communication, we must give all our perceptions to the Holy Spirit for reinterpretation into correct perception. Correct perception will only see love or a cry for love and, therefore, respond appropriately. The appropriate response to a

cry for love is love. We cannot have perfect communication with the Holy Spirit if we are unwilling to turn over all our perceptions. If we still choose to value certain aspect of the ego's thought system, we will be unwilling to turn these private thoughts over to the Holy Spirit for correction. We cannot pick and choose. The Holy Instant is an all or nothing decision. For the Holy Instant to arrive in our mind, we must surrender all of our perceptions over to the thought system of the Holy Spirit so that we can "be" the Christ that we are.

**T-15.IV.9.** The necessary condition for the holy instant does not require that you have no thoughts that are not pure. 2 But **the holy instant** does require that you have **no egoic thoughts** that you would keep **private**. 3 Innocence is not of your making. 4 **Innocence** is given you the instant you would have **innocence**. 5 Atonement would not be if there were no need for **Atonement**. 6 You will not be able to accept perfect communication as long as you would hide **perfect communication** from yourself. 7 For what you would hide *<is>* hidden from you. 8 In your practice, then, try only to be vigilant against deception, and seek not to protect the **private thoughts of the ego, which** you would keep to yourself. 9 Let the Holy Spirit's purity shine **your egoic thoughts** away, and bring all your awareness to the readiness for purity **the Holy Spirit** offers you. 10 Thus will **the Holy Spirit** make you ready to acknowledge that you are host to God, and hostage to no one and to nothing. p311

**Note # 42:** We believe we are the host of the ego; not the host to God. The Holy Spirit's thought system is the means for the return of God's Son to right-mindedness. The supposed split mind is comprised of two parts, the ego and the Christ consciousness. For the decision-maker to reclaim his divine birthright, he must freely choose to follow the guidance of the Holy Spirit. Following this guidance leads to the return to the whole-mindedness of the Christ. God's Son will reawaken to the perfect communication, which continues to always flow between the Christ and His Father even during the apparent dream of separation. We will reclaim our magnitude, the Big "S" Self, which is the shared Mind of God. The Father shares Himself as His Son shares His Big "S" Self. Perfect communication is reestablished throughout the Oneness. We drop the desire for private thought, which we would not share. All identification with egoic thoughts disappears into the nothingness from which they arose.

## **V. The Holy Instant and Special Relationships**

**T-15.V.1.** The holy instant is the Holy Spirit's most useful learning device for teaching you love's meaning. 2 For **the holy instant's** purpose is to suspend judgment entirely. 3 Judgment always rests on the past, for past experience is the basis on which you judge. 4 Judgment becomes impossible without the past, for without **the past** you do not understand anything. 5 You would make no attempt to judge, because **without the past**, it would be quite apparent to you that you do not understand what anything means. 6 You are afraid of this **suspension of the past and its related reference points for judgment** because you believe that without the ego, all would be chaos. 7 Yet I assure you that without the ego, all would be love.

**Note # 43:** The thought system of the Holy Spirit is based on truth. God is love and, therefore, truth is love. The thought system of the ego is based on limitation. The unholy trinity of sin, guilt and fear, teach that we are limited ego-bodies, in competition with other

ego- bodies. This belief system breeds competition and conflict since everything becomes a “zero sum game”. For me to win, someone else must lose. There is no such thing as a “win-win solution.” For unlike the world of thought and ideas, form cannot be shared. Sharing form would result in diminishment to the one that originally possessed the object. Sacrifice would, therefore, be required of the giver.

**T-15.V.2.** The past is the ego's chief learning device, for it is in the past that you learned to define your own needs and acquired methods for meeting **your own needs** on your own **egoic** terms. 2 We have said that to limit love to part of the Sonship is to bring guilt into your relationships, and thus make **your relationships** unreal. 3 If you seek to separate out certain aspects of the totality and look to **certain aspects of the totality** to meet your imagined needs, you are attempting to use separation to save you. 4 How, then, **since you are introducing the belief in separation**, could guilt not enter? 5 For separation is the source of guilt, and to appeal to **separation** for salvation is to believe you are alone. 6 To be alone *<is>* to be guilty. 7 For to experience yourself as alone is to deny the Oneness of the Father and His Son, and thus to attack reality.

**Note # 44:** When we believe that we are separate, we believe that we come from lack. Lacking the belief in our own oneness, we believe that we are incomplete. We then look outside ourselves for what we perceive we lack. Being not everything, we are lonely for we no longer know ourselves to be perfect, whole and compete. We usurp the authority of the Creator and claim that we are something other than as He created us. We claim that our ego mind is the arbitrator of truth. This rejection of both our Father’s Will and His Love for us leaves us with a belief that we have sinned. Sin spawns guilt and the fear that we must be punished for our supposed “sins”. The Atonement is the reestablishing of the guiltlessness of God’s Son. Yet, before the guiltlessness is returned to our consciousness, all judgment must be suspended. Without the suspension of judgment, which is the purpose of the holy instant, we would never be willing to turn the misperceived events of the day to the Holy Spirit for His correction. By correcting our misperception, the Holy Spirit reawakens our Christ consciousness so that the Christ can once again assume its role as advisor to the decision-maker of our mind. We can once again make the choice for love, which is the choice for Christ, our Big “S” Self, which is also the host of God. The Oneness of the Father and His Son has been returned.

**T-15.V.3.** You cannot love parts of reality and understand what love means. **You must love the whole.** 2 If you would love unlike to God, Who knows no special love, how can you understand **love**? 3 To believe that *<special>* relationships, with *<special>* love, can offer you salvation is the belief that separation is salvation. 4 For it is the complete equality of the Atonement in which salvation lies. 5 How can you decide that special aspects of the Sonship can give you more than other **aspects of the Sonship**? 6 The past **judgment on behalf of separation** has taught you **those *<special>* relationships, with *<special>* love, can offer you salvation.** 7 Yet the holy instant teaches you it is not so **that *<special>* relationships, with *<special>* love, can offer you salvation.**

**Note # 45:** The holy instant’s purpose is to teach the suspense of all judgments. Judgment is based on your misperception from the past in which you misperceived yourself to be a limited ego-body that could be hurt and made to suffer. Believing that we are guilty, we attempt to project our guilt upon the imagined outside world. Since ideas never leave their

source, we maintain both our guilt and our imagined outside world. Both these ideas appear to have reality only within the split-mind of the dreamer. Believing that we are not a Oneness but rather a little “s” self, we look for something outside ourselves to complete us. A special relationship is the egoic quest to get something that you believe you lack from someone you believe has what you want. Unfortunately, since we perceive a world of limitation and lack, we now must take or steal from another what we believe we are lacking. The egoic thought system states that what you have, you have taken. This egoic belief places us on the slippery slope of sin, guilt and fear. We are caught within the victim consciousness of the ego’s thought system. Rather than correct the mistake in our original thinking, we remain trapped in this perpetual cycle of egoic victim consciousness. This all arose from our belief that the separation was real. Anytime we relive the present through the eyes of past egoic judgments, we get to keep these same past results. We never become aware of the now. The future constantly reconfirms these false witnesses from our past. To break the cycle of victim consciousness, we need to suspend all judgments, which are always based on our past misperceptions. The holy instant is the suspension of all these judgments.

**T-15.V.4.** Because of guilt, all special relationships have elements of fear in **the special relationship**. 2 This is why **special relationships** shift and change so frequently. 3 **Special relationships** are not based on changeless love alone. 4 And love, where fear has entered, cannot be depended on because **love, where fear has entered**, is not perfect **love**. 5 In **the Holy Spirit’s** function as Interpreter of what you made, the Holy Spirit uses special relationships, which you have chosen to support the ego, as learning experiences that point to truth. 6 Under **the Holy Spirit’s** teaching, every relationship becomes a lesson in love. p312

**Note # 46:** The Holy Spirit does not take your special relationships from you. The Holy Spirit utilizes these relationships to teach the lessons of forgiveness and love. To the Holy Spirit, the events surrounding these relationships are either love or a cry for love. The Holy Spirit will reinterpret these relationships so that we relearn the interdependence of giving and receiving. What we give, we receive. We must learn to control our fear and turn all perceived events over to the guidance of the Holy Spirit. The event, as in all things in the world of perception, is simply a neutral learning device and only our response to the experience colors the event as “good, bad or neutral”. The ego teaches fear and attack. The Holy Spirit teaches forgiveness and love. We, as decision maker, must choose what thought system we will support.

**T-15.V.5.** The Holy Spirit knows no one is special. 2 Yet **the Holy Spirit** also perceives that you have made special relationships, which **the Holy Spirit** would purify and not let you destroy. 3 However unholy the reason you made **a special relationship** may be, **the Holy Spirit** can translate **these special relationships** into holiness by removing as much fear as you will let **the Holy Spirit remove**. 4 You can place any relationship under **the Holy Spirit’s** care and be sure that **placing any relationship under the Holy Spirit’s care** will not result in pain, if you offer **to the Holy Spirit** your willingness to have **the relationship** serve no need but **the Holy Spirit’s need, which is to teach love and never fear**. 5 All the guilt in **these special relationships** arises from your use of **guilt**. 6 All the love **in these special relationships** arises from **the Holy Spirit’s**

**use of love.** 7 Do not, then, be afraid to let go your imagined **egoic** needs, which would destroy the relationship. 8 Your only need is **the Holy Spirit's need.**

**Note # 47:** The Holy Spirit takes our special relationships and utilizes them to teach love and the truth of our interconnectedness within the Mind of God. The Holy Spirit keeps the shared parts of the relationship, our love and forgiveness, which are real, and removes or reinterprets the false perceptions of the relationship, which are based on our belief in lack, sin, guilt and fear. We must be willing to control the fear that arose from our belief in littleness. When we control our fear, we are able to turn our misperceived events over to the guidance of the Holy Spirit's thought system.

**T-15.V.6.** Any relationship you would substitute for another **relationship** has not been offered to the Holy Spirit for **the Holy Spirit's** use. 2 There *<is>* no substitute for love. 3 If you would attempt to substitute one aspect of love for another **aspect of love**, you have placed less value on one **aspect of love** and more on the other **aspect of love**. 4 You have not only separated **each relationship into separate aspects of love**, but you have also judged against both **relationships as lacking love**. 5 Yet you had judged against yourself **as lacking love** first, or you would never have imagined that you needed your brothers, as they were not, **which is the belief that your brother's also lack love and are incomplete**. 6 Unless you had seen yourself as without love, you could not have judged **your brothers as so like you in lack of love**.

**Note # 48:** Seeing ourselves as limited, imperfect and not complete, we cannot see our brother as perfect, whole and complete. Coming from the ego's thought system, we view everything as a zero-sum game. We lack and, therefore, we must take what we need. "Love" becomes conditional love at best. Conditional love says to another, "I will love you if you do this and that for me." Pure love is unconditional. It asks for nothing. God gives everything to everything. God's love has no conditions. It is not earned. It is given freely and without any sacrifice on the part of the giver. This is the love that the Holy Spirit would teach us. In reality, the Holy Spirit does not teach us how to love, for love is what we are. Rather the Holy Spirit teaches us how to remove all the barriers we have placed before love. We never lacked love; we just forgot that we had hidden it from ourselves.

**T-15.V.7.** The ego's use of relationships is so fragmented that **the ego** frequently goes even farther; one part of one aspect suits **the ego's** purposes, while **the ego** prefers different parts of another aspect. 2 Thus does **the ego** assemble reality to **the ego's** own capricious liking, offering for your seeking a picture whose likeness does not exist. 3 For there is nothing in Heaven or earth that resembles **this egoic picture whose likeness does not exist**, and so, however much you seek for **the ego's** reality, you cannot find **the ego's reality** because **a picture on limited and separate aspects of the indivisible whole does not exist** is not real.

**Note # 49:** The ego's motto is, "seek and never find." The ego is very good at telling us, "We will be happy when..." Of course, when we achieve the when or what that we had been told to seek, we discover that it does not bring us happiness. At best, it appears to bring us temporary happiness but this happiness is fleeting and quickly dissipates. The ego guarantees that even if we were to somehow find "happiness" here on earth, death will inevitably take away what we value. The ego tells us to constantly look outside ourselves to

be happy. Believing in lack, we fail to look within for the truth about ourselves. Being an extension of God, Who is love, we have always had everything within our mind that we sought outside of it. The ego's search for happiness is endless, because the ego does not know that we are unlimited spirit. We are not what the ego teaches. We are not limited ego-bodies that are in competition with other ego-bodies. We are unlimited spirit or mind. How can the ego correctly advise us on our happiness when the ego denies the reality of what we are? The ego attempts to fragment the indivisible whole into parts. It then judges these imagined separate aspects of the whole as not perfect, whole and complete. This is a self-fulfilling prophecy. The ego's purpose of separation determines its warped perception.

**T-15.V.8.** Everyone on earth has formed special relationships, and although this is not so in Heaven, the Holy Spirit knows how to bring a touch of Heaven to **the special relationships that we have formed on earth**. 2 In the holy instant no one is special, for your personal needs intrude on no one to make your brothers seem different. 3 Without the values from the past, you would see **your brothers** all the same and like yourself, **perfect, whole and complete**. 4 Nor would you see any separation between yourself and **your brothers**. 5 In the holy instant, you see in each relationship what **each relationship** will be when you perceive only the present.

**Note # 50:** We judge our present perceptions based on past egoic viewpoints and beliefs. The holy instant removes the guilt and judgments we associate with the past experiences. Seeing each event without previous judgments, we have no reference points to judge the current event. We are being present in the <now> of the moment. Since everything in the world of perception is neutral, we can learn the lesson of the day with an open mind. We can choose again if we so desire.

**T-15.V.9.** God knows you <now.> 2 He remembers nothing, having always known you exactly as **God** knows you now. 3 The holy instant reflects **God's** knowing by bringing all perception out of the past, thus removing the **past** frame of reference you have built by which to judge your brothers. 4 Once **the past frame of reference you have built by which to judge your brothers is gone**, the Holy Spirit substitutes His frame of reference for **your past frame of reference**. p313 5 **The Holy Spirit's** frame of reference is simply God. 6 The Holy Spirit's timelessness lies only here, **in the now**. 7 For in the holy instant, free of the past, you see that love is in you, and you have no need to look without and snatch love guiltily from where you thought it was, **which was outside of you**.

**Note # 51:** For the Holy Spirit, the important aspect of our notion of time is the present. Unlike the ego's thought system, the past is not the focus. In eternity, which is beyond time, there is only the changeless <now>. In the world of perception, the present time frame is the closest thing that resembles the eternal <now>. By the removal of the past, the Holy Spirit removes the reference point for judgment. This allows us the opportunity for the decision-maker within us to choose again.

**T-15.V.10.** All your relationships are blessed in the holy instant, because the blessing is not limited. 2 In the holy instant the Sonship gains as one, and united in your blessing **the Sonship** becomes one to you. 3 The meaning of love is the meaning God gave to **love**. 4 Give to **love** any meaning apart from **God's meaning** and it is impossible to understand **love**. 5 God loves every brother as **God** loves you; neither less nor more. 6 **God** needs

them all equally, and so do you **need them all equally**. 7 In time, you have been told to offer miracles as I direct, and let the Holy Spirit bring to you those who are seeking you. 8 Yet in the holy instant you unite directly with God, and all your brothers join in Christ. 9 Those who are joined in Christ are in no way separate. 10 For Christ is the Self the Sonship shares, as God shares His Self with Christ.

**Note # 52:** We are all part of the Mind of God and, therefore, interconnected as a united oneness. All parts benefit equally since there is no separation.

**Note:** Christ is defined as the Big “S” Self that the Sonship shares with the God, the Creator. God also shares Himself completely with the Christ, our Big “S” Self. The “Christ” is the home of the Father, the Holy Spirit and our Big “S” Self. When the mad idea of the separation occurred, the unified Sonship appeared to shatter into innumerable pieces. Each one of us perceives ourselves as one of these separate pieces. This is an illusion within our mind. We have chosen through the use of projection, to deny knowledge and project part of our thoughts outside the whole. We claim that we do not know what we are. The whole mind now appears to be split in two. Instead of the state of knowing and certainty, we entertain a state of “What Am I?” Uncertainty has arisen and perception has been substituted for knowledge. The shattering of the Sonship is not real, but is how we perceive ourselves to be. In the real world, the Kingdom, the unity of the Oneness remains perfect, whole and complete.

**T-15.V.11.** Think you that you can judge the Self of God? 2 God has created **the Self of God** beyond judgment, out of **God’s** need to extend His Love. 3 With love in you, you have no need except to extend **love**. 4 In the holy instant there is no conflict of needs, for there is only one **need, which is the extension of love. We are co-creators with God.** 5 For the holy instant reaches to eternity, and to the Mind of God. 6 And it is only there, **in the Mind of God, that** love has meaning, and only there **in the Mind of God** can **love** be understood.

**Note # 53:** Love does not judge. Love only accepts. We are an expression of God’s Love. In reality there is nothing outside the Mind of God since there is only the Mind of God. This Mind is eternal and changeless. The Sonship is the extension of this Mind. We are co-creators with God. While on earth, our function is forgiveness and our purpose is love. While in Heaven, our function is co-creation. We extend the Mind of our Creator.

## **VI. The Holy Instant and the Laws of God**

**T-15.VI.1.** It is impossible to use one relationship at the expense of another **relationship** and not to suffer guilt. 2 And it is equally impossible to condemn part of a relationship and find peace within **the relationship**. 3 Under the Holy Spirit’s teaching all relationships are seen as total commitments, yet **all relationships** do not conflict with one another in any way. 4 Perfect faith in each **relationship**, for **the relationship’s** ability to satisfy you completely, arises only from perfect faith in yourself. 5 And **perfect faith in yourself**, you cannot have while guilt remains. 6 And there will be guilt as long as you accept the possibility, and cherish **the possibility**, that you can make a brother into what he is not, **which is a limited ego-body**, because you would have **a brother be so limited**.

**Note # 54:** We must make a choice as to what we believe. If we believe that we are a body, as opposed to unlimited spirit, we will see ourselves as being vulnerable. If we are

vulnerable, we must be a body, which is something that can be hurt and has needs. We will also view our brother as someone we are competing against in this frightening world of limited resources. We will always be attempting to get our perceived needs met by entering into a special relationship in which we can steal from another that which we believe we lack. To have needs implies that we lack something and that our brother has it. Sacrifice and bartering are required in this type of relationship. Seeing ourselves as something other than perfect, whole and complete, we perceive ourselves as something less than the everything God created us to be. We need perfect faith in what we are, our Big “S” Self. If we see ourselves as the Big “S” Self, which is everything, we can communicate like our Father. Extension is possible because we have accepted our true reality as unlimited spirit. “I am not a body. I am free, for I am still as God created me.” Believe our brother is limited and we place the same chain of limitation on ourselves. For an idea never leaves its source.

**T-15.VI.2.** You have so little faith in yourself because you are unwilling to accept the fact that perfect love is in you. 2 And so you seek without for what you cannot find without, **which is perfect love.** p314 3 I offer you my perfect faith in you, in place of all your doubts. 4 But forget not that my faith must be as perfect in all your brothers as **my faith** is in you, or **my faith** would be a limited gift to you. 5 In the holy instant we share our faith in God's Son because we recognize, together, that **our brother** is wholly worthy of **our faith**, and in our appreciation of his worth we cannot doubt **our brother's** holiness. 6 And so we love **our brother.**

**Note # 55:** Jesus, like the Holy Spirit, knows what we are. He sees us perfect, whole and complete; a united oneness with our brother. Being a Oneness, nothing can be viewed as limited or imperfect, for to do so would limit the Oneness. Our split-mind is unwilling to accept the fact that we must be perfect love since we are an extension of the Father. Holiness is the recognition that we are as God created us, whole, perfect and complete.

**T-15.VI.3.** All separation vanishes as holiness is shared. 2 For holiness is power, and by sharing **holiness, holiness** gains in strength. 3 If you seek for satisfaction in gratifying your needs as you perceive **your needs**, you must believe that strength comes from another, and what you gain he loses. 4 Someone must always lose if you perceive yourself as weak. 5 Yet there is another interpretation of relationships that transcends the concept of loss of power completely.

**Note # 56:** When we follow the ego's thought system, we believe that we are involved in a zero-sum game. To win, someone else must lose.

**T-15.VI.4.** You do not find it difficult to believe that when another calls on God for love, your call **still** remains as strong. 2 Nor do you think that when God answers him, your hope of **God answering your call** is diminished. 3 On the contrary, you are more inclined to regard his success as witness to the possibility **that your call will be successful answered by God.** 4 That is because you recognize, however dimly, that God is an idea, and so your faith in **God** is strengthened by sharing **the idea of God.** 5 What you find difficult to accept is the fact that, like your Father, **<you>** are an idea. 6 And like **your Father**, you can give yourself completely, wholly without loss and only with gain. 7 Herein **the belief that you are an idea and, therefore, can share yourself without diminishment** lies peace, for here **being an idea** there *<is>* no conflict.



**Note # 57:** Ideas can be shared and by sharing an idea the idea is strengthened. Form cannot be shared because to share form would result in diminishment to the giver. If a giver had two dollars and gave you one of his dollars, together you would still have two dollars. The giver would have lost one of his dollars to you. The world of form is a zero-sum game. If we believe that we are a bodily form, we cannot share that form without diminishment and sacrifice. The ego's thought system tells us that we are limited ego-bodies. The thought system of the Holy Spirit, states that we are unlimited spirit, an idea or thought of God. Ideas can be shared. Thus, the two thought systems are constantly arriving at opposite conclusions because their underlying major premises are contradictions of each other. Accept the major premise of either thought system and the rest follows logically. ACIM asks us to question what appears to be the unthinkable. What if everything we see within our world of form, which appears so solid, is merely a dream or thought that we made up in our imagination? Because we have identified ourselves so heavily with the dream, the dreamer no longer is aware that he, the dreamer, is the cause of the dream he "sees." ACIM states that if the dreamer chose to awaken, the dream of the limited ego-body would disappear. We are an unlimited idea in the Mind of God and thus, everything is possible. Ideas can be extended without diminishment. By giving an idea, we reinforce or receive the idea. To give, therefore, is to receive. Conflict, which is birthed out of belief in the limitation caused by form, has disappeared.

This paragraph is clear that the terms such as spirit, mind, God and ourselves are not physical but rather thoughts or ideas. Form is but perceived images that arise from our thoughts and ideas. If they are shared with love, they create. If they are fear-based, they are not shared and result in making by projection. Thus, heaven and hell are not places but states of mind.

**T-15.VI.5.** In the world of scarcity, love has no meaning and peace is impossible. 2 For gain and loss are both accepted **in a world of scarcity**, and so no one is aware that perfect love is in him. 3 In the holy instant you recognize the idea of love in you, and unite this **idea of love in you** with the Mind that thought it and could not relinquish **that idea of love in you**. 4 By holding **perfect love** within itself, there *<is>* no loss. 5 The holy instant thus becomes a lesson in how to hold all of your brothers in your mind, experiencing not loss but completion. 6 From this **lesson in how to hold all of your brothers in your mind and experiencing not loss but completion**, it follows you can only give. 7 And this **ability to only give** *<is>* love, for this alone, **the giving of love**, is natural under the laws of God. 8 In the holy instant the laws of God prevail, and only **the laws of God** have meaning. 9 **In the holy instant** the laws of this world cease to hold any meaning at all. 10 When the Son of God accepts the laws of God as what he gladly wills, it is impossible that he be bound, or limited in any way. 11 In that instant **when the Son of God accepts the laws of God as what he gladly wills**, he, **God's Son**, is as free as God would have him be. 12 For the instant he, **God's Son**, refuses to be bound, he is not bound.

**Note # 58:** Because we are an extension of God, we have free will. We have the right to believe anything we would like to believe. If we choose to believe something in our dream world of provisional reality, the belief will appear to be true to us. We would act as if we are bounded by what we imaged to be true. By denying the reality of the truth, our false beliefs become binding upon us within our dream. Due to the creative power of the mind, even our beliefs in limitation appear and act real within the dream. Only someone who is

aware of both the truth and the dream can reawaken the dreamer safely to the truth of his real Big “S” Self. The Holy Spirit is this guide. The holy instant is the dropping of our judgments of the past, which form the basis for our belief in sin, guilt and fear. See your brother as guiltless and he is free. Since to give is to receive, his freedom becomes our own road to salvation.

**T-15.VI.6.** In the holy instant nothing happens that has not always been. 2 Only the veil that has been drawn across reality is lifted. 3 Nothing has changed. p315 4 Yet the awareness of changelessness comes swiftly as the veil of time is pushed aside. 5 No one who has not yet experienced the lifting of the veil **of time**, and felt himself drawn irresistibly into the light behind **the veil of time**, can have faith in love without fear. 6 Yet the Holy Spirit gives you this faith **in love without fear**, because **the Holy Spirit** offered **this faith in love without fear** to me and I accepted **this faith in love without fear**. 7 Fear not the holy instant will be denied you, for I **did not deny the holy instant**. 8 And through me the Holy Spirit gives **the holy instant** unto you, as you will give **the holy instant onto another**. 9 Let no need you perceive obscure your need of this **faith in love without fear**. 10 For in the holy instant you will recognize the only need the Sons of God share equally, and by this recognition you will join with me in offering what is needed, **which is faith in love without fear**.

**Note # 59:** Faith in love without fear is the result of the holy instant. The Holy Spirit shares with you His faith in love and knows not fear. The purpose of the holy instant is to suspend all judgment entirely. This teaches love. When we suspend judgment, we remove the source of guilt. To the ego, to judge is to make guilty. The holy instant restores perfect communication because we are now able to both give and receive complete communication. Guilt never comes alone. Guilt is always associated with sin and fear. Because the world of form arose out of the belief in sin, guilt and fear, we must see the Son of God as guiltless in order to allow perfect love into this world of fear. Within the world of fear, we believe that even if we were to somehow find love, we would quickly lose it again. Since we believe that love is outside us, we fear that love can always be taken away. Love cannot last in the unstable world of dreams.

**T-15.VI.7.** It is through *<us>* that peace will come. 2 Join me in the idea of peace, for in ideas minds can communicate. 3 If you would give yourself as your Father gives His Self, you will learn to understand Selfhood, **the Big “S”Self**. 4 And therein **in total giving of yourself** is love's meaning understood. 5 But remember that understanding is of the mind, and only of the mind. 6 Knowledge is therefore of the mind, and **knowledge's** conditions are in the mind with **understanding**. 7 If you were not an idea, and nothing but an idea, you could not be in full communication with all that ever was. 8 Yet as long as you prefer to be something else, **like a bodily form, rather than an idea**, or would attempt to be nothing else and something else together, you will not remember the language of communication, which you know perfectly.

**Note # 60:** The language of communication is love. Love communicates through ideas, not form. When you realize your oneness with all, you will be at peace. The understanding of what you are will transform you from the world of perception in which you saw yourself as form, back to the world of knowledge, which we never left. We are a thought in the mind of God. Time will fade away as communication with God returns the remembrance of God

to our mind. The split-minded will be made whole and we will understand that we are part of the Mind of God and are limitless thought.

**T-15.VI.8.** In the holy instant God is remembered, and the language of communication with all your brothers is remembered with **God**. 2 For communication is remembered together, as is truth. 3 There is no exclusion in the holy instant because the past is gone, and with **the past** goes the whole basis for exclusion. 4 Without **exclusion's** source, **which is the belief in separation that arose in the past, all** exclusion vanishes. 5 And this permits your Source and the **Source** of all your brothers, **which is God, your Father**, to replace **the belief in separation from** your awareness. 6 God and the power of God will take Their (**the Father and the Christ**) rightful place in you, and you will experience the full communication of ideas with ideas. 7 Through your ability to **experience the full communication of ideas with ideas**, you will learn what you must be, for you will begin to understand what your Creator is, and what His creation, **the Christ**, is along with **His Creator**. p316

**Note # 61:** Perfect communication is the return to knowledge and the Oneness. This requires the removal of any egoic thoughts, which support the belief that the separation was real. It requires complete faith that you remain exactly as you were created, perfect, whole and complete. The Sonship is all God created, as He created it. We, the Christ, have been given all the power of God. When we create from the idea of perfect love, which is what God is, we are given all the power of God. The creative power of the Christ is the demonstration of the power of God, for the Christ is the power of God. What we must be is a creator like our Father. We will extend the idea of God, which is love, to our own creations, which like ourselves, are an idea, not a form. Perfect communication is creation.

## **VII. The Needless Sacrifice**

**T-15.VII.1.** Beyond the poor attraction of the special love relationship, and always obscured by **the poor attraction of the special egoic love relationship**, is the powerful attraction of the Father for His Son. 2 There is no other love that can satisfy you, because there *<is>* no other love **than the Father's love for His Son**. 3 This **love of God** is the only love that is fully given and fully returned. 4 Being complete, **the love of God** asks nothing. 5 Being wholly pure, everyone joined in **the love of God** has everything. 6 **The love of God** is not the basis for any relationship in which the ego enters. 7 For every relationship on which the ego embarks *<is>* a special **relationship**.

**Note # 62:** The Christ and the Father share Themselves in perfect love. The ego sees itself as not whole and does not share. Being incomplete the ego believes that it must take something from outside itself to become whole. The ego looks to the special relationship for something it feels it lacks and, therefore, believes it must steal from the other party.

**T-15.VII.2.** The ego establishes relationships only to get something. 2 And **the ego** would keep the giver bound to itself through guilt. 3 It is impossible for the ego to enter into any relationship without anger, for the ego believes that anger makes friends. 4 This, **the ego's idea that anger makes friends**, is not **the ego's** statement, but it *<is>* **the ego's** purpose. 5 For the ego really believes that **the ego** can get and keep *<by making guilty.>* 6 **The ego's idea that you can get and keep <by making guilty>**, is **the ego's** one attraction; an attraction so weak that **the ego** would have no hold **on you** at all, except that

no one recognizes **the ego's purpose is to make everything appear guilty**. 7 For the ego always seems to attract through love, and **the ego** has no attraction at all to anyone who perceives that **the ego** attracts through guilt.

**Note # 63:** The ego is the master of guilt projection. Sin, guilt and fear go hand in hand and “prove” that you are not perfect, whole or complete.

**T-15.VII.3.** The sick attraction of guilt must be recognized for what **the sick attraction of guilt** is. 2 For **since guilt has** been made real to you, it is essential to look at **guilt** clearly, and by withdrawing your investment in **guilt**, to learn to let **guilt** go. 3 No one would choose to let go what he believes has value. 4 Yet the attraction of guilt has value to you only because you have not looked at what **the attraction of guilt** is, and have judged **the attraction of guilt** completely in the dark. 5 As we bring **the sick attraction of guilt** to light, your only question will be why it was you ever wanted **to be attracted to guilt and therefore made guilty**. 6 You have nothing to lose by looking open-eyed **at your attraction to guilt**, for ugliness such as this **sick attraction of guilt** belongs not in your holy mind. 7 This host of God, **your holy mind**, can have no real investment here **in guilt**.

**Note #64:** Guilt's attraction is that guilt confirms that you are special. The ego claims that you are the arbitrator for truth. When we claim to be separate, we also claim that we have either self-created ourselves or successfully opposed our Creator's Will. In either case, instead of being the unlimited everything, we have made ourselves into a limited something else. The price for this sin of usurping God's authority is guilt and fear. The ego demands that the egoic god of revenge administer the required punishment of eternal damnation as the price for our sin. Guilt and fear is the reward for the ego's specialness since you know that God must punish you. It is this desire to be special that birthed the wish to be guilty of something. Guilt in a sick way “proves” that we are special.

**T-15.VII.4.** We said before that the ego attempts to maintain and increase guilt, but in such a way that you do not recognize what **guilt** would do to you. 2 For it is the ego's fundamental doctrine that what you do to others you have escaped **from having been done onto you**. 3 The ego wishes no one well. 4 Yet **the ego's** survival depends on your belief that you are exempt from **the ego's** evil intentions. 5 **The ego's** counsels, therefore, that if you are host to **the ego**, **the ego** will enable you to direct **the ego's** anger outward **upon something else**, thus protecting you **from the ego's anger**. 6 And thus, **the ego** embarks on an endless, unrewarding chain of special relationships, forged out of anger and dedicated to but one insane belief; that the more anger you invest outside yourself, the safer you become **from your own ego's anger**. p317

**Note # 65:** The ego must be careful with guilt and anger. The ego must provide some promise to you that if you learn to copewith your guilt, anger and pain in a certain way, the egoic thought system will eventually be able to return you to happiness. If happiness cannot be obtained, a reduction in misery is offered by the ego as a reward for your loyalty to its belief system. For otherwise, you would realize that the ego's thought system is a dead-end that can never lead to peace and happiness. If you did realize the ego's insanity, you would wake up and quickly choose again. This time, your decision-maker wouldside with the thought system of the Holy Spirit. This is why projection is the tool of the ego. In projection, we take an idea that our mind fostered and project that same idea outside our

split-mind in a vain attempt to get rid of the thought. We attempt to project our sin and guilt out of our mind, which was the source of the problem, onto a guiltless world that appears to be outside our mind. This is what the ego uses special relationships for. Special relationships become the “guilt catchers” of our sins.

**T-15.VII.5.** It is this chain of **special relationships** that binds the Son of God to guilt, and it is this chain of **special relationships** the Holy Spirit would remove from his holy mind. 2 For the chain of savagery belongs not around **you**, the chosen host of God, who cannot make himself host to the ego. 3 In the name of **the split-minded’s** release, and in the Name of **the Holy Spirit**, Who would release the **split-minded**, let us look more closely at the relationships the ego contrives, and let the Holy Spirit judge **these special relationships** truly. 4 For it is certain that if you will look at **these special relationships**, you will offer them gladly to **the Holy Spirit**. 5 What **the Holy Spirit** can make of **these special relationships** you do not know, but you will become willing to find out **what the Holy Spirit can make of these special relationships**, if you are willing first to perceive what you have made of **these egoic special relationships**.

**Note # 66:** Because of our belief in the ego’s thought system, we are incapable of judging truly what the ego’s special relationship does to us and how it keeps us always searching for love and salvation where love cannot be found. The motto of the ego is “Seek and do not find.” In egoic special relationships, we continue this pattern of endless searching. The egoic special relationship confirms that we lack wholeness. If we understood that any form of specialness sends us away from the goal of rediscovering our divine birthright of the Oneness of everything, we would choose a different path. Guilt cannot be removed by projection since an idea never leaves its source.

**T-15.VII.6.** In one way or another, every relationship the ego makes is based on the idea that by sacrificing itself, **the ego** becomes bigger. 2 The "sacrifice," which **the ego** regards as purification, is actually the root of **the ego’s** bitter resentment. 3 For **the ego** would prefer to attack directly, and avoid delaying what **the ego** really wants **which is to keep your split-mind in victim consciousness**. 4 Yet the ego acknowledges "reality" as **the ego** sees **reality**, and recognizes that no one could interpret direct attack as love. 5 Yet to make guilty *<is>* a direct attack, although **to make someone guilty** does not seem to be a **direct attack**. 6 For the guilty expect attack, and having asked for **attack**, **the guilty** are attracted to **attack**.

**Note # 67:** The ego first convinces us that we have sinned and, therefore, are guilty. Being guilty, we learn to expect to be attacked. Any attack is proof that we have succeeded in our quest to be separate and special. ACIM describes the ego as a separate entity for the purposed of ease in understanding. In reality, the ego is the part of your split-mind that believes it has separated itself from God and God’s Love. The ego is the desire to be special or different. It seeks to be something other than an extension of our Father, which is only love. The ego is the part of your mind that claims it does not know what it is. It has abandoned knowledge and now seeks to recreate itself as something other than God’s Effect.

**T-15.VII.7.** In such insane relationships, the attraction of what you do not want seems to be much stronger than the attraction of what you do want. 2 For each one thinks that he has

sacrificed something to the other, and hates **the other for the sacrifice he believes he has made.** 3 Yet this **self-sacrifice that results in hate for the other** is what he thinks he wants. 4 He is not in love with the other at all. 5 He merely believes he is in love with sacrifice. 6 And for this sacrifice, which he demands of himself, he demands that the other accept the guilt and sacrifice himself as well. 7 Forgiveness becomes impossible, for the ego believes that to forgive another is to lose him. 8 It is only by attack without forgiveness that the ego can ensure the guilt that holds all its **egoic special** relationships together.

**Note # 68:** The ego does not understand what love is. God's love is unconditional. God being all, gives all, and asks nothing in return. The ego teaches that giving is not receiving and that since you are a limited ego-body, you must take what you lack from another. The ego gives only to get. From the egoic point of view, both "good and bad" relations are special in that they confirm that we are separate from the whole. For the sake of discussion, however, I will focus on the typical person's understanding of a special friendly or "loving" relationship on planet earth.

In our typical friendly special relationship, we agree to do something in exchange for the other party doing something for us. This agreement is not unconditional love but rather a form of bartering. We negotiate the best deal we can extract from the other side. If we demand too much, the other party will perceive that they are getting less than what we are getting and, therefore, decide not to make the "deal". In order to keep them around, we must sacrifice something that we possess to keep them wanting to playing the game of "Let's Make a Deal" with us. By making some self-sacrifice to appease the other party, we leverage this self-sacrifice as the means to get what we want. We tell them that they must scratch our back because we scratch theirs. This sacrificial offering is really designed to be a guilt-throwing device that chains them to us. It is their guilt that keeps them beholden to us. Special "friendly" relationships are, therefore, utilized to throw and catch guilt. Our idea of love is "I will love you if you do this..." We call this "love" but in reality it is just a form of bartering or high stakes poker. It is not given freely because we believe that to give requires sacrifice. We believe that when we give, we do not receive. We view our "sacrifice" as a debt to be repaid. We want love, yet, what we get is the sense of being betrayed by the object of our "love." Even in the "perfect" relationship that meets all of our supposed desires, we are ultimately denied our reward by the death of one party. Because we perceive or identify ourselves to be a body, we can never find lasting happiness and peace in the world of form. Form cannot be shared. For sharing of form requires some sacrifice on the part of the giver. The giver always has less of the item than when he started. Only ideas or thoughts can be shared. By sharing thoughts, there is no diminishment to the person that originally shared the idea. Instead, the idea may actually be strengthened. In the world of the ego, special relationships, although cloaked in the words of love and friendship, are devices for self-sacrifice and guilt and result in the resentment, guilt and fear for both parties. Once again we find that the ego has failed to keep its promise of, "I will be happy when..." and all we end up with is pain and sacrifice.

**T-15.VII.8.** Yet **special relationships** only *<seem>* to be together. 2 For relationships, to the ego, mean only that bodies are together. 3 It is always this **bringing together of bodies** that the ego demands **in its relationships**, and **the ego** does not object where the mind goes or what **the mind** thinks, **for what the mind thinks** seems unimportant **to the ego.** 4 As long as the body is there to receive its sacrifice, **the ego** is content. 5 To the ego the mind is private, and only the body can be shared. 6 Ideas are basically of no concern **to**

**the ego**, except as **something that** brings the body of another closer or farther. 7 And it is in these terms of **whether an idea brings the body of another closer or farther apart** that **the ego utilizes to evaluate** ideas as good or bad. 8 What makes another guilty and holds him through guilt is "good." 9 What releases **another** from guilt is "bad," because he would no longer believe that bodies communicate, and so **the other** would be "gone." p318

**Note # 69:** The ego is the symbol or idea for the separation. The body is the symbol for the ego. The ego wants us to believe that we are a body. If we are a body, we are form and, therefore, cannot be an unlimited idea or spirit. The ego's goal is to maintain control over the mind by keeping the decision-making ability of the mind in victim consciousness. Sacrifice comes from the idea that we are form, and as form, we must be diminished when we share our form with another. Sacrifice always is accompanied by guilt. Only the guilty are required to make sacrifice and we make sacrifice because we are guilty. It is guilt and sacrifice that hold the special egoic relationship together. To the ego, we communicate to another by transmitting our guilt and sacrifice to the other party. Guilt and our ability to make the other party feel guilty bind the egoic relationship together. If the other party attempts to leave against your will, we lay a "guilt trip" upon the other party claiming that they still owes us loyalty for all the sacrifices we have made on their behalf. We claim that we are the innocent victims of their treachery. The ego believes that if we release the other party from guilt, they must leave us since only guilt holds egoic relationships and bodies together. This is why guilt is so highly valued by the egoic thought system. The ego does not know what love is and thus, to the ego, love has no power of attraction.

**T-15.VII.9.** Suffering and sacrifice are the gifts with which the ego would "bless" all unions. 2 And those who are united at **the ego's** altar accept suffering and sacrifice as the price of union. 3 In their angry alliances, born of the fear of loneliness and yet dedicated to the continuance of loneliness, each seeks relief from guilt by increasing **guilt** in the other. 4 For each believes that **by increasing guilt in the other**, this decreases guilt in **himself**. 5 The other seems always to be attacking and wounding him, perhaps in little ways, perhaps "unconsciously," yet never without demand of sacrifice. 6 The fury of those joined at the ego's altar far exceeds your awareness of **the fury and anger**. 7 For what the ego really wants you do not realize, **which is the suffering, sacrifice and anger that results from your continuing belief in separation and loneliness**.

**Note # 70:** The sacrifice and guilt that result from a special relationship will lead to anger. The anger will arise from your sense of betrayal because our "needs" were not met by the party. The source of our anger is our belief that someone or something outside ourselves did not behave the way we required them to and, therefore, they failed to meet our needs.

**T-15.VII.10.** Whenever you are angry, you can be sure that you have formed a special relationship, which the ego has "blessed," for anger *<is>* **the ego's** blessing. 2 Anger takes many forms, but **anger** cannot long deceive those who will learn that love brings no guilt at all, and what brings guilt cannot be love and *<must>* be anger. 3 All anger is nothing more than an attempt to make someone feel guilty, and this attempt **to make someone feel guilty** is the only basis the ego accepts for special relationships. 4 Guilt is the only need the ego has, and as long as you identify with **the ego**, guilt will remain attractive to you. 5 Yet remember this; to be with a body is not communication. 6 And if you think **to be with a body is communication**, you will feel guilty about communication and will be afraid to

hear the Holy Spirit, recognizing in **the Holy Spirit's** Voice your own need to communicate.

**Note # 71:** Anger arises when you perceive that your needs are not being met by the other party in the special relationship. Needs are the ego's confirmation that you are not perfect, whole and complete. Needs confirm that you believe that the separation is real and that you are a limited ego-body and can be made to suffer and die. Mind communicates through ideas. Although the body is recognized by the Holy Spirit to be a neutral communication device, the ego perceives this same body as a means or tool to prove that the separation was real. The ego does not communicate for communications would require both giving and receiving, which the ego has no desire to do. If you identify yourself as a body with a brain, you cannot communicate. Communication requires mind and sharing. The ego will not share and the body cannot share.

**T-15.VII.11.** The Holy Spirit cannot teach through fear. 2 And how can **the Holy Spirit** communicate with you, while you believe that to communicate is to make yourself alone? 3 It is clearly insane to believe that by communicating you will be abandoned. 4 And yet many do believe **that by communicating you will be abandoned.** 5 For they think their minds must be kept private or they will lose **their minds**, but **they think** if their bodies are together their minds remain their own. 6 The union of bodies thus becomes the way in which they **who believe that by communicating you will lose your mind** would keep minds apart **and therefore private.** 7 For bodies cannot forgive. 8 **Bodies** can only do as the mind directs.

**Note # 72:** The ego teaches that you are a body and that the brain is just a body part. The Holy Spirit teaches that we are mind and not the body. Mind can communicate because ideas can be shared. The ego would have you believe that you can maintain the privacy of the mind because if your mind is located within the brain, which is a body part, you must be separate. Private thoughts are the thoughts of judgment, which must foster guilt. We do not wish to share our private thoughts because we value these unloving thoughts that prove our specialness. We refuse to give them over to the Holy Spirit's guidance. The Holy Spirit knows that the mind is shared and interconnected with the Mind of God. All thoughts of judgment must be stopped in order for communication to be restored.

**T-15.VII.12.** The illusion of the autonomy of the body and its ability to overcome loneliness is but the working of the ego's plan to establish its own **egoic** autonomy. 2 As long as you believe that to be with a body is companionship, you will be compelled to attempt to keep your brother in his body, held there by guilt. 3 And you will see safety in guilt and danger in communication. 4 For the ego will always teach that loneliness is solved by guilt, and that communication is the cause of loneliness. p319 5 And despite the evident insanity of this lesson **that loneliness is solved by guilt, and that communication is the cause of loneliness,** many have learned **this lesson.**

**Note # 73:** The ego teaches that our brother, like ourselves, is a body. In the world of form, to have is to hold. By keeping our brother close to us, we maintain both mutual guilt and sacrifice. It is our private thoughts, unshared with our brother that we continually utilize to judge and declare our brother's guilt. These private thoughts corrupt the special



relationship with our brother by making it into an unholy relationship based on lack and fear. Guilt is the powerful tool used by the ego to keep the special relationship together.

**T-15.VII.13.** Forgiveness lies in communication as surely as damnation lies in guilt. 2 It is the Holy Spirit's teaching function to instruct those who believe communication to be damnation that communication is salvation. 3 And **the Holy Spirit will teach that communication is salvation** for the power of God in **the Holy Spirit** and in you is joined in a real relationship so holy and so strong, that **the power of God** can overcome even **the egoic belief that communication is damnation** without fear.

**Note # 74:** Through the teaching of forgiveness, the Holy Spirit shows us that the Son of God is guiltless. The teaching of forgiveness restores the unity of what appears to be separate minds. Communication is being restored. The guilty refuse to communicate since they believe it will result in their damnation. The guilty have already condemned themselves and thus, are afraid to listen to their final sentencing to hell by the "Hanging Judge," which is the egoic god of revenge. Those who see themselves as guilty have forgotten the truth that the final judgment from the God of Love must be that His Son is innocent, sinless and guiltless like Himself.

**T-15.VII.14.** It is through the holy instant that what seems impossible is accomplished making it evident that it is not impossible. **What seemed impossible was the accomplishment of the suspension of all judgment, which fostered guilt.** 2 In the holy instant guilt holds no attraction, since communication has been restored. 3 And guilt, whose only purpose is to disrupt communication, has no function here **in the holy instant.** 4 Here, **in the holy instant,** there is no concealment, and no private thoughts. 5 The willingness to communicate attracts communication to it, and overcomes loneliness completely. 6 There is complete forgiveness here **in the holy instant,** for there is no desire to exclude anyone from your completion, in sudden recognition of the value of his part in **the holy instant and communication.** 7 In the protection of your wholeness, all are invited and made welcome. 8 And you understand that your completion is God's **completion** Whose only need is to have you be complete. 9 For your completion makes you **God's completion** in your awareness. 10 And here **in the holy instant, which is your completion, is it** that you experience yourself as you were created, and as you are.

**Note # 75:** With the removal of all guilt, the Sonship is once again reawakened to its divine birthright. Realizing our innocence, we freely choose to come home and be what we are, the shared Oneness of the Mind of God. When God created the Sonship, He extended Himself. By co-creation with God, we complete God.

### **VIII. The Only Real Relationship**

**T-15.VIII.1.** The holy instant does not replace the need for learning, for the Holy Spirit must not leave you as your Teacher until the holy instant has extended far beyond time. 2 For a teaching assignment such as His, **the Holy Spirit** must use everything in this world for your release. 3 **The Holy Spirit** must side with every sign or token of your willingness to learn **from the Holy Spirit** what the truth must be. 4 **The Holy Spirit** is swift to utilize whatever you offer **the Holy Spirit** on behalf of this **learning of what the truth must be.** 5 **The Holy Spirit's** concern and care for you are limitless. 6 In the face of your fear of forgiveness, which **the Holy Spirit** perceives as clearly as **the Holy Spirit** knows

forgiveness is release, **the Holy Spirit** will teach you to remember that forgiveness is not loss, but **that forgiveness is** your salvation. 7 And that in complete forgiveness, in which you recognize that there is nothing to forgive, you are absolved completely. p320

**Note # 76:** In the holy instant, all judgment is suspended. There still remains the requirement that the split-minded decision-maker must choose again. This time the decision-maker must freely choose the thought system of the Holy Spirit. Forgiveness is the bridge that the Holy Spirit utilizes to teach the lessons that bring us to the realization of the truth about ourselves. With forgiveness, we cross over the chasm that separates illusion from truth. The Holy Spirit is the bridge-keeper. He carries or guides us from the world of illusion to the real world, which is the Kingdom or Heaven. The world of illusion is our world of provisional reality that we individually perceive. Our illusionary world of perception is a world based on fear, the laws of chaos, time and space. The Kingdom or Heaven is the eternal world of changeless truth and love. Forgiveness is the tool that brings illusion into the light of the truth. When we bring illusions into the light of truth, forgiveness teaches us that the illusion has no reality. The thought of the illusion fades from our memory. Only the truth about your brother and yourself remain. Forgiveness is the tool that the Holy Spirit utilizes to teach us the truth about our joint divine inheritance that we share with all the Sonship.

**T-15.VIII.2.** Hear **the Holy Spirit** gladly, and learn **from the Holy Spirit** that you have need of no special relationships at all. 2 You but seek in **special relationships** what you have thrown away, **which is the truth of the love of God**. 3 And through **special relationships** you will never learn the value of what you have cast aside, **the love of God**, but still desire with all your heart. 4 Let us join together in making the holy instant all that there is, by desiring that **the holy instant** <be> all that there is. 5 God's Son has such great need of your willingness to strive for **making the holy instant all that there is** that you cannot conceive of need so great **as making the holy instant all that there is**. 6 Behold the only need that God and His Son share, and will to meet together. 7 You are not alone in this **need to meet together with God**. 8 The will of your creations calls to you, to share your will with **your creations**. 9 Turn, then, in peace from guilt to God and **to your creations**.

**Note # 77:** The ego utilizes the special relationship as a device to teach sacrifice and guilt, which are the opposite of love. By giving your special relationship over to the Holy Spirit, He can utilize them as lessons of forgiveness and love.

**T-15.VIII.3.** Relate only with what will never leave you, and what you can never leave, **which is the truth of the love of God**. 2 The loneliness of God's Son is the loneliness of his Father. 3 Refuse not the awareness of your completion, and seek not to restore **your completion from** yourself. 4 Fear not to give redemption over to your Redeemer's Love. 5 **The Christ** will not fail you, for **the Christ** comes from **God, the Father, the One**, Who cannot fail. 6 Accept your sense of failure as nothing more than a mistake in who you are. 7 For the holy host of God, **the Christ** is beyond failure, and nothing that he wills can be denied. 8 You are forever in a relationship so holy that **this relationship with the Father** calls to everyone to escape from loneliness, and join you in your love. 9 And where you are must everyone seek, and find you there, **in this, your loving relationship with of God**.

**Note 78:** Although we perceive ourselves as outside the love of God, this too is but an illusion. The Christ, which is what we truly are, has never lost the remembrance of God or that we are God's Son, perfect, whole and complete. We may dream that we are an individual, a separate little "s" self, but we remain a Oneness. Our illusion of separation must be treated only as a mistake that needs correction, rather than a sin that requires punishment. The Christ is and always will be, One with the Father for the Christ is the extension of the Mind of God and the home of the Father.

**T-15.VIII.4.** Think but an instant on this: God gave the Sonship to you, to ensure your perfect creation. 2 **The Sonship** was **God's** gift, for as **God, the Father**, withheld Himself not from you, **God, the Father**, withheld not His creation, **the Sonship, from you.** 3 Nothing that ever was created but is yours. 4 Your relationships are with the universe. 5 And this universe, being of God, is far beyond the petty sum of all the separate bodies you perceive. 6 For all **the Sonship's** parts are joined in God through Christ, where **all the Sonship's parts** become like to **God**, their Father. 7 Christ knows of no separation from His Father, Who is **Christ's** one relationship, in which **Christ** gives as His Father gives to **the Christ.**

**Note # 79:** There is only One relationship that is real. This is the shared relationship of God and the Sonship, which is the Christ and the Christ's own creations. This is why ACIM ask us to be vigilant for God. Our relationship with God is the only thing that matters. If we know what we are, we will know the peace of God. We are not an individual, we are a Oneness. This Oneness is our sharing of the Mind of God. There is nothing else.

**T-15.VIII.5.** The Holy Spirit is God's attempt to free you of what **God, the Father**, does not understand. 2 And because of the Source of the attempt **is from God, the attempt to free you** will succeed. 3 The Holy Spirit asks you to respond as God does, for **the Holy Spirit** would teach you what you do not understand. 4 God would respond to every need, whatever form **the need** takes. 5 And so **the Holy Spirit** keeps this channel open to receive **God's** communication to you, and **your communication to God.** 6 God does not understand your problem in communication, for **God, the Father**, does not share **your problem of communication** with you. 7 It is only you who believe that **your problem of communication** is understandable. 8 The Holy Spirit knows that **your problem of communication** is not understandable, and yet **the Holy Spirit** understands **your problem of communication** because you made **your problem of communication between yourself to God.** p321

**Note # 80:** God, the Father, only knows the changeless reality of truth. Because of this, the Father does not share in any illusions that the split-minded have made in their egoic attempts to replace reality with the false. God is innocence and, therefore, does not know what does not exist. Truth cannot be altered in any way. The split-minded operate under the false illusions of the egoic thought system. Truth is true and illusion cannot change the truth. God would free you of your belief that what does not exist is real by sharing His Innocence with you. Your imagined illusions of separation do not exist. Only the Holy Spirit is aware of both the truth of what you are and the illusions of what you believe yourself to be. Your beliefs are based on your "private thoughts" of separation. Therefore, the Holy Spirit is the only one Who can bridge the gap between your illusions of provisional reality and the real world of Heaven, which is the home for the truth

**T-15.VIII.6.** In the Holy Spirit alone lies the awareness of what God, **the Father**, cannot know, and what you do not understand. 2 It is **the Holy Spirit's** holy function to accept them both, **(what God cannot know, and what you do not understand)**, and by removing every element of disagreement, to join **what God cannot know, and what you do not understand** into one. 3 **The Holy Spirit** will do this **by removing every element of disagreement between the two**, because it is **the Holy Spirit's** function to **bridge this gap in communication**. 4 Leave, then, what seems to you to be impossible, to **the Holy Spirit**, Who knows **this bridging of this communication gap** must be possible because it is the Will of God. 5 And let **the Holy Spirit**, Whose teaching is only of God, teach you the only meaning of relationships, **which is love**. 6 For God created the only relationship that has meaning, and that is **God's** relationship with you.

**Note # 81:** God, being love, is love. Everything that is real must be love. Our ultimate purpose is to be only love. We are the extension of God and, therefore, we must create like our Father. The Holy Spirit teaches that the world of the ego, which is the world based on the mad idea that we could be separate from the Mind and Will of God, is an illusion. The Holy Spirit also teaches that everything is, and always will be, the changeless, eternal love of God. The Holy Spirit utilizes the tool of forgiveness to teach our split-mind the reality of the Oneness of the loving Mind of God. To be love, we must teach only love. Although ACIM does not teach us how to love, ACIM does teach us how to remove all the obstacles that we have placed to block love's presence.

We bridge this gap in communication between the Son and the Father when the Sonship accepts and relearns about his shared innocence with his Creator. What God cannot know and what you do not understand is that, "Nothing real can be threatened. Nothing unreal exists." This is the lesson the Holy Spirit would teach the split-minded who believe that illusions are real and can threaten the truth. God cannot know the false since the false cannot be understood. The false merely does not exist.

## **IX. The Holy Instant and the Attraction of God**

**T-15.IX.1.** As the ego would limit your perception of your brothers to the body, so would the Holy Spirit release your vision and let you see the Great Rays shining from **your brother**, so unlimited **are the Great Rays shining from your brother** that they reach to God. 2 It is this shift to **Christ vision from egoic sight** that is accomplished in the holy instant. 3 Yet it is needful for you to learn just what this shift entails, so you will become willing to make **this shift to the vision of Christ** permanent. 4 Given this willingness **the vision of Christ** will not leave you, for **the vision** *<is>* permanent. 5 Once you have accepted **the vision of Christ** as the only perception you want, **the vision of Christ** is translated into knowledge by the part that God Himself plays in the Atonement, for the **return to knowledge** is the only step in **the Atonement**, God, the Father, understands. 6 Therefore, in this **return to knowledge of the Sonship by the Father**, there will be no delay when you are ready for **the return to knowledge by your willingness to accept and utilize only Christ's vision**. 7 God is ready now, but you are not **ready for the return to knowledge**.

**Note # 82:** The Father has not stopped communicating with the Christ. The split minded, however, are under the illusion that communication with God has been broken. Since the split-minded believe that they have lost communication with God, their One Source, the split-minded have also lost knowledge. The split-minded live in their own private world of perception. The Holy Spirit uses the tool of forgiveness to reestablish correct perception within the split-minded. For this to happen, we must request the Holy Spirit's guidance. When we have suspended all judgment and reclaim both our brother's and our own guiltlessness, God, the Father, will take the final step and return us to knowledge, which is truth or Heaven. Both the suspension of judgment and the return to the belief in the guiltlessness of our brother and ourselves is accomplished in the holy instant. In the holy instant, we accept and receive our joint innocence for all.

**T-15.IX.2.** Our task is but to continue, as fast as possible, the necessary process of looking straight at all the interference and seeing **all the interference** exactly as it is, **which is an obstacle to our return to knowledge.** 2 For it is impossible to recognize as wholly without gratification what you think you want. 3 The body is the symbol of the ego, as the ego is the symbol of the separation. 4 And both **the body and the ego** are nothing more than attempts to limit communication, and thereby to make **communication** impossible. 5 For communication must be unlimited in order to have meaning, and deprived of meaning, **communication** will not satisfy you completely. 6 Yet **communication** remains the only means by which you can establish real relationships, which have no limits, having been established by God.

**Note # 83:** Communication's purpose is to experience the oneness of the whole; to share the truth. We cannot communicate when we are attempting to exclude. The belief that we have private thoughts is a block to communication. Private thoughts are based on the idea of separation; that we can communicate with one part yet withhold that communication from the whole. Communication requires both the giving and the reception of communication. We believe that we are a body-form and do not see ourselves to be unlimited mind or spirit. Believing ourselves as separate, autonomous, individualized parts, we fail to see the oneness of our being. Since we do not know truth, we cannot communicate the truth. By believing an illusion about ourselves, it prevents us from communicating with anyone. For in a dream, only the dreamer believes in the dream. Any information that he attempts to share means nothing since the "potential recipient" would have no knowledge about the dreamer's dream. The recipient would reject the communication as the ravings of a mad man. Illusion cannot communicate truth. Coming from the false belief in separation and limitation, "egoic communication" is designed to confuse the false for the true. The idea of egoic communication, like all the beliefs of the ego, can only be an illusion.

**T-15.IX.3.** In the holy instant, where the Great Rays replace the body in awareness, the recognition of relationships without limits is given you. 2 But in order to see **the Great Rays that led to recognition of relationships without limits**, it is necessary to give up every use the ego has for the body, and to accept the fact that the ego has no purpose you would share with **the ego.** p322 3 For the ego would limit everyone to a body for **the ego's** own purposes, and while you think **the ego** has a purpose, you will choose to utilize **the body, which is** the means by which **the ego** tries to turn **the ego's** purpose into accomplishment. 4 **The egoic purpose of making the illusion of separation real** will

never be accomplished. 5 Yet you have surely recognized that the ego, whose goals are altogether unattainable, will strive for **the attainment of its own egoic goals** with all **the ego's** might, and will **strive to** do so with the strength that you have given **the ego**.

**Note # 84:** The ego has no power of its own. The ego is that part of your mind which believes in the separation. The only power the ego has is limited to the power you as the decision-maker have chosen to give to it. It is our mind's belief in the idea of the separation that gives the ego all its power. Correct the belief in the separation and the ego, like any other illusion, will disappear. All that will be left is truth. Truth sets us free to be the Oneness that we share. Pure and perfect communication will be restored. In the hands of the Holy Spirit, the body becomes a neutral communication device, not an egoic tool for attack.

**T-15.IX.4.** It is impossible to divide your strength between Heaven and hell, God and the ego, and release your power to creation, which is the only purpose for which **your power to create** was given you. 2 Love would *<always>* give increase. 3 Limits are demanded by the ego, and represent **the ego's** demands to make little and ineffectual. 4 Limit your sight of a brother to his body, which you will do as long as you would not release him from **his bodily form**, and you have denied his **gift of love** to you. 5 His body cannot give **love**. 6 And seek **love** not through **your body**. 7 Yet your minds are already continuous, and their **mind's** union need only be accepted and the loneliness in Heaven is gone.

**Note # 85:** We are mind, not a body. Spirit is everything and any aspect of spirit contains the oneness of everything. Spirit cannot be separate and always remains whole and communicates perfectly. The body appears to separate us from the shared mind of God. The body is an illusion and is not real. While time exists, the body is a neutral communication device that can be utilized as a tool to teach union or separation. What we choose to teach will depend on which thought system our decision-maker will choose to follow. The body cannot serve two masters. Our decision maker must choose between the ego and the Holy Spirit

**T-15.IX.5.** If you would but let the Holy Spirit tell you of the Love of God for you, and the need your creations have to be with you forever, you would experience the attraction of the eternal. 2 No one can hear **the Holy Spirit** speak of this **Love of God for you** and long remain willing to linger here **in the illusionary world of perception**. 3 For it is your will to be in Heaven, where you are complete and quiet, in such sure and loving relationships that any limit is impossible. 4 Would you not exchange your little relationships for this **sure and loving relationship in Heaven**? 5 For the body *<is>* little and limited, and only those whom you would see without the limits the ego would impose on them can offer you the gift of freedom.

**Note # 86:** By seeing your brother as a limited ego-body, you limit yourself to the same thing. For what you give you receive and perceiving your brother as limited you get to keep that same limitation. Your perception of your brother is your salvation or condemnation, for ideas do not leave their source. Grant your brother his freedom from your perceived chains of limitation and in his escape from limitation, you also receive your own. Any belief that we are a body is the belief in egoic limitation.

**T-15.IX.6.** You have no conception of the limits you have placed on your perception, and no idea of all the loveliness that you could see. 2 But this you must remember; the attraction of guilt opposes the attraction of God. 3 **God's** attraction for you remains unlimited, but because your power, being **God's power**, is as great as **God's power**, you can turn away from love. 4 What you invest in guilt you withdraw from God. 5 And your sight grows weak and dim and limited, for you have attempted to separate the Father from the Son, and limit **the Father and Son's** communication. 6 Seek not Atonement in further separation. 7 And limit not your vision of God's Son to what interferes with **the Son of God's** release, and what the Holy Spirit must undo to set **the Son of God** free. 8 For **the Son of God's** belief in limits *<has>* imprisoned **God's Son**. p323

**Note # 87:** As long as we believe that we exist within the dream of separation, there can be no escape from the dream. Illusion cannot be removed by placing another illusion over the first one for the dreamer will still be dreaming. Only by awakening the dreamer can the illusion be removed from the mind of the dreamer. The Holy Spirit, if asked, will gently awaken God's sleeping Sons and guide us back to the truth about what we are.

**T-15.IX.7.** When the body ceases to attract you, and when you place no value on **the body** as a means of getting anything, then there will be no interference in communication and your thoughts will be as free as God's **thoughts**. 2 As you let the Holy Spirit teach you how to use the body only for purposes of communication, and renounce **the body's** use for separation and attack which the ego sees in **the body**, you will learn you have no need of a body at all. 3 In the holy instant there are no bodies, and **in the holy instant** you experience only the attraction of God. 4 Accepting **only the experience and communication of the attraction of God** as undivided, you join **God** wholly, in an instant, for you would place no limits on your union with **God**. 5 The reality of this relationship **of your union with God** becomes the only truth that you could ever want. 6 All truth *<is>* here **in your union with God**.

**Note # 88:** When you cease to be attached to the body, all thoughts of the mind's identification with being the body will also disappear. The mad idea that you could be happy by being limited or special is gone. It was the desire to experience ourselves as special that resulted in the separation. Our belief that we could be happy by being something other than what we are resulted in our quest for specialness. Being an extension of God, we can only be happy within the wholeness that is the Mind of God. With our total rejection of the egoic illusion that we are the body-form, the body can become a communication device for forgiveness and love. The Oneness that is pure and perfect communication is restored. For being all, what else is there to be?

## **X. The Time of Rebirth**

**T-15.X.1.** It is in your power, in time, to delay the perfect union of the Father and the Son. 2 For in this world of **perception**, the attraction of guilt does stand between **the perfect union of the Father and the Son**. 3 Neither time nor season means anything in eternity. 4 But here **in this world of time and perception**, it is the Holy Spirit's function to use both **the perception of time and seasons**, though not as the ego uses **time and seasons**. 5 This is the season when you would celebrate my birth into the world. 6 Yet you know not how to **celebrate my birth into the world**. 7 Let the Holy Spirit teach you, and

let me celebrate <your> birth through **the Holy Spirit**. 8 The only gift I can accept of you is the gift I gave to you, **which was release from this world of time**. 9 Release me as I choose your own release. 10 The time of Christ we celebrate together, for **the time of Christ** has no meaning if we are apart.

**Note # 89:** The world of perception is the world of time and space. Prior to the loss of knowledge, there was only the oneness with no illusion of separateness. With the birth of separateness, the concept of change arose. We perceived ourselves guilty of the sin of usurping God's authority. Within our split-mind, something had changed. We had lost the certainty that we were a Oneness of everything. We discarded knowledge and claimed that we did not know ourselves and so the world of illusion was born. Our state of consciousness moved from the "I AM" to the "WHAT AM I?" state.

The "WHAT AM I?" state is full of illusion and thus, both unstable and unreal. Change was possible in the "WHAT AM I?" state of consciousness. Certainty that arose from knowledge has also been lost. Time, the measure of change, now becomes very relevant. The "I AM" state more closely resembles Heaven. In the real world of Heaven there is only the changeless eternal. It is the <now> and we, the Christ, remain in perfect union with Our Father. In Heaven, time serves no function and is meaningless. Only in the "WHAT AM I?" state can the dream of the separation be mistaken for reality. In the "WHAT AM I?" state, our own mind's beliefs and desires control what we perceive as reality. We become the arbitrators of truth within the dream of our insane mind. What we claim to be "the facts" are only the results of our own mind's previously determined judgments and goals. What we "see" coming at us is what we wanted to experience in our field of awareness. This is projection. We predetermine what we wish to believe and our senses seek out positive confirmation to "prove" we were "right". As long as we choose to judge a brother as sinful, we will perceive ourselves guilty and separate from God. Our release requires "seeing" with the vision of Christ. In Christ vision, we see the guiltlessness of all our brothers; by giving forgiveness, we receive forgiveness.

**T-15.X.2.** The holy instant is truly the time of Christ. 2 For in this liberating **holy** instant no guilt is laid upon the Son of God, and his unlimited power is thus restored to the Son of God. 3 What other gift can you offer me, when only **the restoration of God's guiltless Son to the unlimited power of his Father was the gift** I choose to offer you? 4 And to see me as **the Christ, God's guiltless Son** is to see me in everyone, and offer everyone the gift of **guiltlessness** you offer me. 5 I am as incapable of receiving sacrifice as God is **incapable of receiving sacrifice**, and every sacrifice you ask of yourself you ask of me. 6 Learn now that sacrifice of any kind is nothing but a limitation imposed on giving. 7 And by this limitation **on giving** you have limited acceptance of the gift I offer you.

**Note # 90:** The holy instant is the release of all judgments and, therefore, is a release from the past. All judgment comes from past misperception based on the ego's thought system. Because the Law of God states that to give is to receive, Jesus, who saw only the perfection of God in his brother, received this same perfection of God in himself. Jesus became the Christ incarnate. Offer your brother his guiltlessness and you recover your own. The Christ is always in the now, for Christ is eternal and is not limited by time.

**T-15.X.3.** We who are one cannot give separately. 2 When you are willing to accept our relationship **that we are one and cannot give separately** as real, guilt will hold no



attraction for you. 3 For in our union you will accept all of our brothers. 4 The gift of union is the only gift that I was born to give. 5 Give **the gift of union** to me, that you may have **the gift of union**. p324 6 The time of Christ is the time appointed for the gift of freedom, offered to everyone. 7 And by your acceptance of **the gift of union and freedom**, you offer **the gift of union and freedom** to everyone.

**Note # 91:** We are all interconnected in the Mind of God. It is through the gift of union from which the Oneness arose that our freedom is obtained and guaranteed. God birthed the gift of union when She chose to extend Herself in the creative process. The total freedom that results from being the shared Oneness of everything is real and extends to the entire Sonship. Private thoughts, which arise from fear and limitation, are not real because they are made to exclude and not share. Although we are one in reality, we believe that the separation was real. Because of this, we also believe our private thoughts are real even though they cannot be shared and are not part of the Mind of God. It is this belief that gives our private thoughts apparent reality in our world of perception. They become the “reality” that governs our illusionary world of egoic consciousness.

**T-15.X.4.** It is in your power to make this season holy, for it is in your power to make the time of Christ be now. 2 It is possible to do **this making of the time of Christ be now** all at once because there is but one shift in perception that is necessary **to make the time of Christ be now** for you made but one mistake. 3 It seems like many **mistakes**, but it is all the same **mistake**. 4 For though the ego takes many forms, the **mistake** is always the same idea. 5 **The error is that you fail to realize that** what is not love is always fear, and nothing else but fear.

**Note # 92:** The Holy Spirit teaches us that there are only two ways to correctly perceive any experience in the field of our awareness. These two are love and the cry for love. The proper response to a cry for love is always to respond with love. The thought system of the ego claims that the world was born of sin, guilt and fear. This unholy trinity rules the egoic world. The ego teaches that the proper response to guilt and fear is to attack. Defense is just another form of attack. Any defense is the admittance that you are vulnerable to attack, are limited and can be hurt. In the time of Christ, we will see the equality of the Sonship in the guiltlessness of God’s Son. By giving up all judgments, we become guiltless. This can be done in one holy instant. It is for our decision-maker to decide when we will finally release ourselves from this self-imposed guilt and accept our innocence. The Christ lives in the eternal <now>. God, the Holy Spirit and the Christ all know that we are perfect, whole and complete. In truth, we always are a Oneness but while time lasts, fear blocks this realization from our split-mind.

**T-15.X.5.** It is not necessary to follow fear through all the circuitous routes by which **fear** burrows underground and hides in darkness, to emerge in forms **that appear** quite different from what **fear** is. 2 Yet it <is> necessary to examine each one **of the forms of fear** as long as you would retain the principle that governs all of **the forms of fear**. 3 When you are willing to regard **all of the forms of fear**, not as separate, but as different manifestations of the same idea, and one **fearful idea** you do not want, **all of the forms of fear** go together **and become one**. 4 The idea is simply this: You believe it is possible to be host to the ego or hostage to God. 5 This is the choice you think you have, and the decision you believe that you must make. **You believe you must be either host to the ego**

**or hostage to God.** 6 You see no other alternatives **than you must be either host to the ego or hostage to God**, for you cannot accept the fact that sacrifice gets nothing. 7 Sacrifice is so essential to your thought system that salvation apart from sacrifice means nothing to you. 8 Your confusion of sacrifice and love is so profound that you cannot conceive of love without sacrifice. 9 And it is this **confusion of sacrifice with love that** you must look upon; sacrifice is attack, not love. 10 If you would accept but this one idea, **that sacrifice is attack and not love**, your fear of love would vanish. 11 Guilt cannot last when the idea of sacrifice has been removed. 12 For if there is sacrifice, someone must pay and someone must get. 13 And the only question that remains is how much is the price **of sacrifice**, and for getting what.

**Note # 93:** Under the ego's thought system, God is something to be feared. Because the ego teaches that we have usurped or stolen the authority of God, we have sinned against our Father. The god of the ego now requires that we must be punished for our sin. We must sacrifice something to appease this revengeful god of egoic thought. This egoic god is always holding us hostage and at any time and without any other "sin" on our part may decide to behead us. The god of the ego is not somebody you would like to meet in a dark alley! This god of revenge is arbitrary and fickle. There is no telling what he might do if he gets his hands on us. Appearing concerned for our safety, the ego tells us that we must seek shelter from the god of revenge by allowing the ego to protect us. We freely choose to invite the ego to rule and control our mind. We side with the ego and turn our decision-making abilities over to its thought system. The ego demands that we, its host, make sacrifices for the gifts the ego offers us. This world was made by the ego to hide supposed sinners from the ego's god of revenge and thus, prove that the separation was real.

Because we are convinced that we are guilty sinner and that God demands our damnation, we freely chose to come under the influence and protection of the egoic thought system. This is a fear-based thought system. Egoic thinking requires that someone must pay the price for our sin but it doesn't care who. The ego also tells us that we can transfer our sin, guilt and even our punishment to someone other than ourselves. Projection is the egoic tool that allows us to escape the punishment this god requires for our sins. Something must be sacrificed, but it does not have to cost us everything. The ego tells us that even the Son of God can be killed on behalf of our sins. This egoic god does not care who or what is sacrificed, but at least temporarily, it must be appeased. The ego, therefore, associates sacrifice with its warped sense of love and links the two together. To the ego, which is incapable of understanding what love is, sacrifice is the price that love demands. To the guilt-throwing ego, sacrifice must be required because we have sinned. The ego's unholy trinity of sin, guilt and fear require that sacrifice be made in the name of love.

**T-15.X.6.** As host to the ego, you believe that you can give all your guilt away whenever you want, and thereby purchase peace. 2 And the payment **for the purchase of peace** does not seem to be **your payment**. 3 While it is obvious that the ego does demand payment **the ego** never seems to be demanding **payment** of you. 4 You are unwilling to recognize that the ego, which you invited, is treacherous only to those who think they are **the ego's** host. 5 The ego will never let you perceive this **treachery that the ego bears to its host**, since this recognition would make **the ego** homeless. 6 For when the recognition dawns clearly **that the ego actually requires direct payment from its host**, you will not be deceived by any form the ego takes to protect itself from your sight. 7 Each form **the ego takes** will be recognized as but a cover for the one idea that hides behind them all; that

love demands sacrifice, and **love** is therefore inseparable from attack and fear. p325 8 And that guilt is the price of love, which must be paid by fear.

**Note # 94:** In projection we attempt to get rid of something we don't want. We project our guilt outside ourselves upon another. It thus, appears that we have removed the guilt from our mind by assigning our guilt to an outside "victim". Unfortunately, projection gains us nothing since thoughts never leave their source. Our mind, being the source of the thought, gets to keep its self-imposed guilt. Guilt is the price for our belief in sin. Sin is defined as a belief in the lack of love and we are sure that we have lost God's love. Under the laws of chaos, which govern the egoic world, there is a substitute for God's love. This substitute for God's love takes many forms, but always rests on the underlying belief that we are unholy, guilty, incomplete and full of fear. The ego's substitute for God's love is the egoic special relationship.

**T-15.X.7.** How fearful, then, has God become to you, and how great a sacrifice do you believe **God's** Love demands! 2 For total love would demand total sacrifice. 3 And so the ego seems to demand less of you than God, and of the two, **the ego** is judged as the lesser of two evils. One, **the ego, is** to be feared a little, perhaps, but the other, **God requires that you** be destroyed. 4 For you see love as destructive, and your only question is who is to be destroyed, you or another? 5 You seek to answer this question in your special relationships, in which you seem to be both destroyer and destroyed in part, but able to be neither completely. 6 And this, **the ego's special relationships**, you think saves you from God, Whose total Love would completely destroy you.

**Note # 95:** Because we follow the ego's thought system, we do not understand that God's Love requires nothing from us. God's love gives everything and demands nothing. No sacrifice is required and God's love is freely given. God's love cannot be earned. Because we lack knowledge of what love is, we allow the ego to redefine what love is. To the ego, love must require sacrifice and thus, love and sacrifice are always linked together. The more we sacrifice, the stronger our love.

The ego's special relationship demonstrates its warped concept of love. This unholy relationship always comes with strings attached. The string's ability to bind is derived from the sacrifices that we perceive we have made on behalf of another. We can make the other party feel guilty if they don't fulfill their part of the bartering agreement that the ego calls "love". The special relationship does not require that you sacrifice everything since it only gives to get. It does, however, require some pain, suffering and sacrifice on your part. Yet, if you made a "good trade," you will be able to extract more sacrifice from the other side than you gave. In a special relationship, we always begin by believing that we are making a "good trade". This is because what we "give up" is not valued as much as what we hope to gain from the other party. When the other party does not fulfill our predetermined needs, we feel justified in our anger. We blame the other party as the cause of our unhappiness. We become a combination of innocent victims, sinners, guilt throwers and guilt catchers. Because sin is unforgivable, the egoic version of love concludes that our total damnation would be the price that God would demand for the forgiveness of our sin of usurping His authority.

**T-15.X.8.** You think that everyone outside yourself demands your sacrifice, but you do not see that only you demand sacrifice, and only **sacrifice** of yourself. 2 Yet the demand

of sacrifice is so savage and so fearful that you cannot accept **the demand of sacrifice** where it is, **which is in you**. 3 The real price of not accepting this **fact that only you are demanding sacrifice** has been so great that you have given God away rather than look at **your own demand for self-imposed sacrifice**. 4 For if God would demand total sacrifice of you, it seems safer to project **God** outward and away from you, and not be host to **God**. 5 To **God** you ascribed the ego's treachery, inviting **the ego** to take **God's** place **so that the ego can protect you from God**. 6 And you do not recognize that it is what you invited in, **which is the ego**, that would destroy you, and **that the ego** does demand total sacrifice of you. 7 No partial sacrifice will appease this savage guest, **the ego**, for **the ego** is an invader who but seems to offer kindness, but always to make the sacrifice complete.

**Note # 96:** Egoic thought attempts to make the false true and the truth, false. Because of this, the ego ascribes the attributes of the ego to God. Being trapped in egoic thinking, we cannot escape the ego's logic within the illusionary dream that bares false witness against the truth. The belief system of the ego follows logically once you accept the erroneous idea that you are a limited ego-body. If you identify yourself as the body, everything the ego teaches appears to be correct. This is why ACIM states that you must question the major premise of the ego's thought system. The Holy Spirit states you are not a body, but rather, you are unlimited spirit. Being unlimited extensions of the Mind of God, we have nothing to fear. We are actually host to God. Being one with God, God require no sacrifice. What can a Oneness sacrifice and to whom? The only sacrifice would be self-sacrifice but to whom? We can pretend that we are required to make sacrifices, but to do so we must also pretend that we are not a Oneness. By pretending we are not a Oneness, we make the separation appear real. Our fantasies, however, will never change the truth. For truth is the changeless and just is.

**T-15.X.9.** You will not succeed in being partial hostage to the ego, for **the ego** keeps no bargains and would leave you nothing. 2 Nor can you be partial host to **the ego**. 3 You must choose between total freedom and total bondage **to the ego**, for there are no alternatives but these. 4 You have tried many compromises in the attempt to avoid recognizing the one decision you must make. 5 And yet it is the recognition of the **one** decision, *<just as it is,>* that makes the decision so easy. 6 Salvation is simple, being of God, and therefore very easy to understand. 7 Do not try to project **salvation** from you and see **salvation** outside yourself. 8 In you are both the question and the answer. **In you are both** the demand for sacrifice and the peace of God. p326

**Note # 97:** The only limits or sacrifices that we make are self-imposed. God has given us everything and demands nothing. Salvation only requires our complete acceptance of the truth of what we are. There can be no compromise with truth. The only decision we need to realize is that the truth is true and the false cannot change the truth. This is what the Holy Spirit teaches us. We cannot severe two masters. Reject the ego's thought system and accept the Holy Spirit's and the return to knowledge will be upon us. We will remember God for we will be remembering the truth.

## **XI. Christmas as the End of Sacrifice**

**T-15.XI.1.** Fear not to recognize the whole idea of sacrifice as solely of your making, **for sacrifice is not of God's making**. 2 And seek not safety by attempting to protect yourself from where **fear** is not. 3 Your brothers and your Father have become very fearful

to you. 4 And you would bargain with **your brothers and your Father** for a few special relationships, in which you think you see some scraps of safety. 5 Do not try longer to keep apart your **egoic thoughts of separation and limitation** and the Thought **from the Holy Spirit** that has been given you. 6 When **the thoughts of the two thought systems** are brought together and perceived where they are, the choice between **the two thought systems** is nothing more than a gentle awakening, and as simple as opening your eyes to daylight when you have no more need of sleep.

**Note # 98:** ACIM states that if we can compare each thought clearly, the choice for the Holy Spirit's thought system will become obvious. The ego's thought system, which is based on limitation, always requires sacrifice. The Holy Spirit's is based on abundance and, therefore, demands nothing. The ego's thought system attempts to make what is the false, true. The Holy Spirit brings the false before the light of truth and what is false simply disappears leaving only truth to be recognized.

**T-15.XI.2.** The sign of Christmas is a star, a light in darkness. 2 See **the light** not outside yourself, but shining in the Heaven within **your mind**, and accept **the light within you** as the sign the time of Christ has come. 3 **Christ** comes demanding nothing. 4 No sacrifice of any kind, of anyone, is asked by **Christ**. 5 In **Christ's** Presence the whole idea of sacrifice loses all meaning. 6 For **Christ** is Host to God. 7 And you need but invite **Christ** in Who is there already, by recognizing that **God's** Host, **Christ**, is One, and no thought alien to **God's** Oneness can abide with **Christ** there. 8 Love must be total to give **Christ and God** welcome, for the Presence of Holiness creates the holiness that surrounds it. 9 No fear can touch the Host, **Christ**, Who cradles God in the time of Christ, for the Host, **Christ**, is as holy as the perfect Innocence which **God** protects, and **God**, Whose power protects **Christ**.

**Note # 99:** The Christ, which is what we truly are, is the host to God. Being of one Mind, God and the Christ are intertwined and inseparable. God is the Cause and the Christ is God's Effect. The power of God protects the holiness and innocence of the Christ, because both are shared equally with the Christ. For the split-minded to recognize the Christ within themselves, it is necessary that there must be the removal of guilt and the acceptance of love. This requires no sacrifice. The only requirement is the acceptance of truth and the recognition that what is false can never be true.

Christmas is the time for the birth of Jesus, who represents Christ consciousness. Christmas time is the symbol for the reawakening of the Christ within our split-mind.

**T-15.XI.3.** This Christmas give the Holy Spirit everything that would hurt you. 2 Let yourself be healed completely that you may join with **the Holy Spirit** in healing, and let us celebrate our release together by releasing everyone with us. 3 Leave nothing behind, for release is total, and when you have accepted **release** with me you will give **release** with me. 4 **When you have accepted release**, all pain and sacrifice and littleness will disappear in our relationship, which is as innocent as our relationship with our Father, and as powerful **as our relationship with our Father**. 5 Pain will be brought to us and disappear in our presence, and without pain there can be no sacrifice. 6 And without sacrifice there love *<must>* be.

**Note # 100:** By accepting the Atonement for ourselves we are released from all illusion. With this release, we accept the truth of our divine birthright and reject the illusion of pain and sacrifice. The pain and sacrifice, which we had been projecting from our mind, will disappear leaving only the truth. Only the love that we really are will remain.

**T-15.XI.4.** You who believe that sacrifice is love must learn that sacrifice is separation from love. 2 For sacrifice brings guilt as surely as love brings peace. 3 Guilt is the condition of sacrifice, as peace is the condition for the awareness of your relationship with God. 4 Through guilt you exclude your Father and your brothers from yourself. p327 5 Through peace you invite **your Father and your brothers** back, realizing that they are where your invitation bids **your Father and your brothers to be**. 6 What you exclude from yourself seems fearful, for you endow **what you would attempt to exclude from yourself** with fear and try to cast it out, though **what you attempt to exclude from yourself remains** part of you. 7 Who can perceive part of himself as loathsome, and live within himself in peace? 8 And who can try to resolve the "conflict" of Heaven and hell in him by casting Heaven out and giving **Heaven** the attributes of hell, without experiencing himself as incomplete and lonely?

**Note # 101:** Sacrifice brings guilt because it is attack. Attack cannot be love. Love is all-inclusive. Sin, guilt, fear all demand sacrifice. They are all designed to exclude and to make the false seem real. For the ego, the purpose of time is to make the false, true. The denial of the truth is the making of hell. Hell is the effect of the denial of your divine birthright. Heaven is the effect of the acceptance of truth. To deny the truth is to deny that the Mind of God is all-inclusive. There is nothing outside the Mind of God for God is Truth. To exclude a brother from the union of the Oneness is to cast yourself into the separation that makes hell. Everything is the perfect extension of God. In the Mind of God, there is no difference between any part and the whole. In the Mind of God, the part is the whole, and the whole is the part. There is only the One. This is the truth of Heaven. There can be no conflict in Heaven since only truth exists.

**T-15.XI.5.** As long as you perceive the body as your reality, so long will you perceive yourself as lonely and deprived. 2 And so long **as you perceive yourself as lonely and deprived** will you also perceive yourself as a victim of sacrifice, justified in sacrificing others. 3 For who could thrust Heaven and its Creator aside without a sense of sacrifice and loss? 4 And who could suffer sacrifice and loss without attempting to restore himself **to his previous state of wholeness prior to the loss?** 5 Yet how could you accomplish **the return to your previous state of wholeness** yourself, when the basis of your attempts **for return to wholeness** is the belief in the reality of the deprivation, **which is your belief that you are the body?** 6 Deprivation breeds attack, being the belief that attack is justified. 7 And as long as you would retain the deprivation, attack becomes salvation and sacrifice becomes love.

**Note # 102:** Once you identify yourself as a body, you have become trapped in the logic of the egoic thought system. We are caught in an endless cycle of victim consciousness. We can never escape this cycle of sin, guilt and fear that leads to sacrifice. Sacrifice, in turn, only leads to more sin, guilt and fear that demand greater sacrifice. Only by asking for the guidance of the Holy Spirit can we escape this belief that we are a sinful body.

**T-15.XI.6.** So is it that, in all your seeking for love, you seek for sacrifice and find **sacrifice**. 2 Yet you find not love. 3 It is impossible to deny what love is and still recognize **love**. 4 The meaning of love lies in what you have cast outside yourself, and **what you have cast outside yourself** has no meaning apart from you. 5 It is what you prefer to keep, **the guilt that requires sacrifice** that has no meaning, while all **the love** that you would keep away holds all the meaning of the universe, and holds the universe together in **love's** meaning. 6 Unless the universe were joined in you **the universe** would be apart from God, and to be without **God** <is> to be without meaning.

**Note # 103:** God is love and God is truth. Truth, therefore, must be love and love, truth. They are all inseparable. There is nothing outside of God. To dream that we can cast ourselves outside of God is the denial of truth. The false has no reality and, therefore, is meaningless. We can pretend and believe that we are outside the Mind of God, but all our denial cannot make what is false, true. We will always remain as God created us, a changeless, perfect whole.

**T-15.XI.7.** In the holy instant the condition of love is met, for minds are joined without the body's interference, and where there is communication there is peace. 2 The Prince of Peace, **Jesus**, was born to re-establish the condition of love by teaching that communication remains unbroken even if the body is destroyed, provided that you see not the body as the necessary means of communication. 3 And if you understand this lesson **that the body is not necessary for communication**, you will realize that to sacrifice the body is to sacrifice nothing, and communication, which must be of the mind, cannot be sacrificed. 4 Where, then, <is> sacrifice **if the body is nothing**? 5 The lesson I was born to teach, and still would teach to all my brothers, is that sacrifice is nowhere and love is everywhere. 6 For communication embraces everything, and in the peace **communication** is re-establishes **and** love comes of itself. p328

**Note # 104:** Jesus has stated previously that his resurrection was the most important part of his life. The resurrection proved that we are not a body and that the abandonment of the body has no effect on our unlimited spirit. A body is not required for communication, for the body is not life. When we stop identifying ourselves as a limited ego-body, we realize that we are the Big "S" Self of Christ. Communication, the remembrance of God, is restored.

**T-15.XI.8.** Let no despair darken the joy of Christmas, for the time of Christ is meaningless apart from joy. 2 Let us join in celebrating peace by demanding no sacrifice of anyone, for so you offer me the love I offer you. 3 What can be more joyous than to perceive we are deprived of nothing? 4 Such is the message of the time of Christ, which I give you that you may give **the same message that we are deprived of nothing** and return **the same message** to the Father, Who gave **the same message that we are deprived of nothing** to me. 5 For in the time of Christ communication is restored, and **God** joins us in the celebration of His Son's creation.

**Note # 105:** Christ is God's Effect. Christ is as God created us. Being everything, God gave everything to His Creation. When the Sonship creates, the Christ, which is everything, also extends everything to the Sonship's own creations. We are co-creators with the Father.

Being a Oneness of everything, perfect communication is restored within all parts of the Mind of God. Cause and Effect communicate as One Self.

**T-15.XI.9.** God offers thanks to the holy host, **Christ**, who would receive **God**, and lets **God** enter and abide where **God** would be. 2 And by your welcome does **God** welcome you into Himself, for what is contained in you who welcome **God** is returned to **Christ**. 3 And we but celebrate **God's** Wholeness as we welcome **Christ** into ourselves. 4 Those who receive the Father are one with **Christ**, being host to **God, the Father** Who created them. 5 And by allowing **Christ** to enter, the remembrance of the Father enters with **Christ**, and with **God** they remember the only relationship they ever had, and ever want to have.

**Note # 106:** This shows the interrelationship of God, the Father, the Son, the Sonship, the Christ and the Holy Ghost. The Christ is the Host to God. The Father created the Sonship, Which is God's Son. The Holy Ghost is the communication or bridge between the Father and the Son. This demonstrates why the Laws of God states that a part is equal to the whole, and the whole is equal to a part. Because of our dualistic thinking, ACIM discusses these concepts as separate ideas or "entities with different and distinct functions" yet they are inseparable in reality. There is only the One, which is the "everything" that comprises the Mind of God.

**T-15.XI.10.** This is the time in which a new year will soon be born from the time of Christ. 2 I have perfect faith in you to do all that you would accomplish. 3 Nothing will be lacking, and you will make complete and not destroy. 4 Say, then, to your brother:

*5 I give you to the Holy Spirit as part of myself.*

*6 I know that you will be released, unless I want to use you to imprison myself.*

*7 In the name of my freedom I choose your release, because I recognize that we will be released together.*

8 So will the year begin in joy and freedom. 9 There is much to do, and we have been long delayed. 10 Accept the holy instant as this year is born, and take your place, so long left unfulfilled, in the Great Awakening. 11 Make this year different by making **this year** all the same. 12 And let all your relationships be made holy for you. 13 This is our will. 14 Amen. p329

**Note # 107:** Jesus ends this chapter with a request that we accept the truth about our brother and ourselves. Unless we see our brother as guiltless, we cannot be free. By giving all our private thoughts to the Holy Spirit, all our past judgments are removed. This is the beginning of the acceptance of the Atonement for ourselves. The Atonement process will lead to the truth and the denial of the false. The return to Heaven is the return to Truth.