

Chapter 18.

THE PASSING OF THE DREAM

I. The Substitute Reality

T-18.I.1. To substitute is to accept instead. 2 If you would but consider exactly what **to substitute, which means to accept instead**, entails, you would perceive at once how much at variance **substitution** is with the goal the Holy Spirit has given you, and **the goal the Holy Spirit** would accomplish for you. **The goal of the Holy Spirit is to return the Sonship to the truth of its Oneness. It is to join as one.** 3 To substitute is to choose between, renouncing one aspect of the Sonship in favor of the other **aspect of the Sonship**. 4 For this special purpose **of choosing aspects of the Sonship over another aspect**, one **aspect of the Sonship** is judged more valuable and the other **aspect** is replaced by **this new choice**. 5 The relationship in which the substitution occurred is thus fragmented, and **the relationship's** purpose split accordingly **into separate parts**. 6 To fragment is to exclude, and substitution is the strongest defense the ego has for separation.

Note # 1: The Holy Spirit's goal is to bring the split-mind back to truth. It joins minds that appear to be separate. The Holy Spirit's goal is to correct any misperception. We believe that we are really a separate, limited ego-body rather than an unlimited spirit, which shares the one and only Mind of God. The ego's goal is to substitute the false illusion of separation over the truth of the Oneness. By fragmenting the Oneness, the ego insures that each part, or aspect, of the whole will be perceived as special and unique. To the ego, we only give to get. Having is associated with getting, not being. Each person's goals are separate and distinct. This fragmentation by the ego helps insure that the illusion of separation will be maintained.

T-18.I.2. The Holy Spirit never uses substitutes. 2 Where the ego perceives one person as a replacement for another, the Holy Spirit sees them, **all brothers** joined and indivisible. 3 The **Holy Spirit** does not judge between **aspects of the Sonship**, knowing they are one. 4 Being united, **aspects of the Sonship** are one because they are the same. 5 Substitution is clearly a process in which **aspects of the Sonship** are perceived as different. 6 **The Holy Spirit** would unite; the other, **the ego, would** separate. 7 Nothing can come between what God has joined and what the Holy Spirit sees as one. 8 But everything *<seems>* to come between the fragmented relationships the ego sponsors to destroy.

Note # 2: Different aspects of the Sonship appear to be separate but this appearance is only within the world of form. Beyond form, the content is the same. The content, or function, of all relationships is to be love and teach only love. To the ego, form, not content, is important. To the Holy Spirit, if the purpose, or function is the same, the apparent unique form in which the experience may appear is irrelevant. Since the reality of the Sonship is a Oneness, different aspects of the whole cannot be split apart from the whole. The Holy Spirit is constantly reinterpreting the egoic illusion of fragmentation or separation into the truth of wholeness.

T-18.I.3. The one emotion in which substitution is impossible is love. 2 Fear involves substitution by definition, for **fear** is love's replacement. 3 Fear is both a fragmented and fragmenting emotion. 4 **Fear** seems to take many forms, and each **form of fear** seems to require a different form of acting out for **its** satisfaction. 5 While **the many forms of fear** appear to introduce quite variable behavior, a far more serious effect lies in the fragmented

perception from which the behavior stems. 6 **Due to this fragmented perception**, no one is seen complete. 7 The body is emphasized, with special emphasis on certain parts of the **whole**, and **certain parts of the whole are used** as the standard for comparison of acceptance or rejection for acting out a special form of fear.

Note # 3: The emotion of love has no substitute. The ego attempts to substitute fear for love but only love is real. With the fragmenting of the Sonship by the egoic belief in the separation, sin, guilt and fear have arisen in the mind of the split-minded Son. Form, our belief that we are a body, has risen to help hide the truth that the Sonship remains pure unlimited spirit. Only the ego compares and judges aspects of a Oneness. This comparison of form over content, gives the appearance of differing levels of reality. At the level of perception, there appears to be a choice between truth or illusion, love or fear. The ego fragments and claims that each illusionary form of the experience of separation is different from another form of the illusion. The Holy Spirit knows that one dream is no harder to correct than any other dream since both are illusions. Because of this, the Holy Spirit's solution to any form of fear that may appear in your awareness is to always bring fear into the light of truth. Once in the light of truth, any form of fear will disappear. Because the correction is the same, there is no order of difficulty in miracles.

T-18.I.4. You who believe that God is fear made but one substitution. 2 **This one substitution, or error**, has taken many forms, because **this error** was the substitution of illusion for truth; of fragmentation for wholeness. 3 **This error of the substitution of illusion for truth; of fragmentation for wholeness** has become so splintered and subdivided and divided again, over and over, that it is now almost impossible to perceive **that the Sonship** once was one, and still is what it was **which is a united shared Oneness with the Mind of God**. 4 That one error, which brought truth to illusion, infinity to time, and life to death, was all you ever made. 5 Your whole world rests upon **that one error**. 6 Everything you see reflects **that one error**, and every special relationship that you have ever made is part of **that one error**.

Note # 4: This one error is the belief in the separation. We choose to substitute the truth of the One Self with the illusion of specialness and separation. This is the essence of the "authority problem". The idea that the Sonship could be something other than what God created, as God created it, is the belief that there was some will other than God's Will. The error replaces the true with the false.

T-18.I.5. You may be surprised to hear how very different is reality from what you see. 2 You do not realize the magnitude of that one error **of the substitution of illusion for truth; of fragmentation for wholeness**. 3 **This one error** was so vast and so completely incredible that from **this one error** a world of total unreality <had> to emerge. p372 4 What else could come of **the substitution of illusion for truth**? 5 **This one error's** fragmented aspects are fearful enough, as you begin to look at them. 6 But nothing you have seen begins to show you the enormity of the original error, which seemed to cast you out of Heaven, to shatter knowledge into meaningless bits of disunited perceptions, and to force you to make further substitutions.

Note # 5: By substituting illusion for the truth of the Oneness, the egoic belief of the separation was birthed. Truth was replaced by illusion. As fear arose from our

identification with the illusion, we created more fragmentation of the truth of the united Sonship. As the truth became more obscure with each passing dream, we exchanged knowledge for perception. This marked the beginning of our descent from knowledge into the depths of victim consciousness. Once in victim consciousness, it appears that we are totally powerless to affect any change in the dream of separation. We forget we are both the dreamer and the decision-maker.

T-18.I.6. That was the first projection of error outward. 2 The world arose to hide **this error of the substitution of illusion for truth**, and **the world** became the screen on which **the error** was projected and drawn between you and the truth. 3 For truth extends inward, where the idea of loss is meaningless and only increase is conceivable. 4 Do you really think it strange that a world in which everything is backwards and upside down arose from this projection of error **of the substitution of illusion for truth**? 5 **This illusionary upside down world** was inevitable. 6 For truth brought to this **upside down world** could only remain within in quiet, and take no part in all the mad projection by which this world was made. 7 Call **this error, which made this illusionary world not a sin but madness**, for such it was and so **madness** it still remains. 8 Invest **the error** not with guilt, for guilt implies **the substitution of illusion for truth** was accomplished in reality. 9 And above all, *<be not afraid of the error>*.

Note # 6: ACIM states that error only requires correction, not punishment. This is because an illusion has no reality outside the mind of the dreamer. God knows that His Child is only dreaming and the only correction needed is to awaken the sleeping Child. The Holy Spirit is given the task of gently awakening the dreamer to the truth of his One Self. The acceptance of the Atonement for oneself is the means given to accomplish this process.

T-18.I.7. When you seem to see some twisted form of the original error **of the substitution of illusion for truth** rising to frighten you, say only, "God is not fear, but Love," and **fear from this error** will disappear. 2 The truth will save you. 3 **The truth** has not left you, to go out into the mad world and so depart from you. 4 Inward is sanity; insanity is outside you. 5 You but believe it is the other way; that truth is outside, and error and guilt within. 6 Your little, senseless substitutions, touched with insanity and swirling lightly off on a mad course like feathers dancing insanely in the wind, have no substance. 7 **Your little, senseless substitutions** fuse and merge and separate, in shifting and totally meaningless patterns that need not be judged at all. 8 To judge **your little senseless substitutions** individually is pointless. 9 **Your little, senseless substitutions of tiny differences in form** are no real differences at all. 10 None of **their tiny differences in form** matters. 11 *<That>* they have in common and nothing else. 12 Yet what else is necessary to make **your little senseless substitutions** all the same **then the fact that differences in form do not matter?**

Note # 7: The form that an illusion takes does not matter. Content, not form is the concern of the Holy Spirit. The ego wants us to place our attention on form only. Form gives the appearance of separation from the whole. The content or function that the Holy Spirit sees is always to bring the perceived experience into the light of truth where illusion disappeared. The type of form that fear may take is irrelevant to the Holy Spirit for the correction is always the same. All fear arises from the same original error of substituting

illusion for truth. Although the form of fear may appear to vary, the Holy Spirit's solution for all forms of fear are the same, merely bring illusion to the truth.

Truth is found inside your mind. The ego tells you to seek truth outside yourself where it can never be found.

T-18.I.8. Let all of the **substitutions of illusion for truth** go, dancing in the wind, dipping and turning till **the illusions** disappear from sight, far, far outside of you. 2 And turn you to the stately calm within, where in holy stillness dwells the living God you never left, and Who never left you. p373 3 The Holy Spirit takes you gently by the hand, and retraces with you your mad journey outside yourself, leading you gently back to the truth and safety within. 4 **The Holy Spirit** brings all your insane projections and the wild substitutions that you have placed outside you to the truth. 5 Thus **the Holy Spirit** reverses the course of insanity and restores you to reason.

Note # 8: Even in the dream state of separation, our Christ consciousness remains in communion with God. Only by going within the mind to this place, which is the home of the Holy Spirit, will reality be found. We never lost truth; we only forgot where we placed it.

T-18.I.9. In your relationship with your brother, where **the Holy Spirit** has taken charge of everything at your request, **the Holy Spirit** has set the course inward to the truth you share. 2 In the mad world outside you nothing can be shared but only substituted, and sharing and substituting have nothing in common in reality. 3 Within yourself, **your Big "S" Self**, you love your brother with a perfect love. 4 Here is holy ground, in which no substitution can enter, and where only the truth in your brother can abide. 5 Here you are joined in God, as much together as you are with Him, **the Sonship**. 6 The original error has not entered here, nor ever will. 7 Here is the radiant truth, to which the Holy Spirit has committed your relationship. 8 Let **the Holy Spirit** bring **your relationship with your brother** here, where *<you>* would have **the relationship** be. 9 Give **the Holy Spirit** but a little faith in your brother, to help **the Holy Spirit** show you that no substitute you made for Heaven can keep you from **Heaven**.

Note # 9: In the mad world outside of you, nothing can be shared because form itself cannot be shared. This illusionary world of substitution is a world of form. Form cannot be shared because any sharing of form would require the diminishment of the holdings of the giver. Someone would start with one candy bar and after the supposedly sharing, would have only half of the candy bar left. To share form always requires sacrifice on someone's part. Only thoughts or ideas can be shared without diminishing the giver. The Holy Spirit understands that we are unlimited spirit and a shared Oneness of everything. Ideas and thoughts can be shared and by sharing these ideas are strengthened. Creation is extension of unlimited spirit, not form.

T-18.I.10. In you there is no separation, and no substitute can keep you from your brother. 2 Your reality was God's creation, and has no substitute. 3 You are so firmly joined in truth that only God is there. 4 And **God** would never accept something else instead of you. 5 **God** loves you **and your brother**, both, equally and as one. 6 And as **God** loves you, so you are **love**. 7 You are not joined together in illusions, but in the Thought so holy and so perfect that illusions cannot remain to darken the holy place in

which you stand together. 8 God is with you, my brother. 9 Let us join in **God** in peace and gratitude, and accept **God's** gift as our most holy and perfect reality, which we share in **God**.

Note # 10: We all share totally and equally the holographic Mind of God. Being an extension of the Mind of God, no separation between the Father, Sonship and Holy Spirit exists. In reality, there is only God. We are the thought of God. We are that One Self.

T-18.I.11. Heaven is restored to all the Sonship through your relationship, for in **Heaven** lies the Sonship, whole and beautiful, safe in your love. 2 Heaven has entered quietly, for all illusions have been gently brought unto the truth in you, and love has shined upon you, blessing your relationship with truth. 3 God and His whole creation, **the Sonship**, have entered **Heaven** together. 4 How lovely and how holy is your relationship, with the truth shining upon it! 5 Heaven beholds **your relationship**, and rejoices that you have let **Heaven** come to you. 6 And God Himself is glad that your relationship is as **your relationship** was created. p374 7 The universe within you stands with you, together with your brother. 8 And Heaven looks with love on what is joined in **Heaven**, along with its Creator.

Note # 11: The Holy Spirit transforms special relationships into holy relationships. Forgiveness is the tool that the Holy Spirit utilizes to restore love to the relationship. This leads to the understanding that God's Son is guiltless and that spirit cannot be hurt. The Holy Spirit preserves all our loving thoughts in heaven awaiting our return to truth.

T-18.I.12. Whom God has called should hear no substitutes. 2 **The egoic call for substitution of illusion over truth, which is the thought system of the ego**, is but an echo of the original error that shattered Heaven. 3 And what became of peace in those who heard **the ego's call**? 4 Return with me to Heaven, walking together with your brother out of this world of **form and substitution** and through another, to the loveliness and joy the other holds within it. 5 Would you still further weaken and break apart what is already broken and hopeless? 6 Is **this upside down world of illusion where** you would look for happiness? 7 Or would you not prefer to heal **this upside down world of illusion that** has been broken, and join in making whole what has been ravaged by separation and disease?

Note # 12: Jesus implores us to choose for truth over illusion. By siding with the thought system of the Holy Spirit, we will return to truth (Heaven) and the world of illusion and form will fade into the nothingness from which it arose. The separation will be healed and the Oneness of God with the Sonship and the Sonship's creations will be joined within that One Self that is the Mind of God.

T-18.I.13. You have been called, together with your brother, to the most holy function this world contains. 2 **This holy function, the acceptance of the truth of the Atonement for oneself**, is the only one that has no limits, and reaches out to every broken fragment of the Sonship with healing and uniting comfort. 3 This is offered you, in your holy relationship. 4 Accept **the Atonement** here, and you will give as you have accepted. 5 The peace of God is given you with the glowing purpose in which you join with your brother. 6 The holy light of **truth** that brought you and him together must extend, as you accepted **the truth that is the Atonement**.

Note # 13: The acceptance of the Atonement for oneself is our holy function. The Atonement is the acceptance that the Sonship is sinless and guiltless. We reawaken to the truth that we are perfect, whole and complete. Since to give is to receive, all share this forgiveness. We are all joined in the Mind of God and the Sonship is returned to the sanity of this truth. We, the Christ remember God and know ourselves to be the expression of the Oneness of God. We extend and are only love.

II. The Basis of the Dream

T-18.II.1. Does not a world that seems quite real arise in dreams? 2 Yet think what this world of **perception or provisional reality** is. 3 **The world of your provisional reality** is clearly not the world you saw before you slept. 4 Rather **your provisional reality** is a distortion of the world, planned solely around what you would have preferred. 5 Here **in your provisional reality**, you are "free" to make over whatever seemed to attack you, and change **what attacks you** into a tribute to your ego, which was outraged by the "attack." 6 This would not be your wish unless you saw yourself as one with the ego, which always looks upon itself, and therefore on you, as under attack and highly vulnerable to **attack**.

Note # 14: ACIM states that what our mind truly desires and values will be what we perceive. Thoughts are things and we make our world based on what we desire. We claim that we are powerless victims of some outside force. Yet, these outside force are only the projections from our own split mind. Any power the ego seems to have, we have freely abdicated to it. We have substituted the awareness of our Big "S" Self for the littleness of the ego.

T-18.II.2. Dreams are chaotic because **dreams** are governed by your conflicting wishes, and therefore **since dreams arise from your conflicting wishes**, they have no concern with what is true. 2 **Dreams** are the best example you could have of how perception can be utilized to substitute illusions for truth. 3 You do not take **dreams** seriously on awaking because the fact that reality is so outrageously violated in **the dream** becomes apparent. 4 Yet **dreams** are a way of looking at the world, and changing **the world** to suit the ego better. p375 5 **Dreams** provide striking examples, both of the ego's inability to tolerate reality, and of your willingness to change reality on **the ego's** behalf.

Note # 15: ACIM points out that in our sleep, dreams are sourced by our mind's mental powers. The power of the mind is used to create visions that are based on your current wishes and these wishes do not have to follow the normal earthly laws. For example: In a dream, we may allow ourselves to fly. While in the dream, the dreamer believes the dream to be real. However, when we awake from the dream, we realize that the dream had no effect on modifying the laws that appear to govern our non-sleeping world. Our non-sleeping state is similar to our sleeping dreams when compared to the real world of Heaven's truth.

T-18.II.3. You do not find the differences between what you see in sleep and on awaking disturbing. 2 You recognize that what you see on waking is blotted out in dreams. 3 Yet on awakening, you do not expect **your non-sleeping world** to be gone. 4 In dreams <you> arrange everything. 5 People become what you would have them be, and what

people do in your dream you order. 6 No limits on substitution are laid upon you **in your dreams**. 7 For a time it seems as if the world were given you, to make **a dream world** what you wish. 8 You do not realize you are attacking **your non-sleeping world**, trying to triumph over **your non-sleeping world** and make **your non-sleeping world** serve you.

Note # 16: Our dreams are an attack or escape from our non-sleeping world. We modify or substitute the normal rules that govern our non-sleeping world to fit our personal wishes. All of this comes from our mind and not from some outside force. It is our mind, not some outside force that is in control of our own personal dreams.

T-18.II.4. Dreams are perceptual temper tantrums, in which you literally scream, "I want it thus!" 2 And thus it seems to be. 3 And yet the dream cannot escape its origin, **which is your mind**. 4 Anger and fear pervade **the dreamer's mind**, and in an instant the illusion of satisfaction is invaded by the illusion of terror. 5 For the dream of your ability to control reality by substituting a world that you prefer <is> terrifying. 6 Your attempts to blot out reality are very fearful, but you are not willing to accept **the fact that your attempts to blot out reality are the cause of your fear**. 7 And so you substitute the fantasy that reality is fearful, not **the fact that it is** what **your split-mind** would do to **reality that is fearful**. 8 And thus is guilt made real.

Note # 17: Just like a dream, our non-sleeping world of provisional reality is an egoic attempt to modify or substitute a fantasy for the truth of the real world of Heaven. Our world of perception parallels the world of knowledge. Like our dream which blots out the "fact" that we are asleep in our earthly world, the dream of separation blots out the world of Oneness. By identifying our mind with the dream of separation, we make the dream appear real. This making the dream real is the source of our guilt. It is not the dream that is the source of guilt but rather the mind's identifying itself with the dream that is the problem. Guilt arises from the fact that we have chosen to believe the dream is true. Rather than live with this self-inflected guilt, we attempt to get rid of the guilt and perceived sin by projecting this guilt outside ourselves and blaming someone else. Unfortunately, since ideas never leave their source, projection only insures that we get to keep the guilt hidden deep within our mind.

Heaven, like our world of perception, is not a physical place but a state of mind.

T-18.II.5. Dreams show you that you have the power to make a world as you would have it be, and that because you want it you see **the world as you would have it be**. 2 And while you see **a world as you would have it be** you do not doubt that it is real. 3 Yet here is a world, clearly within your mind, that seems to be outside **your mind**. 4 You do not respond to **this made-up world within your mind** as though you made it, nor do you realize that the emotions the dream produces must come from you, **the dreamer**. 5 It is the figures in the dream and what **the figures in the dream** do that seem to make the dream. 6 You do not realize that you are making **the figures in the dream** act out for you, for if you did the guilt would not be theirs **but yours**, and the illusion of satisfaction would be gone. 7 In dreams these features are not obscure. 8 You seem to waken, and the dream is gone. 9 Yet what you fail to recognize is that what caused the dream, **which is your mind**, has not gone with **the dream and the dream figures**. 10 Your wish to make another world that is not real remains with you, **the maker of the dream**. 11 And what you seem to waken to is but another form of this same world you see in dreams. 12 All your time is spent in

dreaming. 13 Your sleeping and your waking dreams have different forms, and that is all. 14 Their content of **both your sleeping and your waking dreams** is the same. 15 **Both your sleeping and your waking dreams** are your protest against reality, and your fixed and insane idea that you can change **the reality of the Oneness**. 16 In your waking dreams, the special relationship has a special place. p376 17 **The special relationship** is the means by which you try to make your sleeping dreams come true. 18 From this, you do not waken. 19 The special relationship is your determination to keep your hold on unreality, and to prevent yourself from waking. 20 And while you see more value in sleeping than in waking, you will not let go of **your illusory world of provisional reality and the special relationships it projects, embodies, and protects**.

Note # 18: ACIM notes that there are a great many parallels between a physical dream and our non-sleeping life when compared to the world of perception versus the world of knowledge. Both the physical dream and the world of time and space are attempts to change the world, as we perceive and believe the world to be. ACIM states that there is no difference between a sleeping moment and a non-sleeping moment that we spend on earth. They are both equally false. Both attempt to block the reality that we are the extension of the Mind of God and, therefore, unlimited spirit. In our non-sleeping moments, we seek to find happiness in the special relationship. In the special relationship, we seek to find something outside ourselves to make us whole. Our world of provisional reality is based on the erroneous belief that our dream can change reality by making us something that is not perfect, whole and complete. The physical world of time and space is a place within our split-mind that we made to hide from our true nature as the One Self. We are not ego-bodies but rather unlimited spirit. We can choose to be in the world but not of the world. To do this would require that we no longer value anything in this illusory world of egoic form.

T-18.II.6. The Holy Spirit, ever practical in His wisdom, accepts your dreams and uses **your dreams** as means for waking. 2 You would have used **your dreams** to remain asleep. 3 I said before that the first change, before dreams disappear, is that your dreams of fear are changed to happy dreams. 4 **To change your dreams of fear to happy dreams** is what the Holy Spirit does in the special relationship. 5 **The Holy Spirit** does not destroy **the special relationship**, nor snatch **the special relationship** away from you. 6 But **the Holy Spirit** does use **the special relationship** differently, as a help to make **the Holy Spirit's** purpose real to you. 7 The special relationship will remain, not as a source of pain and guilt, but as a source of joy and freedom. 8 **The special relationship** will not be for you alone, for **by not sharing** therein lay **the special relationship's** misery. 9 As its unholiness kept **the special relationship** a thing apart, its holiness will become an offering to everyone.

Note # 19: The unholiness of the special relation arises out of the egoic split mind's desire to benefit only the giver. In the special relationship, the ego is looking for something outside itself to make you complete or better off. Yet, the ego is only willing to trade "things" that it does not value. The special relationship is a form of bartering and is based on sacrifice and the belief in limitation. It confirms and makes the separation appear real. Even in its purest egoic form, the special relationship is still a case of "us" against the world. The Holy Spirit will reinterpret the special relationship and transform it into a place of joining and sharing. In the now holy relationship, we share the thoughts of love and

forgiveness and look past bodily form to the wholeness of our brother's Big "S" Self. In the holy relationship, the Holy Spirit teaches us that being a Oneness, to give is to receive.

T-18.II.7. Your special relationship will be a means for undoing guilt in everyone blessed through your holy relationship. 2 **Your holy relationship's undoing of guilt** will be a happy dream, and one which you will share with all who come within your sight. 3 Through **the holy relationship's undoing of guilt**, the blessing the Holy Spirit has laid upon it will be extended. 4 Think not that **the Holy Spirit** has forgotten anyone in the purpose **the Holy Spirit** has given you. 5 And think not that **the Holy Spirit** has forgotten you to whom **the Holy Spirit** gave the gift. 6 **The Holy Spirit** uses everyone who calls on **the Holy Spirit** as means for the salvation of everyone. 7 And **the Holy Spirit** will waken everyone through you who offered your relationship to **the Holy Spirit**. 8 If you but recognized **the Holy Spirit's** gratitude! 9 Or mine **gratitude** through **the Holy Spirit's** **gratitude!** 10 For we are joined as in one purpose, being of one mind with **God**.

Note # 20: The Holy Spirit utilizes the miracle to transform the special relationship into a holy one. The miracle is a change within the mind of the perceiver. It is the rejection of the egoic thought system for the thought system of the Holy Spirit. In the holy relationship, we utilize correct perception to join and share the thoughts of love and forgiveness with our brother. Inclusion and joining is the new purpose that has transformed the special relationship into a holy one. Where lack and limitation were once egoically perceived, now joining with the One Self is the objective. Although we speak as if the Holy Trinity were separate, all parts contain the Whole. We are all joined together for there is only the one Mind of God.

T-18.II.8. Let not the dream take hold to close your eyes. 2 It is not strange that dreams can make a world that is unreal. 3 **What is strange** is the *<wish>* to make **a world that is unreal** that is incredible. 4 Your relationship with your brother has now become one in which the wish **to make a world that is unreal** has been removed, because **the wish's** purpose has been changed from one of dreams to one of truth. 5 You are not sure of this **change in your wish's purpose to one of truth**, because you think it may be this **change in purpose** that is the dream. 6 You are so used to choosing among dreams you do not see that you have made, at last, the choice between the truth and *<all>* illusions.

Note # 21: This change in our wish's purpose occurs when we choose to ask for the Holy Spirit's guidance. This is the choice for truth over illusions. Without the request for new guidance, the egoic thought system will continue to control the dream. The dream will act as a witness for the belief that the separation is real. When we ask for the guidance of the Holy Spirit, our new guide can begin the transformation of the egoic dream of separation into the happy dream that supports the healing of the split-minded Sonship. This happy dream will closely resemble the truth of Heaven, yet still be based on perception, not knowledge. Thus, the happy dream is not part of the real world of heaven.

T-18.II.9. Yet Heaven is sure. 2 **Heaven** is no dream. 3 **Heaven's** coming means that you have chosen truth, and **Heaven** has come because you have been willing to let your special relationship meet **truth's** conditions. p377 4 In your relationship the Holy Spirit has gently laid the real world; the world of happy dreams, from which awaking is so easy and so natural. 5 For as your sleeping and your waking dreams represent the same wishes in

your mind, so do the real world and the truth of Heaven join in the Will of God. 6 The dream of waking is easily transferred to **the reality of awakening to the truth**. 7 For this dream reflects your will joined with the Will of God. 8 And what this Will of God would have accomplished has never *<not>* been done.

Note # 22: The goal of the Holy Spirit is to reawaken God's sleeping Son to the Truth and return the Sonship to Heaven. When our world of provisional reality becomes similar to the real world, the Father will take the final step in the Son's return to knowledge. In the happy dream, the Christ consciousness has been awakened so that we look beyond the illusion of form and realize that both our brother and ourselves are unlimited Spirit, joined in the Mind of God. It is not that the physical planet, Earth, becomes a Heaven on Earth, but rather that our mind only looks upon all events as an opportunity to only be and teach love. Only when we see everything as either an expression of love or a cry for love and we respond only with love will the happy dream become similar to Heaven. In Heaven, love is all there is. God is Love and we are an extension of Our Creator. When we are only love, we have returned to Truth. Now, our Father can take the final step and return His Son to knowledge.

III. Light in the Dream

T-18.III.1. You who have spent your life in bringing truth to illusion, reality to fantasy, have walked the way of dreams. 2 For you have gone from waking to sleeping, and on and on to a yet deeper sleep. 3 Each dream has led to other dreams, and every fantasy that seemed to bring a light into the darkness but made the darkness deeper. 4 Your goal was darkness, in which no ray of light could enter. 5 And you sought a blackness so complete that you could hide from truth forever, in complete insanity. 6 What you forgot was simply that God cannot destroy Himself. 7 The light is *<in>* you. 8 Darkness can cover **the light in you**, but cannot put out **the light in you**.

Note # 23: The "YOU" in this paragraph is the split-minded Sonship. Our Big "S" Self holds the truth about our Oneness, yet the little "s" self still feels the lure of egoic specialness, which is witnessed by the ego's special relationships. It is the egoic thought system that we have chosen to follow that leads us into the deep abyss of insanity. The ego's thought system claims that its goal is to bring you happiness. Yet, with each attempt to obtain egoic happiness, we discover its emptiness. The ego's plan is to "seek and never find." The ego is constantly advising us that we will be happy when we obtain something outside ourselves that will make us whole. When we obtain this goal, we discover that happiness still eludes us and so the ego changes the plan and provides us with a new goal. Instead of the happiness the ego promised, we experience suffering, pain and death.

Example: I will be happy when I get married. Once married, the ego tells us we will be happy when we get a divorce.

T-18.III.2. As the light comes nearer you will rush to darkness, shrinking from the truth, sometimes retreating to the lesser forms of fear, and sometimes to stark terror. 2 But you will advance, because your goal is the advance from fear to truth. 3 The goal you accepted is the goal of knowledge, for which you signified your willingness. 4 Fear seems to live in darkness, and when you are afraid you have stepped back **into the darkness**. 5 Let us then join quickly in an instant of light, and it will be enough to remind you that your goal is light.

Note # 24: The light is the bringer of the truth. To the ego, the truth that you share the Will of the Creator is fearful because if this truth is fully accepted by you, the egoic thought system will disappear. This would mean the death of the ego. Because we share God's Will, our egoic consciousness can only delay the return to knowledge, for the return to the Oneness is certain. The fear birthed out of the illusion of separation cannot co-exist where the light of truth is. This journey back to the light is not made alone. The Holy Spirit, Jesus and our brothers all will aid us in this return journey to our home.

T-18.III.3. Truth has rushed to meet you since you called upon **truth**. 2 If you knew Who walks beside you on the way that you have chosen, fear would be impossible. **The Holy Spirit walks beside you on this journey.** 3 You do not know because the journey into darkness has been long and cruel, and you have gone deep into **the journey of separation**. 4 A little flicker of your eyelids, closed so long, has not yet been sufficient to give you confidence in yourself, so long despised. 5 You go toward love still hating **love**, and terribly afraid of **love's** judgment upon you. 6 And you do not realize that you are not afraid of love, but only of what you have made of **love**. 7 You are advancing to love's meaning, and away from all illusions in which you have surrounded **love**. p378 8 When you retreat to the illusion your fear increases, for there is little doubt that what you think **love** means *<is>* fearful. 9 Yet what is that to us who travel surely and very swiftly away from fear?

Note # 25: Because we have been following the egoic thought system, we have an upside down belief about what love is. To the ego, love is what we would refer to as conditional love. "I will love you, if ..." This is not love but is a form of bartering. Egoic love requires sacrifice because it is not freely given. Egoic love is based on the premise that we lack something, which can only be obtained from something outside ourselves. Behind each trade is the fear that what we want, which is wholeness, can and will be withdrawn from us if we fail to sacrifice properly. We "give", only to "get". Conditional love is fear based and is not real love. Because we have accepted this warped notion of what love is, we are naturally afraid of the ego's interpretation of love. It is not true unconditional love that we fear, but rather the egoic misrepresentation of true love. God's Love gives everything because God is everything. The Sonship, being an extension of God, is this same love. True love cannot be lost or earned for it flows freely without any strings attached. True love dissipates all fear.

T-18.III.4. You who hold your brother's hand also hold mine, for when you joined each other you were not alone. 2 Do you believe that I would leave you in the darkness that you agreed to leave with me? 3 In your relationship is this world's light. 4 And fear must disappear before you now. 5 Be tempted not to snatch away the gift of faith you offered to your brother. 6 You will succeed only in frightening yourself **if you attempt to take away the gift of faith from your brother**. 7 The gift of **faith** is given forever, for God Himself received it. 8 You cannot take **the gift** back. 9 You have accepted God. 10 The holiness of your relationship is established in Heaven. 11 You do not understand what you accepted, but remember that your understanding is not necessary **for the gift of faith to work**. 12 All that was necessary was merely the *<wish>* to understand. 13 That wish was the desire to be holy. 14 The Will of God is granted you. 15 For you desire the only thing you ever had, or ever were.

Note # 26: The gift of faith is the belief in the truth of what you are. Faith is the belief that you and your brother are not bodies, but rather unlimited spirit. It is not required that we understand why we are not what the physical senses tell us we are. As long as we see either our brother or ourselves only as a body, we will not be able to remove the veil that hides the truth. Faithlessness is the belief that we are a body and, therefore, limited. Faithlessness is the denial of the truth. The Holy Spirit walks within us during the journey of separation, thus insuring that God's gift of faith cannot be lost. The Christ consciousness, which is the home of the Holy Spirit, has accepted the gift of faith. The function of the Holy Spirit is to reawaken the sleeping Son to the truth of the shared Oneness of the Mind of God. Our relationships that we share with our brother are part of the collective consciousness. We are all joined in the holographic Mind of God. Because "to give is to receive", our salvation is directly tied to our brother's healing.

T-18.III.5. Each instant that we spend together will teach you that this goal of **the return to truth** is possible, and will strengthen your desire to reach **the goal of truth**. 2 And in your desire lies **the goal of truth's** accomplishment. 3 Your desire is now in complete accord with all the power of the Holy Spirit's Will. 4 No little, faltering footsteps that you may take can separate your desire from **the Holy Spirit's Will** and from **the Holy Spirit's** strength. 5 I hold your hand as surely as you agreed to take your brother's **hand**. 6 You will not separate **from your brother**, for I stand with you and walk with you in your advance to truth. 7 And where we go we carry God with us.

Note # 27: God's plan for the reawakening of the Sonship is found in the Atonement. Although our function is to accept the Atonement only for ourselves, we are forever joined in the One Mind of God. We are joined in the collective consciousness of the Sonship. Although each facet of the Sonship may appear to have a unique experience in the journey of separation, the journey is a shared one. The form of the journey may appear to vary but the content or function, which is the return from illusion to truth, is the same shared goal.

T-18.III.6. In your relationship you have joined with me in bringing Heaven to the Son of God, who hid in darkness. 2 You have been willing to bring the darkness to light, and this willingness has given strength to everyone who would remain in darkness. 3 Those who would see <will> see. 4 And they **who would see** will join with me in carrying their light into the darkness, when the darkness in them is offered to the light, and is removed forever. 5 My need for you, joined with me in the holy light of your relationship, is your need for salvation. 6 Would I not give you what you gave to me, **which is salvation**? 7 For when you joined your brother, you answered me.

Note # 28: Jesus is referring to the shared benefits that the Sonship receives whenever progress toward the awakening is made. Progress is made whenever any relationship is transformed from the thought system of the ego to the Holy Spirit's. Anytime forgiveness and love replaces fear, there is a joining of the two into a union of one. "Those who would see <will> see" demonstrates that the intention of thought is all-powerful. Thoughts become the "things" we choose to perceive. Our own mind's thoughts are the cause of what we experience.

T-18.III.7. You who are now the bringer of salvation have the function of bringing light to darkness. 2 The darkness in you has been brought to light. 3 Carry **the light of truth** back to darkness, from the holy instant to which you brought **the light**. p379 4 We are made whole in our desire to make whole. 5 Let not time worry you, for all the fear that you and your brother experience is really past. 6 Time has been readjusted to help us do, together, what your separate pasts would hinder. 7 You have gone past fear, for no two minds can join in the desire for love without love's joining **those two joined minds**.

Note # 29: Time only exists during the illusionary journey in which we appear to reawaken from our dream of separation. In reality, which is the Mind of God, the separation never took place and, therefore, the “healing” of the separation was corrected before it began. Time only exists in the world of perception. Time, which is the measure of change, has no meaning in eternity. Eternity is changeless so there is no change to measure. The truth or light has never changed. In eternity, everything always was, is and will be the shared Oneness of the Mind of God.

T-18.III.8. Not one light in Heaven but goes with you. 2 Not one Ray that shines forever in the Mind of God but shines on you. 3 Heaven is joined with you in your advance to Heaven. 4 When such great lights have joined with you to give the little spark of your desire the power of God Himself, can you remain in darkness? 5 You and your brother are coming home together, after a long and meaningless journey that you undertook apart, and that led nowhere. 6 You have found your brother, and you will light each other's way. 7 And from this light will the Great Rays extend back into darkness and forward unto God, to shine away the past and so make room for **God's** eternal Presence, in which everything is radiant in the light.

Note # 30: The journey of separation was meaningless because an illusion cannot change truth. The journey was only the denial of the truth. During this journey, the Sonship's dreams were that there could be something other than the Mind of God. The Sonship dreamed that It could fragment Itself into parts that were less than the whole. With the acceptance of the Atonement, the illusion of the separation between Father and Son, Cause and Effect, is undone. The need for time is over along with the illusion that truth could be made false. The dream of separation fades away since reality cannot coexist with fantasy. Only truth remains.

IV. The Little Willingness

T-18.IV.1. The holy instant is the result of your determination to be holy. 2 **The holy instant** is the *<answer.>* 3 The desire and the willingness to let **the holy instant** come precede its coming. 4 You prepare your mind for **the holy instant** only to the extent of recognizing that you want it above all else. 5 It is not necessary that you do more **to prepare your mind for the holy instant**; indeed, it is necessary that you realize that you cannot do more **to prepare your mind than to want the holy instant above all else**. 6 Do not attempt to give the Holy Spirit what He does not ask, or you will add the ego to **the Holy Spirit** and confuse the two. 7 **The Holy Spirit** asks but little. 8 It is **the Holy Spirit** Who adds the greatness and the might. 9 **The Holy Spirit** joins with you to make the holy instant far greater than you can understand. 10 It is your realization that you need do so little that enables **the Holy Spirit** to give so much.

Note # 31: Holy means to be made whole. Our part in the holy instant is merely to desire to be made whole. The Holy Spirit does the rest. When we think that we must do something more to “help” the Holy Spirit, we are engaged in egoic thinking. Egoic thinking prevents our request being answered since now we have refused to give the entire experience over to the Holy Spirit’s guidance. We have decided that we have a better plan that He should adopt. Sometimes we feel that we are not yet worthy of forgiveness and love and, therefore, need to do something more. This means that our request is not for the present <now> moment but for some future time when the conditions are “more right.” This is arrogance on our part. God’s love is freely given; It cannot be earned nor lost.

Example: “I will be able to receive the holy instant or accept the Atonement when I become worthy and pure.” Such a request implies that you still must do something before you will allow the Holy Spirit to guide you. This is not a current request for the Holy Spirit’s guidance. The only answer the Holy Spirit can give such a “request” is to patiently wait until you determine that you have finally suffered enough to be worthy and pure enough to ask again. Once this is the case, you may decide you are able to unconditionally ask for His help. You should merely ask for guidance and simply get out of the Holy Spirit’s way. When you argue for your limitations, you get to keep them.

T-18.IV.2. Trust not your good intentions. 2 **Your good intentions** are not enough. 3 But trust implicitly your willingness **to be made whole or holy**, whatever else may enter. 4 Concentrate only on this, and be not disturbed that shadows surround **your willingness**. 5 That is why you came. 6 If you could come without **the shadows** you would not need the holy instant. 7 Come to **the holy instant** not in arrogance, assuming that you must achieve **some prior state of holiness that the holy instant’s** coming brings with **itself**. 8 The miracle of the holy instant lies in your willingness to let **the holy instant** be what **the holy instant** is. 9 And in your willingness for this lies also your acceptance of yourself as you were meant to be. p380

Note # 32: We only need to desire to be made whole. This is why ACIM advises that we “be vigilant only for God.” God’s Power, not our egoic mind, will reawaken us to the truth. If we believe that we must change our true nature so that we can be worthy to be as God created us, we are claiming that the illusion was real and that God’s Will can change. Our desire to be made whole is the desire to know ourselves as God created the Sonship. For this, we need do nothing since this was, is and will be what we eternally are in the Mind of God.

T-18.IV.3. Humility will never ask that you remain content with littleness. 2 But **humility** does require that you be not content with less than greatness that comes not of you **but from Your Creator**. 3 Your difficulty with the holy instant arises from your fixed conviction that you are not worthy of **the holy instant**. 4 And what is this **conviction of unworthiness** but the determination to be as you would make yourself? 5 God did not create His dwelling place unworthy of Him. 6 And if you believe **God** cannot enter where He wills to be, you must be interfering with **God’s Will**. 7 You do not need the strength of willingness to come from you, but only from **God’s Will**.

Note # 33: We are worthy to be God’s dwelling place because God said so. This is God’s Will. We need do nothing to earn this right to be God’s Home and we can do nothing to lose this right. We can claim that we do not remember that we are God’s Home yet, God’s

dwelling place remains within His Creation. There is no separation between God and the Sonship. There is only the Oneness of the One Self.

T-18.IV.4. The holy instant does not come from your little willingness alone. 2 It is always the result of your small willingness combined with the unlimited power of God's Will. 3 You have been wrong in thinking that it is needful to prepare yourself for **God**. 4 It is impossible to make arrogant preparations for holiness, and not believe that it is up to you to establish the conditions for peace. 5 God has established **the conditions of holiness and peace**. 6 **The conditions of holiness and peace** do not wait upon your willingness for what they are. 7 Your willingness is needed only to make it possible to teach you what **the conditions of holiness and peace** are. 8 If you maintain you are unworthy of learning **these conditions for holiness and peace**, you are interfering with the lesson by believing that you must make the learner, which is **yourself**, different. 9 You did not make the learner, nor can you make **the learner** different. 10 Would you first make a miracle yourself, and then expect a **miracle** to be made *<for>* you?

Note # 34: It is the egoic mind that insists that we must do something in order to be worthy of salvation. This insistence that we must do something makes the dream of separation real. Our Big "S" Self cannot be changed by an illusionary dream. We merely need a little willingness to wake up from the dream. Upon awakening, we merely accept the reality of the changeless truth of our divine birthright. We need do nothing but be the true reality of spirit that we are.

T-18.IV.5. You merely ask the question. 2 The answer is given. 3 Seek not to answer, but merely to receive the answer as **the answer** is given. 4 In preparing for the holy instant, do not attempt to make yourself holy to be ready to receive **holiness**. 5 That is but to confuse your role with God's. 6 Atonement cannot come to those who think that they must first atone, but only to those who offer **the Atonement** nothing more than simple willingness to make way for **the Atonement**. 7 Purification is of God alone, and therefore for you. 8 Rather than seek to prepare yourself for **God**, try to think thus:

9 I who am host to God am worthy of Him.

*10 **God** Who established His dwelling place in me created **His dwelling place** as **God** would have **His dwelling place** be.*

*11 It is not needful that I make **His dwelling place** ready for **God**, but only that I do not interfere with **God's** plan to restore to me my own awareness of my readiness, which is eternal.*

*12 I need add nothing to **God's** plan. p381*

*13 But to receive **God's** plan, I must be willing not to substitute my own **egoic plan** in place of **God's** plan.*

Note # 35: ACIM makes the point that we merely need to freely choose for the truth. This is why salvation is always just one choice away. Unfortunately, the ego tells us that we must jump through all kinds of hoops before we can be restored to happiness. Thus, we follow the ego's plan for salvation. Truth is true always. It only requires that we stop denying our true nature. Our little willingness is to freely accept that we are worthy because God said so. This is our acceptance of our divine birthright. God created us, His Son, perfect, whole and complete.

T-18.IV.6. Remember that *to receive God's plan, I must be willing not to substitute my own egoic plan in place of God's plan.* And that is all. **You need do nothing to egoically "help, modify or correct" God's Plan for salvation.** 2 Add more, and you will merely take away the little that is asked. 3 Remember you made guilt, and that your plan for the escape from guilt has been to bring Atonement to **guilt**, and make salvation fearful. 4 And it is only fear that you will add, if you prepare yourself for love. 5 The preparation for the holy instant belongs to **God** Who gives **the holy instant**. 6 Release yourself to **the Holy Spirit** Whose function is release. 7 Do not assume **the Holy Spirit's** function for **the Holy Spirit**. 8 Give **the Holy Spirit** but what He asks, **which is your little willingness** that you may learn how little is your part **in God's Plan for salvation**, and how great is **the Holy Spirit's part**.

Note # 36: When we add more than just the little willingness to the request to be made whole, we negate the entire request. We add egoic conditions that claim that we have a better plan for the correction of the mistake of separation. ACIM often points out that the only judgment that we are capable of making is that we are incapable of judging anything correctly. Merely ask for the Holy Spirit's guidance and get out of Her way. The Holy Spirit knows how to complete Her function of reawakening God's sleeping Child from the child's nightmare.

T-18.IV.7. It is this **unequal division of responsibility** that makes the holy instant so easy and so natural. 2 You make it difficult, because you insist there must be more that you need do. 3 You find it difficult to accept the idea that you need give so little, to receive so much. 4 And it is very hard for you to realize **that this unequal division of responsibility in God's Plan for salvation** is not personally insulting that your contribution and the Holy Spirit's are so extremely disproportionate. 5 You are still convinced that your **egoic** understanding is a powerful contribution to the truth, and makes **the truth** what **the truth** is. 6 Yet we have emphasized that **your egoic little "s" self** need understand nothing. 7 Salvation is easy just *<because>* **salvation** asks nothing you cannot give right now.

Note # 37: The ego arrogantly argues that we need to be more involved in the process of salvation. ACIM states that we merely need to let go of the ego and let God handle all the details. It is not necessary for us to understand the truth. Truth just is. When we stop denying the truth, we get to behold the truth.

T-18.IV.8. Forget not that it has been your decision to make everything that is natural and easy for you impossible. 2 If you believe the holy instant is difficult for you, it is because you have become the arbiter of what is possible, and remain unwilling to give **up and relinquish your egoic plan's place as the arbiter of what is possible to the Holy Spirit**, Who knows **what is possible**. 3 The whole belief in orders of difficulty in miracles is centered on this **egoic desire to become the arbiter of what is possible**. 4 Everything God wills is not only possible, but has already happened. 5 And that is why the past has gone. 6 **The past** never happened in reality. 7 Only in your mind, which thought **the past has happened**, is **the egoic past** undoing needful.

Note # 38: The separation traces its origin back to the egoic desire to be the arbiter of truth. We wanted to be special. We wanted to decide when truth would be true. This idea that truth was conditional led to the idea that there were levels of truth. Instead of just truth, we believed that there could be something other than God and that the false was possible. Not only did the egoic thought system invent the false, it also invented conditional truths. We created gray areas. Now the ego wishes to judge what is black, white or gray. The ego has become the arbitrator of truth. To the ego, some problems are more difficult to correct. Thus, we get the idea that there must be some order of difficulty among miracles. The acceptance of the Atonement corrects this error and reestablishes the fact that only truth is real. There is no opposite of truth. The holy instant is the suspension of all judgments. Our part in the holy instant is the little willingness to silence the ego's judgments about our worthiness so that the Voice of the Holy Spirit can be heard.

V. The Happy Dream

T-18.V.1. Prepare you <now> for the undoing of what never was. 2 If you already understood the difference between truth and illusion, the Atonement would have no meaning. 3 The holy instant, the holy relationship, the Holy Spirit's teaching, and all the means by which salvation is accomplished, would have no purpose **if you already understood the difference between truth and illusion.** 4 For **the holy instant, the holy relationship, the Holy Spirit's teachings** are all but aspects of the plan to change your dreams of fear to happy dreams, from which you waken easily to knowledge. p382 5 Put yourself not in charge of this **plan to awaken to knowledge**, for you cannot distinguish between advance and retreat. 6 Some of your greatest advances you have judged as failures, and some of your deepest retreats you have evaluated as success.

Note # 39: Accept your small but important role in the awakening process. Only the Holy Spirit has the knowledge to insure the awakening of God's Child from the child's illusion of separation. It is our egoic mind that attempts to thwart God's Plan for salvation by substituting the ego's plan for God's. Any belief that we must do something other than "a little willingness" is the ego's attempt to "correct" or change God's thinking. God knows the truth that His Son is worthy because that is God's changeless Will.

T-18.V.2. Never approach the holy instant after you have tried to remove all fear and hatred from your mind. 2 That is < **the holy instant's** > function **to remove all fear and hatred from your mind.** 3 Never attempt to overlook your guilt before you ask the Holy Spirit's help. 4 That is < **the Holy Spirit's** > function **to overlook your guilt.** 5 Your part **in the holy instant** is only to offer **the Holy Spirit** a little willingness to let **the Holy Spirit** remove all fear and hatred, and to be forgiven. 6 On your little faith, joined with **the Holy Spirit's** understanding, **the Holy Spirit** will build your part in the Atonement and make sure that you fulfill **your part** easily. 7 And with **the Holy Spirit**, you will build a ladder planted in the solid rock of faith, and rising even to Heaven. 8 Nor will you use **this ladder of faith** to ascend to Heaven alone.

Note # 40: We need only to ask for the Holy Spirit's guidance. It is not necessary that we do anything before we are "worthy" of the Holy Spirit's help. Alone, it is impossible to remove all our fear, guilt and hatred from our mind and thus, "earn" our worthiness to receive the holy instant. It is the holy instant's function or job to remove all of our fear, guilt and hatred. It is only our job to ask for the Holy Spirit's help.

T-18.V.3. Through your holy relationship, reborn and blessed in every holy instant you do not **attempt to egoically** arrange, thousands will rise to Heaven with you. 2 Can **your little “s” self** plan for this **multiple beneficial effect upon your brothers**? 3 Or could you **egoically** prepare yourself for such a function? 4 Yet **this multiple beneficial effect upon your brothers** is possible, because God wills it. 5 Nor will **God** change His Mind about **the multiple effects of the holy instant**. 6 The means and purpose **for the multiple beneficial effects of the holy instant upon your brothers** both belong to **the Holy Spirit**. 7 You have accepted one, **the Holy Spirit’s purpose**; the other, **the means**, will be provided. 8 A purpose such as this, **which is the Sonship’s ultimate ascent to Heaven** without the means, is inconceivable. 9 **The Holy Spirit** will provide the means to **ascend to Heaven** to anyone who shares His purpose.

Note # 41: When we ask for the Holy Spirit’s guidance, we have demonstrated our little willingness for the return to truth. Thus, we have accepted the Holy Spirit’s purpose, which is the Son’s return to truth. We share this purpose with our brother when we ask for the Holy Spirit’s guidance to see our brother with the eyes of love and forgiveness. The means for this correction of illusion is God’s plan for salvation. The holy instant is part of the means that allows for our eventual acceptance of the Atonement for ourselves.

T-18.V.4. Happy dreams come true, not because they are dreams, but only because they are happy. 2 And so **happy dreams** must be loving. 3 **The happy dream’s** message is, "Thy Will (**God’s**) be done," and not, "I, **my little “s” self**, want it otherwise." 4 The alignment of means and purpose is an undertaking impossible for you to **egoically** understand. 5 You do not even realize you have accepted the Holy Spirit's purpose, **which is the return to truth**, as your own **purpose**, and you would merely bring unholy means to its accomplishment. 6 The little faith **that the holy instant** needed to change the purpose is all that is required to receive the means and use **the means**.

Note # 42: When we ask for the guidance of the Holy Spirit, we are turning our back upon the egoic thought system. This shift in guidance brings about a change in the purpose of any relationship. Prior to this demonstration of “a little willingness” on our part, we were following the thought system of the ego. Under the ego’s thought system, any relationship was a special relationship, whose purpose was to witness that we were a limited ego-body. Its purpose was to make an illusion of limitation and lack appear real. Thus, we egoically claimed we needed to take something outside ourselves to make us complete or holy. When we ask for the Holy Spirit’s guidance, we ask that illusion be reinterpreted to bear witness to the truth. This changes our purpose and aligns it with the Holy Spirit’s purpose. The Holy Spirit can then transform the special relationship into a holy relationship. The holy relationship becomes part of the happy dream, which is based on the sharing of love and forgiveness.

T-18.V.5. It is no dream to love your brother as yourself. 2 Nor is your holy relationship a dream. 3 All that remains of dreams within **a holy relationship** is that it is still a special relationship. 4 Yet a holy relationship is very useful to the Holy Spirit, Who *<has>* a special function here. 5 **A holy relationship** will become the happy dream through which **the Holy Spirit** can spread joy to thousands on thousands who believe that love is fear, not happiness. 6 Let **the Holy Spirit** fulfill the function that **the Holy Spirit** gave to

your **special** relationship by accepting **and transforming** it **into a holy relationship** for you, and nothing will be wanting that would make of it what **the Holy Spirit** would have **your special relationship** be **which is the happy dream**. p383

Note # 43: Anything done with love is something that is real. The Holy Spirit will preserve all loving thoughts until the Sonship's return to knowledge. The Holy Spirit transforms special relationships into holy ones through the miracle. In the holy instant, all our egoic judgments are suspended and this allows forgiveness and love to replace fear. Instead of the relationship being fear-based, designed to get what you perceive you lack, it is now based on sharing and joining through love and forgiveness. Wholeness and holiness is shared, instead of fear and lack. This miracle is shared and extended throughout the entire Sonship by the Holy Spirit.

T-18.V.6. When you feel the holiness of your relationship is threatened by anything, stop instantly and offer the Holy Spirit your willingness, in spite of fear, to let **the Holy Spirit** exchange this instant **of fear** for the holy one that you would rather have. 2 **The Holy Spirit** will never fail in this **exchange of your fear for holiness in your relationships**. 3 But forget not that your relationship is one **with your brother**, and so it must be that whatever threatens the peace of one is an equal threat to the other. 4 The power of joining **your relationship's** blessing lies in the fact that it is now impossible for you or your brother to experience fear alone, or to attempt to deal with **fear** alone. 5 Never believe that **dealing with fear alone** is necessary, or even possible. 6 Yet just as **dealing with fear alone** is impossible, so is it equally impossible that the holy instant come to either of you without the other. 7 **And the holy instant** will come to both at the request of either **you or your brother**.

Note # 44: To give is to receive. When either party in a relationship asks for the guidance of the Holy Spirit, all parties will enjoy the benefits. We have joined the Holy Spirit in a common purpose. With the help of the Holy Spirit, fear will be replaced by forgiveness and love.

T-18.V.7. **Whichever party** is saner at the time the threat is perceived should remember how deep is his indebtedness to the other **party** and how much gratitude is due **the other party**, and be glad that he can pay his debt **to his brother** by bringing happiness to both. 2 Let **whichever party is saner** remember this, and say:

*3 I desire this holy instant for myself, that I may share **this holy instant** with my brother, whom I love.*

*4 It is not possible that I can have **this holy instant** without **my brother**, or he without me.*

*5 Yet it is wholly possible for us to share **this holy instant** now.*

*6 And so I choose this instant as the one to offer to the Holy Spirit, that **the Holy Spirit's** blessing may descend on us, and keep us both in peace.*

Note # 45: It is not necessary for all parties to want a special relationship transformed into a holy relationship. Only one party need ask. The Holy Spirit will not deny the request, for such a request is never wasted. It may appear, however, that the other party does not accept the healing. It is not our place to judge the effect our request has had on the other party. But we can be assured that our request has been answered. Only the Holy Spirit has the "big

picture” and understands how each part fits into the God’s Plan for the reawakening of the entire Sonship to Truth.

VI. Beyond the Body

T-18.VI.1. There is nothing outside you. 2 That **there is nothing outside you** is what you must ultimately learn, for **learning of the Oneness and that there is nothing outside you** is the realization that the Kingdom of Heaven is restored to you. 3 For God created only this, and **God** did not depart from **Oneness** nor leave **the Oneness** separate from Himself. 4 The Kingdom of Heaven is the dwelling place of the Son of God, who left not his Father and dwells not apart from **His Father**. 5 Heaven is not a place nor a condition. 6 **Heaven** is merely an awareness of perfect Oneness, and the knowledge that there is nothing else; nothing outside this Oneness, and nothing else within.

Note # 46: ACIM states that creation is extension. In creation, everything that is the creator is given or extended to the creation. In the case of extension, the one remains the one. ACIM distinguishes creation from making. Making involves the concept that the maker could take a part of himself and separate that part from the whole. This limited part would then exist autonomously from the maker and would be different from its maker. Each would have an autonomous and unique existence. In the case of making, the one becomes two separate and different entities. Specialness has been birthed. Extension is based on the concept that there is only one universal substance, mind or spirit, that cannot be subdivided into different parts. The Law of God is that the part is equal to the whole. This is similar to a hologram. The concept behind making is that the part is lesser than the whole and, therefore, is something different than the whole. In the case of making, we believe that the one universal sustenance (mind) can be subdivided into something smaller than itself.

T-18.VI.2. What could God give but knowledge of Himself? 2 What else is there to give? p384 3 The belief that you could give and get something else, something outside yourself, has cost you the awareness of Heaven and of your Identity. 4 And you have done a stranger thing than you yet realize. 5 You have displaced your guilt to your body from your mind. 6 Yet a body cannot be guilty, for **a body** can do nothing of itself. 7 You who think you hate your body deceive yourself. 8 You hate your mind, for guilt has entered into **your mind**, and **your mind** would remain separate from your brother's **mind**, which it cannot do **since there remains only a Oneness**.

Note # 47: When God extended Himself, knowledge, which is the Mind of God, was given to His Creation, the Sonship. The ego teaches that both we and God could create and yet, withhold something from its creation. This allows for the ego’s belief that a Oneness could somehow become limited. This is error #1. The ego then teaches that ideas can leave their source. This allows for the belief that we can get rid of something like our guilt, by projecting that guilt outside of ourselves. The ego tells us that we can get rid of the mind’s guilt and transfer it to an imagined body. This belief that projected ideas can leave their source is error # 2. ACIM points out that error # 2 is more ludicrous than error # 1, which claims that God’s Creation could be limited and separate.

T-18.VI.3. Minds are joined; bodies are not **joined**. 2 Only by assigning to the mind the properties of the body does separation seem to be possible. 3 And it is mind that seems

to be fragmented and private and alone. 4 **The mind's** guilt, which keeps it separate, is projected to the body, which suffers and dies because **the body** is attacked to hold the separation in the mind, and let **the mind** not know its Identity. 5 Mind cannot attack, but **mind** can make fantasies and direct the body to act out **these fantasies**. 6 Yet it is never what the body does that seems to satisfy. 7 Unless the mind believes the body is actually acting out **the mind's** fantasies, **the mind** will attack the body by increasing the projection of its guilt upon **the body**.

Note # 48: Minds are joined and cannot be separate. In order to make the illusion of separation seem possible, mind fantasizes that it has a body. Bodies, being form, cannot be joined. By identifying the mind as the body, the separation appears possible. Since form cannot be shared, there appears to be something outside the oneness. Bodies now can attack since there is something that is perceived as outside of it. Yet, this attack and counter-attack of bodies only remains part of the mind's fantasy of separation. Mind, being a Oneness, cannot attack since there is nothing for it to attack. Yet, mind can dream or pretend that it is something other than what it truly is. This is what ACIM refers to as the mad idea of attempting to make the fantasy of separation real. We took the fantasy seriously and allowed fear to enter the game when we forgot to laugh. By forgetting to laugh, we place value on the idea of separation and our fear made it appear "real."

T-18.VI.4. In this, the mind is clearly delusional. 2 **The mind** cannot attack, but **the mind** maintains it can **attack**, and uses what it does to hurt the body to prove **that the mind** can. 3 The mind cannot attack, but it can deceive itself. 4 And this is all **the mind** does when **the mind** believes it has attacked the body. 5 **The mind** can project its guilt, but **the mind** will not lose **its guilt** through projection. 6 And though **the mind** clearly can misperceive the function of the body, **the mind** cannot change **the body's** function from what the Holy Spirit establishes **the body's function** to be. 7 The body was not made by love. 8 Yet love does not condemn **the body** and can use **the body** lovingly, respecting what the Son of God has made and using **the body** to save **the Son** from illusions.

Note # 49: The Holy Spirit gives the body the function of being a communication device. Therefore, the body can be utilized to communicate by being an instrument to teach only forgiveness and love. To the ego, the body's function is to bear false witness to the idea that the separation is real.

T-18.VI.5. Would you not have the instruments of separation, **like the body**, reinterpreted as means for salvation, and used for purposes of love? 2 Would you not welcome and support the shift from fantasies of vengeance to release from **these fantasies**? 3 Your perception of the body can clearly be sick, but project not this upon the body. 4 For your wish to make destructive what cannot destroy can have no real effect at all. **Mind cannot be destructive or destroy**. 5 What God created is only what He would have it be, being **God's Will**. 6 You cannot make **God's Will** destructive. 7 You can make fantasies in which your will conflicts with **God's Will**, but that is all.

Note # 50: Mind cannot be made separate from the Mind of God because mind is joined. This means that our will and God's Will must be the same. There is only the Everything, which is the Mind of God. There is nothing outside or apart from this unified Mind. This is the One Self.

T-18.VI.6. It is insane to use the body as the scapegoat for guilt, directing **the body's** attack and blaming **the body** for what **your mind** wished **the body** to do. 2 It is impossible to act out fantasies p385. 3 For it is still the fantasies you want, and **the fantasies** have nothing to do with what the body does. 4 **The body** does not dream of them, and **the fantasies** but make **the body** a liability where **the body** could be an asset. 5 For fantasies have made your body your "enemy"; weak, vulnerable and treacherous, worthy of the hate that you invest in **the body**. 6 How has this **fantasy** served you? 7 You have identified with this thing you hate, **the body, which has become** the instrument of vengeance and the perceived source of your guilt. 8 You have done this to a thing that has no meaning, proclaiming **the body** to be the dwelling place of God's Son, and turning **the body** against **God's Son**.

Note # 51: Mind cannot be made separate from the Mind of God because mind is joined. This means that our will and God's Will must be the same. There is only the Oneness of Everything, which is the Mind of God. There is nothing outside or apart from this unified holographic Mind. The body, which is our mind's fantasy, cannot become the home of either God or your mind.

T-18.VI.7. This **fantasy of a body** is the host of God that *<you egoically claim >* you have made. 2 And neither God nor His most holy Son can enter an abode **like the body** that harbors hate, and where you have sown the seeds of vengeance, violence and death. 3 This thing **you call the body**, you **egoically** made to serve your guilt stands between you and other minds. 4 The minds *<are>* joined, but you do not identify with **the other minds**. 5 You **egoically** see yourself locked in a separate **body-prison**, removed and unreachable, incapable of reaching out as being reached. 6 You hate this **body-prison** you have made, and would destroy **this prison**. 7 But **your egoic little "s" self** would not escape from **this prison**, leaving **the body** unharmed, without your **egoic** guilt upon **this body-prison**.

Note # 52: The prison that we have made was birthed from the idea of separation. The body and this world of form were made to keep the Sonship fragmented and to keep God out. God cannot be at home in a fantasy that we call our body. Bodies cannot be shared. Since to give is to receive, we cannot release ourselves from the illusion of separation without freeing our brother. The body serves as the form that keeps us separate from our brother. We are trapped in the illusionary bodily prison of our mind's desire for specialness and separation.

Line # 7 "But you would not escape from it, leaving it unharmed, without your guilt upon it" means that the ego is unwilling to leave the fantasy which has become the prison for your mind. In order to escape, we would have to stop projecting our guilt upon our brothers and our own body-form. We are unwilling to do this since this would mean losing the scapegoats that we egoically use to get rid of our guilt by projecting it upon someone else. We would have to take responsibility for the dream as the maker of the dream itself. The ego wants the mind to remain in victim consciousness so that the mind remains unwilling to reclaim its power as decision-maker. If we regain control of the decision-maker, we could choose against the ego by siding with the thought system of the Holy Spirit.

T-18.VI.8. Yet only thus <can> you escape. 2 The home of vengeance, **the body**, is not yours; the place you set aside to house your hate, **the body**, is not a prison, but an illusion of yourself. 3 The body is a limit imposed on the universal communication that is an eternal property of mind. 4 But the communication is internal. 5 Mind reaches to itself. 6 **Mind** is <not> made up of different parts, which reach each other. 7 **Mind** does not go out. 8 Within itself **mind** has no limits, and there is nothing outside **mind**. 9 **Mind** encompasses everything. 10 **Mind** encompasses you entirely; you within **mind** and **mind** within you. 11 There is nothing else **but mind**, anywhere or ever.

Note # 53: An escape from prison is achieved by reawakening from the fantasy that you could be something other than an extension of the Creator. Illusion is dissolved by truth. There has only been the One shared unchanging Mind of God. Form is illusion and mind is everything. "I am not a body. I am free, for I am exactly as God created me."

T-18.VI.9. The body is **an illusion** outside you, and but seems to surround you, shutting you off from others and keeping you apart from **the others**, and **the others apart** from you. 2 **The body** is not there. 3 There is no barrier between God and His Son, nor can His Son be separated from Himself except in illusions. 4 This **illusion of a barrier between God and His Son** is not **the Son's** reality, though he believes **the illusion is his reality**. 5 Yet this could only be if God were wrong. 6 God would have had to create differently, and to have separated Himself from His Son to make this possible. 7 **God** would have had to create different things, and to establish different orders of reality, only some of which were love. 8 Yet love must be forever like itself, changeless forever, and forever without alternative. 9 And so it is. 10 You cannot put a barrier around yourself, because God placed none between Himself and you. p386

Note # 54: ACIM states that God's creation is an extension of God, Himself. Because creation is an extension and not making, the belief of separation can only be an illusion of egoic consciousness. The illusion is not part of the Mind of God. The body is merely the primary costume that we wear during the "dream play of separation". The costume is not the essence of the actor who is starring in the play. Rather, the actor wears the costume during the "play" to help give the appearance of reality to the play. Unfortunately, we have forgotten that we were merely pretending to be something other than God and now we have mistakenly identified our mind with the costume, which is the body. Our essence is and always remains unlimited spirit. The costume of the body has no reality outside the dream play itself.

See **Note # 46** on difference between creating and making.

T-18.VI.10. You can stretch out your hand and reach to Heaven, **which is not a place or condition but merely an awareness of perfect Oneness**. 2 You whose hand is joined with your brother's have begun to reach beyond the body, but not outside yourself, to reach your shared Identity together. 3 Could this **shared Identity** be outside you, **your Big "S" Self**? 4 Where God is not? 5 Is <God> a body, and did **God** create you as He is not, and where **God** cannot be? 6 You are surrounded only by **God**. 7 What limits can there be on you whom **God** encompasses?

Note # 55: We share the universal mind of God with everything. Ultimately, the return to Heaven is the release of our belief that we are a body, which is a limitation on the

unlimited. Heaven is not a place or condition but merely an awareness of perfect Oneness coupled with the knowledge that there is nothing else. There is nothing outside this Oneness and nothing else within this Oneness. There is only the undivided holographic Mind of God. Nothing separates us from our brother for we are the whole. We are that One Self.

T-18.VI.11. Everyone has experienced what he would call a sense of being transported beyond himself. 2 This feeling of liberation far exceeds the dream of freedom sometimes hoped for in special relationships. 3 **This experience of liberation of being transported beyond yourself** is a sense of actual escape from limitations. 4 If you will consider what this "transportation" really entails, you will realize that it is a sudden unawareness of the body, and a joining of yourself and something else in which your mind enlarges to encompass it. 5 **The item involved** becomes part of you, as you unite with it. 6 And both **the item involved and you** become whole, as neither is perceived as separate. 7 What really happens is that you have given up the illusion of a limited awareness, and lost your fear of union. 8 The love that instantly replaces **the illusion of a limited awareness** extends to what has freed you, and **that love** unites with **the item that is involved in this joining**. 9 And while this lasts you are not uncertain of your Identity **as the Christ and Big "S" Self**, and would not limit **your Identity**. 10 You have escaped from fear to peace, asking no questions of reality, but merely accepting **reality**. 11 You have accepted this **awareness of unlimited union** instead of the body, and have let yourself be one with something beyond **the body**, simply by not letting your mind be limited by **the body**.

Note # 56: These past experiences of liberation and of being transported beyond ourselves demonstrates that we are more than just a body. As we experience this more and more, our faith that we are unlimited mind will strengthen. ACIM does not ask us to accept the thought system of the Holy Spirit based on blind belief. But rather it asks that we suspend judgment so that the guidance of the Holy Spirit can be heard. Once heard, if followed without egoic judgment, the experience will confirm the truth of the Oneness and we will feel a sense of inner peace.

The key elements in the process of joining through the universal mind are two-fold. The first is the suspension of the belief that we are limited ego-body. The second is that the item must be perceived with unconditional love and forgiveness. The first suspends our illusion of limited awareness. The second removes our fear of union.

T-18.VI.12. This **experience of liberation of being transported beyond yourself and joining with something else** can occur regardless of the physical distance that seems to be between you and what you join; of your respective positions in space; and of your differences in size and seeming quality. 2 Time is not relevant. This **experience of union** can occur with something past, present or anticipated. 3 The "something" can be anything and anywhere; a sound, a sight, a thought, a memory, and even a general idea without specific reference. 4 Yet in every case, you join **that something** without reservation because you love it, and would be with it. 5 And so you rush to meet **that something**, letting your limits melt away, suspending all the "laws" your body obeys and gently setting **the laws of the egoic world of time and space** aside.

Note # 57: When we experience the transcendence of our body-form, the laws that rule the world of separation, perception and form have been suspended. The joining of mind is

under the control of the Laws of God. The Laws of God supercede the egoic laws of time and space that normally govern our world of perception. When we transcend the body, we temporarily reject all egoic illusions that would attempt to deny and limit the power of God and replace the illusions with the truth.

T-18.VI.13. There is no violence at all in this escape **from bodily limitations**. 2 The body is not attacked, but simply properly perceived. 3 **The body** does not limit you, merely because you would not have it so. 4 You are not really "lifted out" of **the body**; it cannot contain you. 5 You go where you would be, gaining, not losing, a sense of **your Big "S" Self**. p387 6 In these instants of release from physical restrictions, you experience much of what happens in the holy instant; the lifting of the barriers of time and space, the sudden experience of peace and joy, and, above all, the lack of awareness of the body, and of the questioning whether or not all this **escape from bodily limitations** is possible.

Note # 58: These experiences of being more than a body will strength your desire to follow the thought system of the Holy Spirit. It replicates the holy instant in that all past judgments have dropped. You no longer perceive yourself as a body. Now the truth of the Oneness can be witnessed. You experience your Big "S" Self. Your faith in the Holy Spirit's guidance, which is the belief that you are not a body, has been rewarded.

T-18.VI.14. **This experience of union and of the liberation of being transported beyond yourself and joining with something else** is possible because you want it. 2 The sudden expansion of awareness that takes place with your desire for **this experience of union** is the irresistible appeal the holy instant holds. 3 **This sudden expansion of awareness** calls to you to be yourself, within **the holy instant's** safe embrace. 4 There **in the holy instant** are the **egoic** laws of limit lifted for you, to welcome you to openness of mind and freedom. 5 Come to this place of refuge, where you can be **your big "S" Self** in peace. 6 Not through destruction, not through a breaking out, but merely by a quiet melting in. 7 For peace will join you there **in the holy instant**, simply because you have been willing to let go the limits you have placed upon love, and joined **love** where **love** is and where it led you, in answer to **love's** gentle call to be at peace.

Note # 59: The desire for the end of illusion is necessary for the return to truth. Truth brings with it the peace of the Oneness. During these experiences of sudden expansion of awareness, we are being the Big "S" Self. We are restored to Christ consciousness at least momentarily while these experiences last. When we once again identify ourselves as the body, this experience ends. It is the mind, not the body that terminates the expanded experience due to the resurfacing of old beliefs in limitation. The holy instant cannot co-exist when we once again decide to follow the egoic thought system. The mind cannot serve two masters at once. We will choose based upon what we value. It will be a choice between truth versus illusion, love versus fear, and the oneness versus separation.

VII. I Need Do Nothing

T-18.VII.1. You still have too much faith in the body as a source of strength. 2 What plans do you make that do not involve **the body's** comfort or protection or enjoyment in some way? 3 This makes the body an end and not a means in your interpretation, and this always means you still find sin attractive. 4 No one accepts Atonement for himself who still accepts sin as his goal. 5 You have thus not met your *<one>* responsibility. 6

Atonement, **which is our acceptance of our sinlessness**, is not welcomed by those who prefer pain and destruction.

Note # 60: Our one responsibility is to have faith that we are unlimited spirit and not a body. We need to accept our innocence. As long as we identify our essence as the body, we are trapped by the limitations that the ego has placed on the body. To the ego, the body is proof that we are guilty of sin and must be punished. The body is the ego's proof that the separation was real. The ego wants us to identify ourselves as the body and adopted the body's protection as our end goal. The Holy Spirit knows the body is a communication device that can be used to teach only love. The body is used as a means to relearn the truth that only love is real.

T-18.VII.2. There is one thing that you have never done; you have not utterly forgotten the body. 2 **The body** has perhaps faded at times from your sight, but **the body** has not yet completely disappeared. 3 You are not asked to let this **complete disappearance of the body** happen for more than an instant, yet it is in this instant of **bodily disappearance** that the miracle of Atonement happens. 4 Afterwards you will see the body again, but never quite the same. 5 And every instant that you spend without awareness of **the body** gives you a different view of **the body** when you return.

Note # 61: As long as we identify ourselves as the body, we have chosen for the thought system of the ego. The acceptance of the Atonement for ourselves is not possible as long as we believe that we are a limited ego-body. After the acceptance of the Atonement, we look with the vision of Christ past our body toward the light of our spiritual essence.

T-18.VII.3. At no single instant does the body exist at all. 2 **The body** is always remembered or anticipated, but never experienced just <now.> 3 Only **the body's** past and future make **the body** seem real. 4 Time controls **the body** entirely, for sin is never wholly in the present. 5 In any single instant the attraction of guilt would be experienced as pain and nothing else, and would be avoided. 6 **The body** has no attraction **in the** <now.> 388 7 **The body's** whole attraction is imaginary, and therefore must be thought of in the past or in the future.

Note # 62: The body was made to be the ego's proof that the separation was real. The body, like the ego's use of time, is fixed upon the past. Our fixation with the past confirms our mistaken belief that we are guilty sinners who must fear punishment. By associating the body with the past, the ego insures that the mind is unconscious to the <now>. In the past, our mind was in victim consciousness. Only in the "now" can the mind reclaim the power of the decision-maker to choose again. Without our belief in a "sinful past," there would be no fear associated with the thought of choosing again. We fear to make the choice for the Holy Spirit because the ego has convinced us that such a choice will rain down the "Vengeance of the Lord" upon our "sinful body." Only in the <now> can we choose for the holy instant and Christ Vision.

T-18.VII.4. It is impossible to accept the holy instant without reservation unless, just for an instant, you are willing to see no past or future. 2 You cannot prepare for **the holy instant** without placing **the holy instant** in the future. 3 Release is given you the instant you desire **release**. 4 Many have spent a lifetime in preparation, and have indeed achieved

their instants of success. 5 This course does not attempt to teach more than they learned in time, but **this course** does aim at saving time. 6 You may be attempting to follow a very long road to the goal you have accepted. 7 It is extremely difficult to reach Atonement by fighting against sin. 8 Enormous effort is expended in the attempt to make holy what is hated and despised. 9 Nor is a lifetime of contemplation and long periods of meditation aimed at detachment from the body necessary. 10 All such attempts will ultimately succeed because of their purpose, **which is the ending of illusion**. 11 Yet the means are tedious and very time consuming, for all of them look to the future for release from a state of present unworthiness and inadequacy.

Note # 63: ACIM is only one path to the achievement of “enlightenment”. ACIM states that an easy way to the return to truth is to simply accept the truth of what you are. Instead of fighting or resisting obstacles to the truth, merely realize that they are not part of the truth. By resisting and opposing an imaginary enemy, we make the enemy appear real. Thus, struggle becomes necessary in order to give ourselves permission to overcome the imagined enemy. Eventually, we will overcome our fear and overwhelm the false, non-existent opposition but this takes much effort and time. Yet, the false never existed in the first place. Darkness simply dissipates when brought into the light. ACIM simply states that nothing real can be threatened. Nothing unreal exists. The false is false and the truth is always truth. Accept that you are sinless and guiltless and you will be because that is God’s Will. We did not change ourselves because God made and keeps us, perfect, whole and complete. We are God’s extension of Himself.

T-18.VII.5. Your way will be different, not in purpose but in means. 2 A holy relationship is a means of saving time. 3 One instant spent together with your brother restores the universe to both of you. 4 You *<are>* prepared. 5 Now you need but to remember you need do nothing. 6 It would be far more profitable now merely to concentrate on **the fact that you are already prepared. Since you need do nothing, do not** consider what you **egoically believe you should do for our ego does not know.** 7 When peace comes at last to those who wrestle with temptation and fight against the giving in to sin; when the light comes at last into the mind given to contemplation; or when the goal is finally achieved by anyone, it always comes with just one happy realization; "*<I need do nothing.>*"

Note # 64: We need do nothing because we remain as we were created, perfect, whole and complete. To believe in the Truth, you do not have to do anything. To follow the ego’s plan for salvation takes effort and fails to achieve any lasting results. God’s plan requires nothing but to stop denying the truth. God’s Plan is the acceptance of our natural state. We are one with the Mind of God. Unfortunately, rather than accept the truth that we are the One Self, we believe that we are imperfect, not whole and very incomplete. It is the egoic plan that is designed “to make ourselves ready to be saved” that we must guard against. To return to the truth of who we are, we literally must do nothing that the ego advises us to do. You don’t have to change something that is already perfect. By not following the ego’s plan, we surrender to God’s Plan. By following God’s Plan, our return to knowledge is close at hand.

T-18.VII.6. Here is the ultimate release which everyone will one day find in his own way, at his own time. 2 You do not need this time. 3 Time has been saved for you because

you and your brother are together. 4 This is the special means this course is using to save you time. 5 You are not making use of the course if you insist on using means which have served others well, neglecting what was made for *<you.>* 6 Save time for me by only this one preparation, and practice doing nothing else. 7 "I, **my little "s" self**, need do nothing" is a statement of allegiance, a truly undivided loyalty. "**I need do nothing" is the denial of the egoic plan for salvation.** 8 Believe "**I, my little "s" self, need do nothing**" for just one instant, and you will accomplish more than is given to a century of contemplation, or of struggle against temptation. p389

Note # 65: Jesus implores us to be full-time students of only ACIM. ACIM will save us time over other methods of spiritual practice because it requires that you do not have to "purify what is already pure." To maximize the benefits of ACIM, we need to be serious students. Many people prefer to dabble in various spiritual paths. They become familiar with many practices but master none. If followed, ACIM is a complete and swift course to the returning of the Sonship to the knowledge of the One Self.

T-18.VII.7. To do anything involves the body. 2 And if you recognize you need do nothing **that involves the body**, you have withdrawn the body's value from your mind. 3 Here is the quick and open door through which you slip past centuries of effort, and escape from time. 4 This **withdrawal of the body's value from your mind** is the way in which sin loses all attraction *<right now.>* 5 For here is time denied, and past and future gone. 6 Who needs do nothing has no need for time. 7 To do nothing is to rest, and make a place within you where the activity of the body ceases to demand attention. 8 Into this place **where the activity of the body ceases to demand attention** the Holy Spirit comes, and there abides. 9 **The Holy Spirit will remain in this place of your spiritual awareness** when you forget, and the body's activities return to occupy your conscious mind.

Note # 66: Instead of making the body, sin, guilt and fear seem real, ACIM states that we need but recognize the illusionary nature of these imaginary friends of the ego. Place no attention on them for what you resist, persists. Resistance merely makes illusions appear real. Other methods of spiritual practice accept man's sinful nature and then engage their students in years of struggle to overcome these imagined demons. The acceptance of the Atonement bypasses this struggle. We simply accept the truth that God's Children are eternally sinless. We ask for and accept the guidance of the Holy Spirit and dismiss the thought system of the ego. The home of the Holy Spirit is the Christ conscious part of our mind.

T-18.VII.8. Yet there will always be this place of rest, **which is the Christ consciousness**, to which you can return. 2 And you will be more aware of this quiet center of the storm than all **the body's** raging activity. 3 This quiet center, in which you do nothing, will remain with you, giving you rest in the midst of every busy doing on which you are sent. 4 For from this **quiet center** will you be directed how to use the body sinlessly. 5 It is this center **of Christ consciousness**, from which the body is absent, that will keep **the body sinless** in your awareness of **the body**.

Note # 67: Rather than deny the existence of the body, the Holy Spirit will transform the body from an egoic tool for the separation into a witness for love. The Holy Spirit utilizes

the body as a communication device. Thus, through the body, the Big “S” Self can be itself and teach only love. From the Christ center, the Holy Spirit resides as an observer for the truth. The Holy Spirit is aware of the activities involving the body but is also aware of the truth that you are not the body. Utilizing Its unique position of understanding, the Holy Spirit is able to correct egoic misperceptions into lessons for the Sonship’s guiltlessness which we can rediscover. This center of Christ consciousness has always remained in contact with the truth. We have just refused to listen to it in the past.

VIII. The Little Garden

T-18.VIII.1. It is only the awareness of the body that makes love seem limited. 2 For the body *<is>* a limit on love. 3 The belief in limited love was **the body’s** origin, and **the awareness of the body** was made to limit the unlimited. 4 Think not that this is merely allegorical, for **the body** was made to limit *<you.>* 5 Can you who see yourself within a body know yourself as an idea? 6 Everything you recognize you identify with externals, something outside itself. 7 You cannot even think of God without a body, or in some form you think you recognize.

Note # 68: We are mind, an idea or thought of God. We are not a physical body. Both the body and the physical world of time and space were made by the ego’s thought system to keep God out. Thus, they bear false witness to the ego’s belief in the separation. The world of perception is a world of form. Form cannot be shared and, therefore, can only limit. We have become so accustomed to utilizing the physical senses that we now identify everything as a projected image from our mind’s imagination. To the ego, form is all-important and content unimportant. Any attempt to define God is an attempt to limit God. Similarly, any attempt to define our essence as being a body is an attempt to limit what we are.

T-18.VIII.2. The body cannot know. 2 And while you limit your awareness to **the body’s** tiny senses, you will not see the grandeur that surrounds you. 3 God cannot come into a body, nor can you join **God in a body**. 4 Limits on love will always seem to shut **God** out, and keep you apart from **God**. 5 The body is a tiny fence around a little part of a glorious and complete idea. 6 **The body** draws a circle, infinitely small, around a very little segment of Heaven, splintered **that small segment of Heaven** from the whole, proclaiming that within **that small segment** is your kingdom, where God can enter not. p390

Note # 69: The world is the image of false past misperception that was birthed by the thought of separation. The body is a fence that the Son of God imagines he has built to separate parts of his One Self from other parts of his Big “S” Self. The body is the split-mind’s attempt to fragment the Sonship and split it into limited, separate parts. Identifying ourselves as the body, we believe we must live and die within this imagined fence we call our body. The ego, in its desire to be special, claims that only within the fence of the body can you exist. To the split-minded, we are a limited ego-body in competition with other limited ego-bodies. We are not a shared Oneness within the holographic Mind of God. The mind cannot go beyond the confines of the imaged body-form. The ego has attempted to limit the unlimited Mind of God by defining It as a limited form. This cannot be.

T-18.VIII.3. Within this **small splintered segment of Heaven which the ego claims God cannot enter is perceived a kingdom that** the ego rules, and **rules** cruelly. 2 And to

defend this little speck of dust **the ego** bids you fight against the universe. 3 This fragment of your mind is such a tiny part of **the universe** that, could you but appreciate the whole, you would see instantly that **your small kingdom** is like the smallest sunbeam to the sun, or like the faintest ripple on the surface of the ocean. 4 In **the ego's** amazing arrogance, this tiny sunbeam has decided it is the sun; this almost imperceptible ripple hails itself as the ocean. 5 Think how alone and frightened is this little thought, this infinitesimal illusion, holding itself apart against the universe. 6 The sun becomes the sunbeam's "enemy" that would devour **the sunbeam**, and the ocean terrifies the little ripple and wants to swallow **the ripple**.

Note # 70: The ego declares that it has usurped the Will of God and has created something other than God. The ego's thought system argues that it is either self-created or that it has a will other than God's Will. These thoughts birthed the belief in separation. Perception arose when the Oneness thought there was something outside of Itself. Perception is the attempt to take truth and make it false. It also attempts to claim that there are "conditional or partial truths." Egoic specialness fragments the Oneness and claims that a Oneness can be subdivided and made into something that it is not. The ego carves out a small part of the indivisible whole and claims this imagined part is limited and not like the whole. The ego declares that it would prefer to be special rather than be the shared Oneness of Everything. Thus, unlimited spirit is exchanged for a limited egoic body-form. The ego next tells us that we are imperfect and incomplete which, in turn, makes us very special. When we follow the ego, we exchange happiness for limitation born from specialness. Love is exchanged for fear. The universe now becomes a fearful, combative world. We have made an illusionary hell to replace a loving supportive Heaven, which is representative of God's Love.

T-18.VIII.4. Yet neither sun nor ocean is even aware of all this strange and meaningless activity. 2 **The sun or ocean** merely continue, unaware that they are feared and hated by a tiny segment of themselves. 3 Even that segment is not lost to **the sun or ocean**, for **the tiny segment** could not survive apart from **its source**. 4 And what **the tiny segment** thinks it is in no way changes its total dependence on **the sun or ocean** for its being. 5 **The tiny segment's** whole existence still remains in **its source**. 6 Without the sun the sunbeam would be gone; the ripple without the ocean is inconceivable.

Note # 71: This tiny segment of the Oneness that the ego claims you have become has no power of life independent from the Whole. In the Mind of God, the concept that there could be something other than a whole is inconceivable. Nothing can be outside the One Self, which is the holographic Mind of God. This mad idea that there could be something other than the Oneness led to the separation. Perhaps the Creator's greatest gift to His Creation, the Sonship, is the knowledge that creation is extension of the One Self. This insures that the Sonship will always be as God created His Child since God refuses to place value on any illusion that would make separation appear real. We remain innocent, perfect, whole and complete within the shared Oneness of the Mind of God. Ideas never leave their source and an idea cannot exist separate from the mind that thought it. We are an idea or thought of God.

T-18.VIII.5. Such is the strange position in which those in a world inhabited by bodies seem to be. **These tiny bodies claim that they are separate and independent from their**

source. 2 Each body seems to house a separate mind, a disconnected thought, living alone and in no way joined to the Thought by which it was created. 3 Each tiny fragment seems to be self-contained, needing another for some things, but by no means totally dependent on its one Creator for everything; needing the whole to give **each tiny fragment** any meaning, for by itself **each tiny fragment** does mean nothing. 4 Nor has **each tiny fragment** any life apart and by itself.

Note # 72: The Law of Creation states that creation is the extension of the Oneness. This would be similar to a holograph. Each tiny segment contains the whole. In the world of form or perception, each part is less than the whole. The ego utilizes this imagined fragmentation of the whole to support the idea that an imaged part could be something less than whole. Unlike creation, making is based to the idea of lack and that a part must be less than the whole. This “littleness” gives the part its imagined “specialness.”

T-18.VIII.6. Like to the sun and ocean your **Big “S”** Self continues, unmindful that this tiny **little “s”** part regards itself as you. 2 **This tiny little “s” part** is not missing for it could not exist if it were separate, nor would the Whole be whole without **this tiny little “s” part**. 3 **This tiny part** is not a separate kingdom, ruled by an idea of separation from the rest. 4 Nor does a fence surround **this tiny part**, preventing it from joining with the rest, and keeping **this tiny part** apart from its Creator. 5 This little aspect is no different from the whole, being continuous with **the whole** and at one with **the whole**. 6 **This tiny part** leads no separate life, because its life *<is>* the oneness in which **this tiny part’s** being was created.

Note # 73: Although we can deny the truth, this does not change the truth. We remain one with the whole. The belief of separation is the denial of truth yet our denial has no effect on the truth of Oneness.

T-18.VIII.7. Do not accept this little, fenced-off aspect as yourself. 2 The sun and ocean are as nothing beside what you are, **which is the Child of God**. 3 The sunbeam sparkles only in the sunlight, and the ripple dances as it rests upon the ocean. 4 Yet in neither sun nor ocean is the power **of God** that rests in you. p391 5 Would you remain within your tiny kingdom, a sorry king, a bitter ruler of all that he surveys, who looks on nothing yet who would still die to defend **the nothingness of an illusion**? 6 This little “s” self is not your kingdom. 7 Arched high above this little “s” self and surrounding it with love is the glorious whole, which offers all **the whole’s** happiness and deep content to every part. 8 The little aspect that you think you set apart is no exception.

Note # 74: Cause needs its effect and an effect needs its cause. They are together joined and are powerless without the other, for each completes the other as inseparable halves of the whole. When we argue for the thought system of the ego, we deny our divine birthright in exchange for littleness. We exchange the power of God, for the power of victim consciousness. Fortunately for the split-minded, this denial of the truth does not change the truth, which is eternally changeless.

T-18.VIII.8. Love knows no bodies, and **love** reaches to everything created like itself. 2 **Love’s** total lack of limit *<is>* **love’s** meaning. 3 **Love** is completely impartial in its giving, encompassing only to preserve and keep complete what **love** would give. 4 In your tiny

egoic kingdom you have so little! 5 Should **your tiny egoic kingdom** not, then, be there that you would call on love to enter? 6 Look at the desert—dry and unproductive, scorched and joyless—that makes up your little **egoic** kingdom. 7 And realize the life and joy that love would bring to **your tiny egoic kingdom** from where it comes, and where **your tiny kingdom** would return with you **to its source, which is God’s Love**.

Note # 75: ACIM asks us to choose again. By rejecting the egoic thought system, our provisional reality of littleness will be brought into the light of truth. The choice for the thought system of the Holy Spirit is the choice for your Big “S” Self and truth. Fear is transformed into forgiveness and love and our dreams of terror become happy dreams. We cannot be happy with egoic littleness when we are the shared Oneness of “All That Is.”

T-18.VIII.9. The Thought of God surrounds your little kingdom, waiting at the barrier you built to come inside and shine upon the barren ground. 2 See how life springs up everywhere **when the thought of God is freely allowed to enter our ego’s little kingdom!** 3 The desert becomes a garden, green and deep and quiet, offering rest to those who lost their way and wander in the dust. 4 Give **those who lost their way** a place of refuge, prepared by love for them where once a desert was. 5 And everyone you welcome will bring love with him from Heaven for you. 6 They **whom you welcome** enter one by one into this holy place, but they **whom you welcome** will not depart as they had come, alone. 7 The love they **whom you welcomed** brought with them will stay with them, as **their love** will stay with you. 8 And under **love’s** beneficence your little garden will expand, and reach out to everyone who thirsts for living water, but has grown too weary to go on alone.

Note # 76: By asking for the guidance of the Holy Spirit, love transforms our egoic special relationships into holy relationships. Fear has been replaced by forgiveness and love. We see everything as either a cry for love or an expression of love. Since to give is to receive, any exchange between our brother and ourselves is shared and strengthened. Love, being real, is never lost or diminished. We cannot limit loves’ extension and be love. Anyone who has or is love is never alone.

T-18.VIII.10. Go out and find them, **your brothers**, for they bring your **Big “S” Self** with them. 2 And lead **your brothers** gently to your quiet garden, and receive **your brothers’** blessing there **in your place of refuge**. 3 So will **your quiet garden** grow and stretch across the desert, leaving no lonely little kingdoms locked away from love, and leaving you inside. 4 And you will recognize yourself, and see your little garden gently transformed into the Kingdom of Heaven, with all the Love of its Creator shining upon it.

Note # 77: Love and forgiveness transform your world of provisional reality from a world of fear to a world of love. By granting love’s freedom to our brother, we receive that same freedom from our own egoic little “s’ self.

T-18.VIII.11. The holy instant is your invitation to love to enter into your bleak and joyless kingdom, and to transform **your bleak and joyless egoic kingdom** into a garden of peace and welcome. 2 Love’s answer is inevitable. 3 **Love** will come because you came without the body, and interposed no barriers to interfere with **love’s** glad coming. 4 In the holy instant, you ask of love only what **love** offers everyone, neither less nor more. p392 5

Asking for everything, you will receive **everything**. 6 And your shining **Big “S” Self** will lift the tiny aspect that you tried to hide from Heaven straight to Heaven. 7 No part of love calls on the whole in vain. 8 No Son of God remains outside His Fatherhood.

Note # 78: We cannot return to the truth about ourselves as long as we cling to the belief that we are a limited ego-body. The thought system of the ego is predicated on the belief that we are a body in competition with other ego-bodies. The Holy Spirit’s is based on the knowledge that you are the unlimited extension of the Mind of God. You are the thoughts of God. You are spirit and spirit is that One Self. Love returns us to the knowledge of the Oneness of the Mind of God.

T-18.VIII.12. Be sure of this; love has entered your special relationship, and entered fully at your weak request. 2 You do not recognize that love has come **to your brother**, because you have not yet let go of all the barriers you hold against your brother. 3 And you and **your brother** will not be able to give love welcome separately. 4 You could no more know God alone than **God** knows you without your brother. 5 But together you could no more be unaware of love than love could know you not, or fail to recognize itself in you.

Note # 79: Love cannot exist alone. Love must be expressed. God, our brother and we are one. Thus being a Oneness, when love is expressed, we all receive it. To know love, be love.

T-18.VIII.13. You have reached the end of an ancient journey, not realizing yet that **this ancient journey** is over. 2 You are still worn and tired, and the desert’s dust still seems to cloud your eyes and keep you sightless. 3 Yet **God** Whom you welcomed has come to you, and would welcome you. 4 **God** has waited long to give you this. 5 Receive **love’s return to knowledge** now **from God**, for **God** would have you know Him. 6 Only a little wall of dust still stands between you and your brother. 7 Blow on **this dust** lightly and with happy laughter, and **the illusion of the separation** will fall away. 8 And walk into the garden love has prepared for both **your brother and** you.

Note # 80: The dream of illusion is almost over. When we look with the Vision of Christ on all our brothers and ourselves, we will forgive ourselves for the vain attempts to make something other than love. We will abandon the thought system of the ego and reawaken to the Holy Spirit’s truth that the truth is always true and the false cannot be. God, the Creator, will welcome His once sleeping prodigal Son home from the dream of separation. This journey never actually occurred in the Mind of God for only the dreamer perceived the illusion to be real.

IX. The Two Worlds

T-18.IX.1. You have been told to bring the darkness to the light, and guilt to holiness. 2 And you have also been told that error must be corrected at **the source of the error**. 3 Therefore, **the error’s source** is the tiny part of yourself, the little thought that seems split off and separate **that** the Holy Spirit needs. 4 The rest of **yourself, our Big “S” Self**, is fully in God’s keeping, and needs no guide. 5 Yet this wild and delusional thought of **separation, which is the ego’s little “s” self**, needs help because, in **the ego’s** delusions, **this delusional thought** thinks **the ego’s little “s” self** is the Son of God, whole and omnipotent, sole ruler of the kingdom **that this delusional thought system** set apart to

tyrannize by madness into obedience and slavery. 6 This is the little part you think you stole from Heaven. 7 Give **the little part you think you stole from Heaven** back to Heaven. 8 Heaven has not lost it, but *<you>* have lost sight of Heaven. 9 Let the Holy Spirit remove **this delusional egoic thought system** from the withered kingdom in which you set it off, surrounded by darkness, guarded by attack and reinforced by hate. 10 Within **this delusional egoic thought system's** barricades is still a tiny segment of the Son of God, complete and holy, serene and unaware of what you think surrounds **this part, the Christ consciousness**. p393

Note # 81: The mad idea of separation has not “infected” our entire mind. The mad idea only represents a tiny fraction of our mind, the egoic little “s” self. The vast majority of the mind, the “uninfected” Big “S” Self, has remained in remembrance of God and is unaware of any disturbance to its peace. It is only within the tiny delusional thought system of the ego, which is represented by our little “s” self, that our mind appears split. But even within the ego, there still is a part that remains in remembrance of God since this split is not real, but only imagined. This remembrance for God is the Christ conscious part of the seemingly split-minded Sonship. This Christ center is the home of the Holy Spirit and is not under the influence of the ego. The egoic thought system is based on the delusional idea that the separation was real. It is the ego's thought system that places barriers to hide the truth that only love is real. The Christ conscious center of the split-mind is only love. ACIM does not attempt to teach love, but rather to remove all the obstacles the ego has placed to block love's presence. Remove the veil of illusion and the Christ Self, which is only love, is all that remains.

T-18.IX.2. Be you not separate, for the One, **the Holy Spirit**, Who does surround **the delusional idea of the ego**, has brought union to you, returning your little offering of darkness to the eternal light. 2 How is this **healing** done? 3 **This healing** is extremely simple **for the healing of the Holy Spirit** is being based on what this little **egoic** kingdom really is, **which is only an illusion**. The Holy Spirit merely **brings all illusion to the light of truth**. 4 The barren sands, the darkness and the lifelessness, are seen only through the body's eyes. 5 **The body's** bleak sight is distorted, and the messages **that the body's physical senses'** transmit to you who made **the egoic physical senses** to limit your awareness are little and limited, and so fragmented **that the messages the physical senses transmit back to the mind** are meaningless.

Note # 82: The physical senses, like the world and the body were made to give the appearance of reality to the dream of separation. They cannot be trusted. The physical senses are thought confirming devices rather than objective observational devices. Everything we perceive is the result of projection. In projection, the mind first determines what it would like to observe based on the mind's desires and beliefs. The mind then tells the physical senses to go out and confirm these predetermined beliefs. The physical sense next seeks out only what it was assigned to find. The senses ignore all other items. Thus, the physical senses are thought confirmation devices for the mind's prejudged ideas. The senses give false confirmation and, therefore, reality to the illusion that the mind desired. Projection demonstrates that thoughts are things. Our mind's thoughts are the cause of all that we perceive. This becomes our provisional reality. They are our own private beliefs and desire made manifest in an illusion that appears real only within the mind of the dreamer. Since no one else shares this same viewpoint of the dream of separation, everyone perceives his

or her private world differently. Everyone is living within their own unique dream world, which thus, becomes his or her own provisional reality.

T-18.IX.3. From the world of bodies, made by insanity, insane messages seem to be returned to the **egoic** mind that made **these same insane messages**. 2 And these messages bear witness to this **egoic world of perception and form** pronouncing **that the world of bodies** as true. 3 For you sent forth **by egoic projection** these messengers to bring this **pronouncement that the world of perception is true** back to you. 4 Everything these messages relay to you is quite external **in appearance to you**. 5 There are no **egoic** messages that speak of what lies underneath **the body-form**, for it is not the body that could speak of **what lies underneath, which is the Christ, which has been veiled by the ego's projection of separation**. 6 **The body's** eyes perceive not **the truth**. **The body's** senses remain quite unaware of **the truth**. **The body's** tongue cannot relay **the truth's** messages, **which arise from Christ consciousness**. 7 Yet God can bring you there **to Christ consciousness**, if you are willing to follow the Holy Spirit through seeming terror, trusting **the Holy Spirit** not to abandon you and leave you there **in the egoic illusion of separation**. 8 For it is not **the Holy Spirit's** purpose to frighten you, but only **your ego's purpose to frighten you**. 9 You are severely tempted to abandon **the Holy Spirit** at the outside ring of fear, but **the Holy Spirit** would lead you safely through **the ring of fear** and far beyond **to knowledge of truth**.

Note # 83: Projection makes the perceiver blind to the fact that what the physical senses appear to be sensing outside our mind, really has its origins within the mind of the perceiver, himself. Only the Holy Spirit is in the unique position of knowing both the truth and also the illusion of the dream. Because of this, the Holy Spirit can transform our egoic misperception into correct perception that teaches us that we remain a Oneness within the Mind of God. This Oneness has never left the Christ conscious center of our split-mind. If we ask, the Holy Spirit will bring our fear into the light of love and forgiveness. The illusion of fear will fade away, returning us to truth.

T-18.IX.4. The circle of fear lies just below the level the body sees, and seems to be the whole foundation on which the **egoic world of perception** is based. 2 Here are all the illusions, all the twisted thoughts, all the insane attacks, the fury, the vengeance and betrayal that were made to keep the guilt in place, so that the world **of illusion, perception and form** could rise from **the truth** and keep **the real world of Heaven** hidden. 3 **The egoic thought system's shadow of guilt** rises to the surface, enough to hold its most external manifestations in darkness, and to bring despair and loneliness to it and keep **the ego's external manifestations** joyless. 4 Yet **the light of truth's** intensity is veiled by **guilt's** heavy coverings, and kept apart from what was made to keep **the truth** hidden. 5 The body cannot see this, for the body arose from this **guilt** for **the ego's** protection, which depends on keeping **the real world of Heaven** not seen. 6 The body's eyes will never look on **the ego's thought system**. 7 Yet **the body's eyes** will see what **the egoic mind** dictates.

Note # 84: The thought system of the ego is based on the kissing cousins of sin, guilt and fear. It is these cousins that keep the veil of illusion over the truth that God Son is sinless and guiltless. Without the belief in sin, there is nothing for the Sonship to fear from His Creator. The physical world of form is an egoic attempt to hide the truth of the insanity of the ego's thought system. ACIM spends a great deal of time comparing the thought system

of the ego and Holy Spirit. This is necessary because we have identified ourselves so deeply as a body that most people would automatically dismiss as insanity the concept that we are unlimited spirit. The idea that we are not the body appear on the surface to be the truly “mad idea”. One of the goals of ACIM is to reawaken the decision-maker so that we can move out of victim consciousness and decide to choose again. As long as we fail to realize that we are the dreamer, we will not question the logic of the egoic thought system.

The person, who is insane, does not know they are insane. They are incapable of healing themselves because they do not know that they don't know. Only the Holy Spirit, Who is outside the dream, can bring the split-minded back to whole mindedness. The Holy Spirit knows that you do not know that you are the dreamer of this insane dream. It also knows how to gently reawaken God's sleeping Son to his spiritual magnificence. All we need do is have a little willingness to ask for the Holy Spirit's help.

T-18.IX.5. The body will remain guilt's messenger, and will act as **the egoic mind** directs as long as you believe that guilt is real. 2 For the reality of guilt is the illusion that seems to make **guilt** heavy and opaque, impenetrable, and a real foundation for the ego's thought system. 3 **Guilt's** thinness and transparency are not apparent until you see the light behind **guilt**. 4 And then you see **guilt** as a fragile veil before the light. p394

Note # 85: God's Son is guiltless. Once this truth of guiltlessness is uncovered, the kissing cousins of sin, guilt and fear will disappear. For darkness disappears when brought into the truth. This truth is learned through the Holy Spirit's thought system.

T-18.IX.6. This heavy-seeming barrier **of egoic guilt**, this artificial floor that looks like rock, is like a bank of low dark clouds that seem to be a solid wall before the sun. 2 Its impenetrable appearance is wholly an illusion. 3 **The barrier** gives way softly to the mountain tops that rise above it, and has no power at all to hold back anyone willing to climb above **the barrier** and see the sun. 4 **The ego's barrier to love** is not strong enough to stop a button's fall, nor hold a feather. 5 Nothing can rest upon **the ego's barriers to truth**, for **guilt** is but an illusion of a foundation. 6 Try but to touch **the ego's barrier** and it disappears; attempt to grasp **the ego's barriers to love** and your hands hold nothing.

Note # 86: Dreams always appear to be real. Once awake, the dream quickly fades before the reality of truth.

T-18.IX.7. Yet in this cloud bank it is easy to see a whole **egoic** world rising. 2 A solid mountain range, a lake, a city, all rise in your **egoic** imagination, and from the clouds the messengers of your perception return to you, assuring you that **the illusion** is **really** there. 3 Figures stand out and move about, actions seem real, and forms appear and shift from loveliness to the grotesque. 4 And back and forth they go, as long as you would play the **egoic** game of children's make-believe. 5 Yet however long you play **the game of children's make-believe** and regardless of how much imagination you bring to **the game**, you do not confuse it with the world below, nor seek to make **the game of children's make-believe** real.

Note # 87: When we play a game, we need only stop playing the game to remember that it is only a game. In the dream of separation we got so involved with the game itself that we forgot to laugh. We got out of the bleacher and became the active participants in the game

of “What Am I?” We identified ourselves pretending that we could be something other than as God created us. We forgot to laugh. This identification of our essence as being the body is what made the dream appear to be a real and thus, fearful. The dreamer forgot that he was the author of the dream.

T-18.IX.8. So should it be with the dark clouds of guilt, no more impenetrable and no more substantial. 2 You will not bruise yourself against **the illusionary clouds of guilt** in traveling through **them**. 3 Let your Guide, **the Holy Spirit**, teach you **guilt’s** unsubstantial nature as He leads you past **the clouds of guilt**, for beneath them is a world of light whereon they cast no shadows. 4 **The clouds of guilt’s** shadows lie upon the **egoic** world beyond them, still further from the light. 5 Yet from **the clouds of guilt** to the light their shadows cannot fall.

Note # 88: Guilt only appears real within the thought system of the ego. Guilt has no power to hide the truth when brought in front of the thought system of the Holy Spirit. The Holy Spirit’s verdict is always that God’s Son is sinless and guiltless. That nothing real can be threatened and that nothing unreal exists. This truth is the cornerstone of the Holy Spirit’s thought system. This idea forms the basis for forgiveness and dissolves away all illusions of guilt.

T-18.IX.9. This world of light, this circle of brightness is the real world, where guilt meets with forgiveness. 2 Here **in this world of light that is the real world**, the world outside is seen anew **through the Holy Spirit’s eyes of correct perception** without the shadow of guilt upon **your outside world of egoic misperception**. 3 Here **in this world of light that is the real world** are you forgiven, for here you have forgiven everyone. 4 Here is the new perception **of the Holy Spirit** where everything is bright and shining with innocence, washed in the waters of forgiveness, and cleansed of every evil thought you laid upon **the outside world of egoic misperception**. 5 Here **in this world of correct perception that is the real world**, there is no attack upon the Son of God, and you are welcome. 6 Here **in this world of correct perception that is the real world** is your innocence, waiting to clothe you and protect you, and make you ready for the final step in the journey inward. 7 Here **in this world of light that is the real world** are the dark and heavy garments of guilt laid by, and gently replaced by purity and love.

Note # 89: The Holy Spirit transforms your misperceptions to correct perception through the tool of forgiveness. The miracle is a change in our perception. We move from egoic misperception to the correct or true perception of the Holy Spirit. Forgiveness dispels guilt. This change will transform the egoic special relationship into a holy one. It exchanges the dream of fear into the happy dream. The happy dream is based on the thought system of the Holy Spirit. The happy dream resembles reality, except that it is still based on correct perception rather than knowledge. Guilt is powerless before the forgiving light of the real world.

T-18.IX.10. Yet even forgiveness is not the end. 2 Forgiveness does make lovely, but **forgiveness** does not create. p395 3 **Forgiveness** is the source of healing, but **forgiveness** is the messenger of love and not **love’s** Source. 4 Here you are led, that God Himself can take the final step **to the Son’s return to knowledge** unhindered, for here does nothing interfere with love, letting **love** be itself. 5 A step beyond this holy place of forgiveness, a

step still further inward but the one <you> cannot take, transports you to something completely different. 6 Here is the Source of light; nothing perceived, forgiven nor transformed. 7 But merely known.

Note # 90: Until the return to knowledge, the real world of the truth of Heaven will remain a step away from the happy dream. In the happy dream we lack knowledge, but the Holy Spirit has corrected our perception. As long as we perceive ourselves as a body in time and space our function in the world of perception will be forgiveness. Our function in Heaven will be to co-create with God. Creation requires that we know we are unlimited spirit sharing the One Self. Creation is extension. Being everything, we give everything.

T-18.IX.11. This course will lead to knowledge, but knowledge itself is still beyond the scope of our curriculum. 2 Nor is there any need for us to try to speak of what must forever lie beyond words, **which is knowledge**. 3 We need remember only that whoever attains the real world, beyond which learning cannot go, will go beyond **learning**, but in a different way. 4 Where learning ends there God begins, for learning ends before **God** Who is complete where He begins, and where there <is> no end. 5 It is not for us to dwell on what cannot be attained. 6 There is too much to learn. 7 The readiness for knowledge still must be attained.

Note # 91: Knowledge cannot be learned because knowledge just is. God will take the final step in the Sonship's return to knowledge.

T-18.IX.12. Love is not learned. 2 **Love's** meaning lies within itself. 3 And learning ends when you have recognized all **love** is <not.> 4 That is the interference **to love** that is what needs to be undone. 5 Love is not learned, because there never was a time in which you knew **love** not. 6 Learning is useless in the Presence of your Creator, Whose acknowledgment of you and yours of Him so far transcend all learning that everything you learned is meaningless, replaced forever by the knowledge of love and **love's** one meaning.

Note # 92: ACIM does not teach love because love is what we truly are. ACIM does teach how to remove all the obstacles that the ego's thought system has place in front of love. Once the barriers to love have been remove, only love remains. Love is the extension of the Oneness. Love, like knowledge is not learned, for it is your essence. We can and will learn how to remove all the barriers we have place between yourselves and love. The Holy Spirit teaches us how to removed these egoic blocks to love.

T-18.IX.13. Your relationship with your brother has been uprooted from the world of shadows, and **the relationship's** unholy **egoic** purpose has been safely brought through the barriers of guilt, washed with forgiveness, and set shining and firmly rooted in the world of light. 2 From there **the now holy relationship with your brother** calls to you to follow the course it took, lifted high above the darkness **of the world of shadows** and gently placed **you both** before the gates of Heaven. 3 The holy instant in which you and your brother were united is but the messenger of love, sent from beyond forgiveness to remind you of all that lies beyond **forgiveness is love**. 4 Yet it is through forgiveness that **love** will be remembered.

Note # 93: In the holy instant, all past egoic judgments are suspended. This allows the Holy Spirit's thought system and our Christ consciousness to forgive our brother and ourselves. We join with our brother in the oneness that we all share. We forgive ourselves for all the perceived wrongs that we imaged our brother had done to us. Forgiveness is the bridge in which all forms of illusion are brought to truth. Whatever we give, we receive. Release your brother from the imprisonment of your illusions and you release yourself.

Technically, love is not found in the world of perception since the illusion is not real. However, the Holy Spirit preserves all our loving thoughts. These thoughts have been saved for us and will be returned to us upon our return to Heaven. Heaven is not a place, but rather a state of awareness of the mind.

T-18.IX.14. And when the memory of God has come to you in the holy place of forgiveness, **your once split mind** will remember nothing else, and memory will be as useless as learning, for your only purpose will be creating. 2 Yet this **knowledge to create** you cannot know until every perception has been cleansed and purified, and finally removed forever. 3 Forgiveness removes only the untrue, lifting the shadows of **misperception** from the world and carrying perception, safe and sure within **forgiveness's** gentleness, to the bright world of new and clean perception. p396 4 There is your purpose <now.> 5 And it is there **in the bright world of new and clean perception** that peace awaits you. p397

Note # 94: The Holy Spirit uses forgiveness to heal our egoic misperception. With correct perception we move into the happy dream. Yet the happy dream is not the return to knowledge. It has merely brought us to Heaven's gate. The acceptance of the Atonement for ourselves places us at Heaven's gate awaiting the Sonship return to knowledge with our brother. The Father will take this last step on our behalf.

Although we speak dualistically as if there are separate parts of the Oneness, we need to remember that the true state of creation is that we are a shared Oneness, with one Will and one Mind. There is only the Mind of God. The ego is not a separate part of our mind and our mind is not separate from God's Mind. We are God's thoughts. Like a hologram, any aspect of mind contains the indivisible whole. Thus, the Christ is home of the Holy Spirit and also the home of the Father which is home of the Sonship. This means that the Holy Trinity is a Oneness of everything and that there is no separation. Cause and Effect are different sides on the same coin. One side is not complete without the other for they are inseparably joined as one coin. We are that One Self. There is only God which has also been defined as Love, Knowledge and Truth by ACIM.