



**Week 15**  
**T-4.VI This Need Not Be**

**4 Step Process - an active approach to negative emotions**

1. Watch your mind with great honesty for negative emotions - any form of lack of joy
2. When you notice one, *know this need not be*
3. Search your mind for the causes of your negative emotions, especially in how you have perceived and acted toward others
4. Change your mind to think with God's - choose to see differently the person you "have thought wrongly about" (3:2)

*"There is no limit to the power of a Son of God, but he himself can limit the expression of his power as much as he wills. Your mind and mine can unite in shining your ego away, and releasing the strength and beauty of God into everything you think and will and do." (11:2-3)*

# Week 15

## T-4.VII The Real Question

- Ego prevents the real questions from being asked - prevents them from entering consciousness
  - The body's vulnerability is the ego's best argument that you cannot be of God - the mind is told it is part of the body and the body is its protector, and then informed the body *cannot* protect it. (4:5-5:5)
- We want to ask the real questions because their answers could lead us in a change of direction towards truth and happiness
- Questions:
  - Where can I go for protection?
  - What for?
  - What am I doing this for?
  - What do I hope will come of this?
  - What is my purpose?
- Asking the real questions is the gateway to formulating real and meaningful goals, which leads to pursuing and finally reaching those goals
- Devoting our minds to eternal thought, rather than perpetual motion (14:2)

*“Meaningful seeking is consciously undertaken, consciously organized, and consciously directed. The goal must be formulated clearly and kept in mind.” (8:2-3)*

*“When you make a decision of purpose, then, you have made a decision about future effort...” (16:5)*

## Week 15

### T-4.VIII The Rewards of God

- What is the “you” who are living in this world? (2:4) This is the question that needs to be asked to realize that perception is ultimately unnecessary
  - We assume we are living in the world, yet Jesus says our true state is constant
  - We have dissociated from our reality, which remains real and alive beyond this world
  - “The ego is nothing more than a part of your belief about yourself. Your other life has continued without interruption, and has been and always will be totally unaffected by your attempts to **dissociate**.” (7:1-2)
- Only your allegiance to your ego has *any* power over you. (6:2)

*Robert Perry -*

It can sound as if the ego is almost an independent entity, acting on its own. But in fact, it is merely a belief. It seems to have power over us, but that’s only because of the allegiance we have to it. Any belief that we pour great allegiance into will seem to take on a life of its own, whispering, and even shouting, in our ear. Yet it remains just a puppet. We are the hand that is animating it.

To get out of this belief, Jesus advocates two main things in this section.

1. The first is cultivating gratitude toward our brothers. This is not just for what they do; it’s more fundamentally for who they *are*. (9)
2. The second is being alert to our withdrawal from our brothers and reversing that, so that we engage with them and even collaborate with them. (20)

## Week 15

### T-4.VIII The Rewards of God

- \* When I told you to concentrate on the phrase “Here I am, Lord,” I did not mean “in this world” by “here.” I wanted you to think of yourself as a distinct consciousness, capable of direct communication with the Creator of that consciousness. You must begin to think of yourself as a very powerful receiving and sending channel. (8)
- \* You have very little trust in me as yet, but it will increase as you turn more and more often to me instead of to your ego for guidance. (10) The ego is a device for maintaining [the belief you are a separate thing], but it is still only your willingness to use the device that enables it to endure. (13)
- \* My trust in you is greater than yours in me at the moment, but it will not always be that way. Your mission is very simple: You have been chosen to live so as to demonstrate that you are *not* an ego. I repeat that I do not choose God’s channels wrongly. (14)
- \* My chosen receiving and sending channels cannot fail, because I will lend them my strength as long as theirs is wanting. I will go with you to the Holy One, and through my perception He can bridge the little gap. Your gratitude to your brother is the only gift I want. I will bring it to God for you, knowing that to know your brother *is* to know God. (15)
- \* If you are grateful to your brother you are grateful to God for what He created... (16)