

Week 18

T-5.VI The Ego's Use of Guilt (1-9)

- Guilt: a natural byproduct of the ego, as well as a means to the ego's goal
- All guilt stems from the belief that in trying to separate myself from God, I took away part of Him in the process (or at least appeared to)
- I repeat this sense of tearing away part of God whenever I think apart from Him. Every thought I generate that is apart from God reflects that original separation from Him, and causes guilt (12:5-7)
- Guilt is the symbol of the *attack* on God, the belief that it is possible to attack God (3:4, 5:5)
- The ego's primary drive is to preserve itself. Guilt is a means to this end because it keeps me in a state of fear. When I feel guilty, I naturally fear punishment
- But if I think with God, if I will to stop reproducing the separation in the present, then my guilt will dissolve and be replaced with joy (7:1-3)
- Illness is a way of mitigating the punishment of God - it's the ego's way of punishing itself to avoid God's punishment

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T-5.VI The Ego's Use of Guilt (10-19)

- I have two choices available to me
 - The Holy Spirit: created by God, so I “cannot eradicate it”
 - The ego: made by me, so I can eradicate it
- “The function of thought comes from God and is in God. As part of His thought, you cannot think apart from Him. God Himself orders your thought, because your thought was created by Him. Guilt feeling are always a sign that you do not know this. They also show that you believe you can think apart from God, and want to.” (12:2-7)
- “The *continuing* will to remain separated is the only possible reason for the continuing guilt feelings.” (15:1)
- Jesus tells us:
 - “My role is only to unchain your will and make it free.” (18:1)
 - “That Mind that was in me *is* in you.” (19:2)
- “What do you want?” - “You *are* answering it every minute and every second...” (10)

The background features a soft, watercolor-style illustration of a woman's profile in shades of pink and blue. She is wearing a vibrant, multi-colored floral wreath with various flowers and leaves in shades of yellow, red, green, and blue. The overall aesthetic is gentle and artistic.

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Cameo 18: The Editing of the Notes

- Early material of the Course - Helen started out as an “unwilling Scribe”
- Despite her identification with her ego and her resistance, Jesus says the truth still came through
- As time went on, truth came through her more fully - it came though with more clarification, higher level of thought, and greater unity
- This happened for one reason: She said ‘yes’ to Jesus’ request. “This yes, even in the presence of her resistance, was enough.”

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T-5.VII The Question of Karma

- I have a tendency to believe that my past history is the explanation for who I am -
 - Explore childhood in therapy
 - Seek out past-life readings
- Seeing my ego as caused by what others have done to me makes it more tolerable to me, rather than eager to let it go; seeing who I am as a product of my past traps me because I can't change the past
- What I really need is to develop the skill of separating myself from the past, "separating the past *from* the present" (2:2)
- I must recognize that "mind is the builder...it is only what it is building *now* that really generates the future." (2:3)
- "There was a past, but it does not matter. It does not explain the present or account for the future." (3:3)
- It's not the past that generates the future. It's what the mind is believing now (in general and in regards to the past) that has any causative power in the present and for the future.

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T-5.VIII God's Higher Court

- When I look at anything, the ego immediately jumps in to give me its interpretation
- The ego's interpretations are, at root, always some form of judgment against me. As I look in judgment upon others, the ego directs me to look at myself this way as well
- If I let Him, the Holy Spirit will enter and undo that interpretation, offering His interpretation instead
- I should treat the ego's judgments like the verdicts of the lower courts, which when taken to a higher court (God's Higher Court), can be overturned and dismissed
- The Voice for God "can only witness truly. His verdict will always be 'Thine is the kingdom,' because He was given you to remind you of what you *are*." (9:4-5)

It is still true that where you look to find yourself is up to you. (8:3)