

Week 7

T-2.1-II

The Real Meaning of Possession

- We have an overpowering attraction to God, a pull to be “possessed” by God (in the healthy sense of wholly belonging to Him)
- In the ego state, we find this pull frightening so we resist the pull
- We can't get rid of this “possession drive”, so it gets diverted into four conventional desires to possess or be possessed: special relationships/sexuality, material possessions, spirit possession, and possession of knowledge

The Cause of the Separation

- God created us already perfect, a condition we can never lose, no matter what we do
- God gave us the power to create like him, and no matter how powerless we seem on this earth, this is a power we also can never lose
- We tried to wrest from Him the power He holds over our creation and our nature; we tried to change our nature and actually create ourselves
- Jesus' correction - all of this is impossible; we have no power over our creation and our nature - they remain eternal facts.



Week 7

T-2.III: The Proper Use of Denial

False denial

Perceived threat:

- You look away from the threat
- ...because you assume it to be real
- ...in an attempt to deprive it of power
- It still causes unconscious disturbance and can rise up at any time

True denial

Perceived threat:

- You look the threat straight in the face
- You deny that anything not of God can affect you
- You thus truly deprive it of power
- And it is truly gone; it has no power over you now

By bringing error into the light of truth, error becomes shined away, corrected.

Week 7

T-2.IV: The Reinterpretation of Defenses

Use of Defense Mechanisms

Ego

Denial: If something in me or in my life is simply too uncomfortable to deal with, I reject it, deny its truth, and refuse to look at it.

Projection: Having denied the “evil will” in me, I project it and see it operating in others, being fully convinced now that it’s in them, not me.

Intellectualization: I protect myself from uncomfortable emotions by focusing on facts and logic.

Withdrawal: I withdraw from or avoid situations that feel emotionally or psychologically challenging.

Dissociation: I cope with emotional stress by splitting myself off from my body, my surroundings, difficult memories, or other unpleasant contents of consciousness.

Detachment: When under stress, rather than splitting myself off from the source of stress, I just detach from it. This includes people—when they stress me out, I detach from them.

Distantiation: I tend to keep stressful things and people at a mental and emotional distance. I choose isolation over intimacy.

Regression: When anxious, I adopt an immature way of thinking, feeling, or acting, in order to reduce my anxiety.

ACIM

Denial: I look at what I am afraid of—whether internal or external—straight in the face and I deny the ability of anything that is not of God to affect me in any way.

Projection: Having affirmed the truth in me, I project (extend) to you the affirmation of the truth in you.

Right-mindedness: I protect myself from uncomfortable emotions by using true reason to see their fundamentally untrue nature.

Withdrawal: I withdraw from the desert of the world—from trying to seek happiness by wringing joy out of joyless outer forms. But I do this in service of consolidating with the one Mind.

Dissociation and detachment and distantiation: I split myself off, detach, and distance myself from all error, realizing that *it* is the real threat to me. But I do this so that I can stop withholding myself from others.

Regression: When anxious, I regress back not to my childhood state, but to my true original state in God.

Week 7

T-2.V: The Atonement as Defense

Traditional use:

- Jesus paying for our sins so that we can be reconciled with God

The Course's use:

- Our past errors need to be wiped away so that we can be reunited with God
- Underlying principle is that our errors were never real in the first place, and thus could never really separate us from God
- Our errors were just little patches of darkness that will be shined away when exposed to the light - we have been one with God all along

Atonement is not used by us; it is a power that is let in by us

- The light that is turned on that shines the darkness away
- A power that we invoke that, once it arrives, reveals our errors to be empty of truth and power, thus undoing them