



Week 12

T-3.VI The Divided Mind

Three levels of the mind

- Superconscious - level of heavenly awareness; state of mind above consciousness
- Subconscious/unconscious - base filled with the drive to express love to others (miracles) and superficial level
- Conscious mind - in between these two levels; managing the impulses that come from above it, below it, and outside of it (the world). Uncertain and confused. Level of perception (3:3).

However, in its natural state, the mind is one with spirit. “Your spirit knows, loves, and creates. These are its unequivocal functions” (1:2-3).

“Right-mindedness applies to the state of mind which induces accurate perception. It is miraculous because it heals misperception, and healing is indeed a miracle in view of how you perceive yourself. The spirit does not need healing, but the mind does.” (7:3-6)



Week 12

T-3.VI The Divided Mind

- **Correcting error from the bottom up**
 - We cannot counteract error with knowledge (top-down approach)
 - Sailboat analogy
- **Bottom-up approach**
 - Healing our misperceptions
 - Inviting Jesus to erase them from our minds
 - This is how we prepare our minds to return to pure knowledge

“By uniting my will with that of my Creator, I brought His light back into my mind, which naturally remembered the spirit and its own real purpose.” (16:7)

“Only your misperceptions stand in your way.” (18:1)

Week 12

T-3.VII Beyond Perception

We are a creation of God. God created us by His thought; He thought us into existence. And when He did that, He did a miracle, which means that we ourselves are a miracle, a miracle performed by God, an expression/extension of God's love. *Does that make you feel any differently about yourself?*

To really *know*, we need to relax our entire process of making - all the judging, evaluating, selecting, rejecting, magnifying, minimizing, organizing - all our filters, and let in what God created.

"You lost the knowledge that you yourself are a miracle. Miraculous creation was your own source, and also your own real function." (11:2)

"Forgiveness is the healing of the perception of separation." (14:1)

"How beautiful indeed are the thoughts of God, who live in His light. Your worth is beyond perception because it is beyond doubt. Do not perceive yourself in different lights. Know yourself in the One Light, where the miracle which is you is perfectly clear." (17)

Week 12

T-3.VIII The Essential Goal of Therapy

Speaking to the common belief that we have been wounded and damaged by our parents' lack of love toward us:

1. **You were not victimized by your parents** - they may have expressed lack of love toward you, but you chose to internalize and hang on to that image of yourself.
2. **Not only was their image of you incorrect, *no* image of you is correct.** What you are cannot be seen, only known.
3. **Why did you choose to let in their misperception of your worth? To justify punishing them.** *"When we realize that our sense of being wounded by others is not innocent, but that we actually wound ourselves in order to blame them, we lose the motivation to keep doing this."* (RP)
4. **To heal you need to replace this desire to punish a kind orientation toward those who attack you.**

"If we were willing to forgive other people's misperceptions of us, they could not possibly affect us at all." (7:3)

"The purpose of the resurrection was to demonstrate that no amount of misperception has any influence at all on a Son of God." (10:2)

"Your question, which you must ask yourself very honestly, is whether you are willing to demonstrate that your parents have not hurt you." (10: 4)

"It is your duty to establish beyond doubt that you are totally unwilling to side with (identify with) anyone's misperceptions of you, including your own." (14)

Week 12

T-3.IX The Fear of Teaching

The Role of Teacher

1. The “inequality of ability and experience” (2:3) that exists in the role is really there in the service of the goal of equality. (Being a teacher is not about following the ego in feeling superior to others; it’s about following Jesus and serving God.)
 - *“The teacher (or miracle worker) gives more to those who have less, bringing them closer to equality with him, at the same time gaining for himself.” (2:6)*
2. Jesus describes the role of teacher as immensely valuable.
 - *“The value of this role can hardly be underestimated, if only because it was one to which I very gladly dedicated my own life.” (6:2)*
3. Our fear of teaching comes out of a sense of self that is so shaky and uncertain that it feels at the mercy of our pupils’ opinions of us.
 - *“You will lose all your fear of teaching and relating in any form once you know who you are.” (13:3)*
 - The answer is to acquire an unshakeable sense of self, rooted in our imageless being, created by God

Week 12

T-3.X Judgment and the Authority Problem

Judgment in this section does not refer to being judgmental, to condemnation. It refers to the second-by-second process of judging which elements in our perceptual field are meaningful. This judgment then results in selecting some items and weaving them into our picture of things, and then rejecting other items and leaving them out. Which is also about selecting and rejecting people. All these rejected people and things in our unconscious are constantly whispering “one day your will be rejected.”

The Authority Problem - We resent that Someone Else authored reality and defined it for all eternity. We want to be the author. Yet in that, we believe we have “usurped the power of God” (8:4) and that belief is “very frightening” (8:5). It makes us fear God and it makes us fear others.

- *“When an individual has an “authority problem”, it is always because he believes he is the author of himself and resents his own projection of this delusion onto others. He then perceives the situation as one in which two people are literally fighting for his own authorship.” (8:2-3)*
- *“Only those who give over all desire to reject can know that their own rejection is impossible.” (10:1)*
- *“Peace is a natural heritage of the Son. Everyone is free to refuse to accept his inheritance, but he is not free to establish what his inheritance is.” (11:1-2)*

The fact that we are not our own author can be a source of peace. It's all in Someone Else's hands, so we can relax. We can let go of judgment, let go of our perceptual filters, and meet everyone with acceptance.