

Week 9

T-2.IX The Correction of Fear

We see fear as involuntary - just a reaction we have no control over

- Ask Jesus to take it away
- Try to cover it up and behave constructively in spite of it (can't control fear, but can control our behavior)

In truth, fear arises because we “willed not to love somehow or somewhere” (11:2)

- We are afraid of our harmful thought showing up in our behavior and doing damage in the world
 - And then we are afraid of outside things because we believe we deserve some kind of punishment for our unloving thoughts/behavior
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Dispel fear

- Admit we are in a state of fear
- Realize fear comes from choosing not to love
- Accept perfect love in place of our lack of love
 - Accept the Atonement
 - Invite Jesus in to guide our mind, so that it wills with love
“Behavior is controlled by me automatically as soon as you place what you think under my guidance.” (3:8)
“You must change your *mind*, not your behavior, and this *is* a matter of will.” (4:5)

Week 9

T-2.X The Real Power of the Mind

Recognizing the incredible power of our minds

The real reason we do not believe our minds have this power

- We're afraid of it - afraid of the harm our unloving thoughts might do
 - To calm our fear, we depreciate the power of our thought- we choose to believe our thoughts are idle; that our thoughts don't matter, only our behavior does
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Need to go to the other side

- Maintain an awareness of the power of our thoughts
- Guard our thoughts all the time
- By doing this, Jesus can fully use us to work miracles in the world

“The mind is a very powerful agent, and it never loses its creative force. It never sleeps. Every instant it is making or creating, and always as you will. (2:1-3)

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T-2.X The Real Power of the Mind

“You who complain about fear still persist in producing it most of the time. I told you in the last section that you cannot ask *me* to release you from it (*“The correction of fear is your responsibility. When you ask for release from fear, you are implying that it isn’t.” T-2.IX.5:1-2*), because I know it does not exist. *You* don’t. If I merely intervened between your thoughts and their results, I would be tampering with a basic law of cause and effect, in fact the most fundamental on there is in this world. I would hardly help you if I depreciated the power of your own thinking. This would be in direct opposition to the purpose of this course.” (T-2.X.8)

“Miracles cannot free the miracle worker from fear. Both miracles and fear come from his thoughts, and if he were not free to choose one, he would also not be free to choose the other. Remember, we said before that when electing one person, you reject another. It is much the same in electing the miracle. By so doing, you *have* rejected fear. Fear cannot assail unless it has been elected.” (T-2.X.11)

Week 9

T-2.XI The Basic Conflict

Jesus' view of the mind -

- Conscious mind - leaves its thoughts unwatched and unguarded, assuming those thoughts are too inconsequential to bother about
- Unconscious mind - those unwatched thoughts are constantly depositing fear into superficial unconscious (like a "lake of terror")
 - We station a "censor" over this lake so that paralyzing fear does not flow freely into our conscious mind
 - We forget this "lake" is not outside our control - we filled it, we can empty it
 - Remember, underneath this superficial layer of unconscious is the miracle level, filled with the drive to work miracles
- The basic conflict is between love - residing in the miracle level - and fear - anchored in the superficial unconscious. Yet fear is ultimately unreal and "therefore there *is* no conflict" (15:2)
- "The only way out is to *stop miscreating now*, and accept the Atonement for miscreations of the past" (16:3)



Week 9

T-2.XII The Mastery of Love

- Fear feels so involuntary it seems we can't stop feeling it so try to control it ("feel the fear and do it anyway")
 - This means we are using the power of our mind to try to control something produced by the power of our mind
- The real answer is not the mastering of fear. The real answer is the actual undoing of fear through instead mastering love
 - Realize "fear is really nothing, and love is really everything"
 - Accept that fear is within us, but rather than dwelling on the fear, we accept perfect love into our mind (accept the Atonement), which will then undo what is not love in us
 - Train our minds to watch our thoughts, use our practice to dispel fearful or unloving thoughts once we notice them - through this we learn we can *watch* our thoughts and *change* our thoughts.