A Course In Miracle Workbook For Dummies

LESSON 153

In my defenselessness my safety lies.

W-153.1. You who feel threatened by this changing world, its twists of fortune and its bitter jests, this changing world’s brief relationships and all the “gifts” this changing world merely lends to take away again; attend this lesson well that in your defenselessness your safety lies. The world provides no safety. This changing world is rooted in attack, and all the changing world’s "gifts" of seeming safety are illusory deceptions. This changing world attacks, and then attacks again. No peace of mind is possible where danger threatens thus in this world of change and attack.

W-153.2. The world of change and attack gives rise but to defensiveness. For threat brings anger, anger makes attack seem reasonable, honestly provoked, and righteous in the name of self-defense. Yet is defensiveness a double threat. For defensiveness attests to weakness, and sets up a system of defense that cannot work. Now are the weak still further undermined, for there is treachery perceived without and still a greater treachery within from your own egoic mind’s beliefs. The mind that feels threatened is now confused, and knows not where to turn to find escape from its own egoic mind’s imaginings.

W-153.3. It is as if a circle held the mind that feels threatened fast, wherein another circle bound around the first circle and another one in that, until escape no longer can be hoped for nor obtained by the mind that feels threatened. Attack, defense; defense, attack, become the circles of the hours and the days that bind the mind that feels threatened in heavy bands of steel with iron overlaid, returning but to start again. There seems to be no break nor ending in the ever-tightening grip of the imprisonment upon the mind that feels threatened.

W-153.4. Defenses are the costliest of all the prices which the ego would exact. In defenses lies madness in a form so grim that hope of sanity seems but to be an idle dream, beyond the possible. The sense of threat the world encourages is so much deeper, and so far beyond the frenzy and intensity of which you can conceive, that you have no idea of all the devastation the sense of threat has wrought.

W-153.5. You, the little “s” self that feels threatened by this world are slave to your ego’s defenses. You know not what you do, in fear of attack and defense. You do not understand how much your split minds have been made to sacrifice, as your split minds feel the iron grip of your ego’s defense upon your heart. You do not realize what you have done to sabotage the holy peace of God by your ego’s defensiveness. You behold the Son of God as a little “s” self and but a victim to attack by fantasies, by dreams, and by illusions that his egoic mind has made; yet the little “s” self is helpless in the illusion’s presence, needful only of additional egoic defense by still more fantasies, and dreams by which illusions of his safety comfort your little “s” self.

W-153.6. Defenselessness is strength. Defenselessness testifies to recognition of the Christ, your big “S” Self, in you. Perhaps you will recall the text maintains that choice is
always made between Christ's strength and your own weakness **of the little “s” self which is** seen apart from **Christ, your big “S” Self.** 4 Defenselessness can never be attacked, because **defenselessness** recognizes strength so great attack is folly, or a silly game a tired child might play, when **the child** becomes too sleepy to remember what he wants.

W-153.7.  **Defensiveness** is weakness. 2 **Defensiveness** proclaims you have denied the Christ, **your big “S” Self,** and come to fear His Father's anger. 3 What can save you now from your delusion of an angry god, whose fearful image you believe you see at work in all the evils of the world **you made?** 4 What but illusions could defend you now, when it is but illusions **of a fearful god** that you fight?

W-153.8.  **We** will not play such childish games today. 2 For our true purpose is to save the world, and we would not exchange for foolishness the endless joy our function **to save the world** offers us. 3 We would not let our happiness slip by because a fragment of a senseless dream happened to cross our split minds, and we mistook the figures in the senseless dream for the Son of God; **and we mistook the senseless dream’s** tiny instant for eternity.

W-153.9.  **We** look past dreams today, and recognize that we need no defense because we are created **by God and are** unassailable. **We are** without all thought or wish or dream in which attack has any meaning. 2 Now we cannot fear, for we have left all fearful thoughts behind. 3 And in defenselessness we stand secure, serenely certain of our safety now, sure of salvation; sure we will fulfill our chosen purpose **to save our world,** as our ministry extends its holy blessing through the world.

W-153.10.  **Be still a moment,** and in silence think how holy is your purpose, how secure you rest, untouchable within **truth’s** light. 2 God's ministers have chosen that the truth be with them. 3 Who is holier than **God’s ministers for the truth?** 4 Who **but God’s ministers for the truth** could be surer that his happiness is fully guaranteed? 5 And who **but God’s ministers for the truth** could be more mightily protected? 6 What defense could possibly be needed by the ones who are among the chosen ones of God, by **God’s** election and their own **decision for truth** as well?

W-153.11.  It is the function of God's ministers to help their brothers choose the truth **as God’s ministers for the truth** have done. 2 God has elected all **to know the truth,** but few have come to realize **God’s Will** is but their own **will.** 3 And while you fail to teach what you have learned, salvation waits and darkness holds the world in grim imprisonment. 4 Nor will you learn that light has come to you, and your escape has been accomplished. 5 For you will not see the light, until you offer **the light of truth** to all your brothers. 6 As **your brothers** take the light of truth from your hands, so will you recognize **the light of truth** as your own light.

W-153.12.  Salvation can be thought of as a game that happy children play. 2 **The game of salvation** was designed by **God** Who loves His children, and Who would replace their ego’s fearful toys **of belief in lack, limitation and separation** with joyous games, which teach them that the game of fear is gone. 3 **God’s game of salvation** instructs in happiness because there is no loser. 4 Everyone who plays **God’s game of salvation** must win, and in his winning is the
gain to everyone ensured. 5 The game of fear is gladly laid aside, when children come to see the benefits God’s game of salvation brings.

W-153.13. You who have played the ego’s game of fear and separation so long that you are lost to hope, abandoned by your Father, left alone in terror in a fearful world made mad by sin and guilt; be happy now. 2 That the ego’s game of fear and separation is over. 3 Now a quiet time has come, in which we put away the toys of guilt, and lock our quaint and childish thoughts of sin forever from the pure and holy minds of Heaven's children and the Son of God.

W-153.14. We pause but for a moment more, to play our final, happy game of salvation upon this earth. 2 And then we go to take our rightful place where truth abides and games are meaningless. 3 So is the ego’s story of our little “s” self ended. 4 Let this day bring the last chapter closer to the world, that everyone may learn the ego’s tale he reads of terrifying destiny, defeat of all his hopes, his pitiful defense against a vengeance he can not escape, is but his own split mind’s deluded fantasy. 5 God's ministers for the truth have come to waken him from the dark dreams this story has evoked in his confused, bewildered memory of this distorted tale. 6 God's Son can smile at last, on learning that the ego’s fearful story of your lack, limitation and separation is not true.

W-153.15. Today we practice in a form we will maintain for quite a while. 2 We will begin each day by giving our attention to the daily thought as long as possible. Today’s thought is in my defenselessness my safety lies. 3 Five minutes now becomes the least we give to preparation for a day in which salvation is the only goal we have. 4 Ten would be better; fifteen better still. 5 And as distraction ceases to arise to turn us from our purpose of salvation which is the acceptance that only the truth is true and nothing else is true, we will find that half an hour is too short a time to spend with God. 6 Nor will we willingly give less at night, in gratitude and joy.

W-153.16. Each hour adds to our increasing peace, as we remember to be faithful to the Will we share with God. 2 At times, perhaps, a minute, even less, will be the most that we can offer as the hour strikes. 3 Sometimes we will forget. 4 At other times the business of the world will close on us, and we will be unable to withdraw a little while, and turn our thoughts to God.

W-153.17. Yet when we can, we will observe our trust as ministers of God, in hourly remembrance of our mission of salvation and God’s Love. 2 And we will quietly sit by and wait on the Holy Spirit and listen to His Voice, and learn what the Holy Spirit would have us do the hour that is yet to come; while thanking the Holy Spirit for all the gifts He gave us in the one hour gone by.

W-153.18. In time, with practice, you will never cease to think of the Holy Spirit and hear the Holy Spirit’s loving Voice guiding your footsteps into quiet ways, where you will walk in true defenselessness. 2 For you will know that Heaven goes with you. 3 Nor would you keep your mind away from the Holy Spirit a moment, even though your time is spent in offering salvation to the world. 4 Think you the Holy Spirit will not make this possible, for you who chose to carry out God’s plan for the salvation of the world and yours?
Today our theme is our defenselessness. We clothe ourselves in our defenselessness, as we prepare to meet the day. We rise up strong in Christ, and let our weakness disappear, as we remember that Christ’s strength abides in us. We will remind ourselves that Christ, our big “S” Self, remains beside us through the day, and never leaves our weakness unsupported by Christ’s strength. We call upon Christ’s strength each time we feel the threat of our egoic defenses undermine our certainty of purpose. We will pause a moment, as Christ tells us, “I am here.”

Your practicing will now begin to take the earnestness of love, to help you keep your mind from wandering from its intent of reawakening to the truth. Be not afraid nor timid. There can be no doubt that you will reach your final goal of reawakening to the truth. The ministers of God can never fail, because the love and strength and peace that shine from the ministers of God to all their brothers come from God. Love, strength and peace are God’s gifts to you. Defenselessness is all you need to give Christ in return. You lay aside but what was never real, to look on Christ and see Christ’s sinlessness.

Notes to Lesson #153

In my defenselessness my safety lies.

This lesson, in my defenselessness my safety lies, is a logical conclusion to the definition of truth. Remember that truth was defined simply as truth is true and nothing else is true. Truth does not change. Yet, your world of provisional reality is a world in which change is the norm, stability the exception and changeless the unreal.

Because we perceive our provisional reality to have the ability to change what we truly are, this world of perception becomes a fearful place. This world arose from the split mind’s belief that the false had the ability to change the changeless Mind of God. This is the belief that the false is true. The world of perception is the crystallization of our mind’s belief that the game of differentiation could actually cause separation to be real and change the truth of what we really are.

This is the transformation of an innocent game of pretending that you can be something you were not, into fear. Fear is false evidence appearing real. Fear is the belief that the false can change the truth. Fear occurs whenever your mind forgets the second half of the definition of truth, which is that nothing else is true. Fear makes change appear possible.

When you no longer know yourself as perfect, whole and complete, you have accepted the ego’s false belief that there is another will that can oppose God’s Will. Now change has become your delusional mind’s provisional reality. Your ego’s world becomes a place in which opposites exist and lack, limitation, separation and fear abound. Your provisional reality is a fearful place of attack, counterattack and defenses, all built around your belief in the reality that the changeless has been changed.
Why is this world such a fearful place? Because you have forgotten that you are changeless and remain as God created you. Your belief in separation has created the illusion of the changeable world in which outside forces have the ability to rob you of your inner peace.

When you believe you are no longer perfect, whole and complete, you have accepted the idea that change is your reality. You claim you are the living proof that change exists. With change possible, your world becomes an inevitable cycle of attack and defense.

Why is this cycle of attack and defense inevitable?
Because you believe there are outside forces that have the ability to change what you really are. If you perceive that you are perfectly happy and content, you still need to build defenses to protect your happiness. If you perceive that you are not perfectly happy and content, you will believe attack is needed to make you happy. Your belief in outside forces that can make you happy or sad, leads to the vicious cycle of attack and defense. According to your ego, this cycle is required if you are to survive in this fearful world of your mind’s own imagination.

Your ego’s belief in defense is a double threat to your happiness. First, it accepts the idea that you must be weak and vulnerable to attack. This confirms that you are indeed your ego’s little “s” self. This makes the illusion of the separation appear real.

The second threat is that your ego goes about trying to solve a problem that is not real by creating another illusion which reconfirms the reality of the first illusion. Your ego’s defense plan is a counterattack against a fictitious attack that never was, is or could be real. Thus, you are twice deceived by your split mind. One illusion is piled upon another illusion and makes the truth more difficult to uncover.

Defensiveness is weakness because it denies the reality of your big “S” Self and supports the ego’s notion that the world is a product of God’s wrath rather than the creation of your own mind.

Defenselessness saves the world by looking past the dream that believes an illusion can change the truth. Defenselessness recognizes that we were created as invulnerable spirit and there is nothing to fear. The ego’s defense against an illusion of our vulnerability only compounds the problem and makes the false appear real. Your ego’s world of provisional reality can provide no safety. This world was created by the split mind for the purpose of providing a war zone where you can attack and be attacked.

Since your ego tells us that this is a fearful place, any appearance of safety within its world can only be an illusion. Your provisional reality merely confirms your ego’s belief that you are weak and in need of defenses. You believe you are threatened and that your feelings of anger and injustice are appropriate and should give rise to your defensiveness.

This makes your defenses and counter attacks seem reasonable and justified. Your participation in the attack-defense cycle is a reaction provoked by outside forces that would rob you of your inner peace. Your ego says you are righteous in your self-defense which is actually a hidden attack upon your own true nature as your big “S” Self.
All defenses attest to weakness and the belief that you are a victim abandoned by an uncaring God. Defenselessness comes from your Source which is the God of unconditional love. Defenselessness rests on your strength as Christ, Who rests in you and thus, you can never be vulnerable to attack.

Salvation is like a happy game God designed out of His love to replace our ego’s game of fear that arose when we failed to understand that second half of truth’s definition. We failed to realize that nothing else is true. We made our illusions of sin, guilt and fear real.

In the happy dream of salvation, we accept the complete definition of truth. Our ego’s fearful toys of lack, limitation and separation are replaced so that the game of fear disappears. Sin, guilt, separation and fear all give way to a new game based on forgiveness, love and oneness. The new game of reawakening teaches that fear is gone and provides instructions on happiness since there are no losers. God’s game of salvation acknowledges that everyone who plays must win and in each win, everyone’s gain is insured.

The ego’s fearful game is hopelessness. It is based on the belief that God abandoned His Child, left the child alone with limited resources to live in terror in a fearful world made insane by sin and guilt. When you realize that the truth is true and nothing else is, you exchange the game of fear and separation for the happy dream. All games and stories about victims and victimizers end. You are able to reclaim your divine birthright. By your defenselessness, you reconfirm that you remain as God created you and claim that reality as your own.

**Question:** If you believed you were changeless, what could you possibly gain from either attack or defense?

**Question:** Can you see how your belief in change makes fear appear real?

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