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Exercise: Reclaiming your divine birthright
OR

Opening prayer: from ACIM T.2.5.18

“ I am here only to be truly helpful. I am here to represent Him Who sent me. I do not have to worry about what to say or what to do, because He Who sent me will direct me. I am content to be wherever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal. And so it is.

Are there any question regarding last week's class?

Discussion of homework exercise from Week # 9: Exploring Beliefs, Projection and the Ego's Defense System

Review & discuss Lesson # 41-45 & Summary Lesson # 59

Review of terms: Atonement, Atonement Process and Healing

In the final weeks of this twelve-week class, we need to cover the central theme of ACIM. This is the idea that we can choose again. This time, instead of claiming to be a limited ego-body, we can choose to remember what we are. This is the choice to remember God. This is the choice for truth, which is represented by the thought system of the Holy Spirit. I would hope to express the certainty in which ACIM Text ends. ACIM states that our split mind will remember what it truly is, what it always was and what it always will be. We are a part of the Mind of God. Our will and God's Will are one. Once again, for the student of ACIM, the Teachers Manual is an invaluable reference tool.

ACIM is asking us to constantly “Choose again.”

Question: What does “Choose” or “Choice” mean?

Webster: CHOOSE = 1) to pick out by preference from what is available. 2) take as a choice; select

Webster also states: Choose implies the exercise of judgment in settling upon a thing or course from among those offered.

Webster: CHOICE = act of choosing; selection 2) a person or thing chosen

Webster also states: choice implies the chance, right or power to choose, usually by the free exercise of one's judgment

See Week #10 Handout # 2 Choice Questionnaire – God's Answer

When ACIM asks us to choose again what are our available options?

In the world of perception, Level #2, it appears that we have many options from which to choose. This is because in the world of perception, we have the concept of opposites. We have both white and black. We, also, have the concept that there are blends between opposites. We have gray. Because of this belief in opposites, it appears that we have choices in our dream world of provisional reality. We also believe there are half-truths, that something can be sometimes true and sometimes false. ACIM states that this is not the case. ACIM is a simple course because everything is always a choice between true and false, black and white. What is true is always true. And what is false is always false. There are no maybes. There are no sometimes. ACIM states that in the world of provisional reality, we have only two choices, either truth or illusion. What is false is an illusion since the illusion appears to exist as a viable option only within the mind of the dreamer. Since perception is not shared with the Mind of God, our individual misperceptions have no ability to change reality within Heaven, Level # 1. Truth just is. Within the world of perception, however, our choice is between the ego's thought system and the thought system of the Holy Spirit. The ego's thought system is based on the false and the Holy Spirit's thought system is the representative for the truth. To complicate matters, in our individuated world of judgment, time and space, we have chosen to forget that we are the dreamer. We have forgotten that we are the source of our own beliefs, perceptions and judgments that make up our own private world of provisional reality. We prefer to deny that we are our own scriptwriters. **(Reference WB Lesson #138)**

Please Note: ACIM does not state that what is false is not true. This is because creation knows no opposite. Creation just is and is everything. There is nothing else. When God creates, God extends everything, which is Himself, to everything. Nothing is withheld, therefore, nothing is outside the Mind of God. The concept of "nothing" does not exist since there can be nothing outside a Oneness. Since only truth is real, the false is not real. What is not real can have no effect upon the real. What has no effect is causeless. A cause that has no effect is not a cause and thus is nothing. The illusion, which is synonymous with the false, is nothing.

The thought systems of the ego's choices are all attempts to make what is false, real. All the answers that the ego is willing to provide for you are bad options that will not restore the peace of God.

Question: Is truth a choice?

Question: By denying truth, does truth somehow become false?

Within the Kingdom, Level # 1, truth is all there is. Truth is the Mind of God. Truth is synonymous with God. In the dream world born out of the belief in separation, Level # 2, there appears to be other options besides truth. In Level # 2, which is the world of perception, the ego tells us that we are the arbitrators of truth. The ego tells us that we have usurped God's authority and now are the keepers of truth. This is why the ego is constantly arguing for its claim to be right. The egoic thought system demands it be right at the cost of our happiness. In the insane thought system of the ego, we believe that we can actually choose what we want to be true and when and where it will be true. We abandon the certainty of knowledge for the instability of our changeable egoic belief system. True knowledge is eternal but our individuated beliefs are subject to the winds of

change. Thus, truth loses its absolute quality and we believe that we have multiple choices. We now think there is white, black and even gray. Having gray only clouds the picture and makes the correct answer less obvious. We think that we have more choice yet, there is still only one correct answer to the question. If we are given 50,000 answers and only one is correct, it will take us a lot longer to find the one correct answer. The ego likes multiple choices with endless possibilities since the ego does not know what the correct answer is. This helps obscure the ego's ignorance. ACIM states we have only two choices. We can either side with the ego's thought system, or the Holy Spirit's thought system. We cannot do both and there is no "gray" or in-between. Thus, this is a choice between Oneness and separation, unity or specialness, to know the truth about yourself or to uphold an illusion. This illusion is the false belief that it is possible not to know what you are and actually to be something that you are not. This illusion actually denies the spiritual essence that we are. For example, instead of being the boy pretending to be a dog, the boy believes he is the dog. The boy believes that he is the arbitrator of truth that that his fantasy has become reality. The boy is insane but his insanity cannot change the fact that he still is a boy.

Instead of operating from a state of "beingness", the "I AM" state, we can delude ourselves into believing that we operate in a state of existence that is characterized by the question, "What am I?" The "I AM State" is the state of knowledge. The "WHAT AM I? State" is a world of individuated perception in which doubt has replaced certainty. The I Am State is ruled by Truth that follows the Laws of God. In the "WHAT AM I? State" the ego claims that it is god and that individuated beliefs, rather than truth, govern reality. The ego offers you endless choices for happiness but all lead to conflict, pain, suffering and death. These multiple choices offer the appearance of free choice but, if the only correct answer is missing and not an available option, these appearances of free choice are shams. All answers are wrong. The option to only choose false answers is not a free choice.

Within Heaven, Level # 1, there is no choice, because there is only truth. Level # 1 is knowledge and knowledge only knows and recognizes the truth. There is nothing else to recognize because there is "nothing else." There is just the Oneness.

Within Level # 2, the world of perception, there appears to be choice between truth and illusion. But illusions are not real and, therefore, the illusion has no reality and is "nothing." Only within the "insane" mind of the dreamer does the illusion of nothingness appear to have reality. Thus, the choice is ultimately between truth and nothing. According to Webster, choice is a preference between what is available. Illusion, which is nothing, is, therefore, not a viable choice. Eventually, we must choose for truth, since truth is the only reality and is our only available choice within the "real world" which is Level # 1. At some point in time, we must, and will wake up to the reality of what we are. We are a Child of God and, therefore, perfect, whole and complete. We cannot be anything other than as God created us. The only viable choice is ultimately the choice for truth.

ACIM states that the only choice is no choice. Truth is true and there is nothing else that is true. Therefore, there is no opposite to choose between. Instead, there is only one choice and only one decision. This one decision is for Truth. Under the guidance of the Holy Spirit's thought system, illusion, which is nothing, is recognized for what it is and, therefore, is no longer an available option. Therefore, the only decision is to side for truth

or to deny truth. The decision for truth is the decision for heaven. The decision for the false is a choice for littleness. The decision to deny truth is our own self-imposed decision to make up a “hell,” which is our private world of provisional reality. Truth cannot be learned. Truth can only be recognized because the Christ consciousness part of our now “split mind” has never forgotten the truth of what we are. We can delay the recognition of the truth by our denial of the truth. However, ultimately we cannot prevent our rediscovery of the truth because there is no separation within the Mind of God and the Christ, which is what we are.

Handout # 2 Questions #1 – 4 are illustrations of the typical formatted questions that the ego’s thought system is fond of asking. These questions are impossible to answer due to the restrictions that the ego places on the questions. All these questions are fundamentally unfair since the ego never allows the correct answer to be listed among its viable options. Since the egoic thought system does not know what you are, how can it know the correct answer? It is an example of the blind leading the blind. Why would you freely choose to follow a guide who lacks the ability to get you back home?

The ego’s fear based thought system comes under the control of the Laws of Chaos. When we examine the Laws of Chaos, we will quickly understand that we should not allow the ego to be our teacher or director for our life. These false Laws of Chaos are the bedrock for the insane egoic thought system.

The Laws of Chaos

Our decision to judge birthed this false world of perception. We view this world from the thought system of the ego. The ego is ruled by the Laws of Chaos. The Laws of Chaos are the opposite of God’s Laws. The Laws of Chaos are insane. Although the Laws of Chaos are insane they have become our default belief system that rules our world of provisional reality. If we understood what the Laws of Chaos say, we would understand the insanity of the egoic thought system.

The Laws of Chaos are the following:

- 1) Truth is different for everyone.
- 2) Each one must sin and therefore, deserves attack.
- 3) God has accepted His Son’s belief that the Son has sinned and therefore, God see us all as sinners.
- 4) We believe that what you have, you have taken (stolen) from another. Thus, this world becomes a zero sum game. If I’m to win, someone else must lose. We are ego-bodies in competition with other ego-bodies for the limited resources that we need to survive.
- 5) There is a substitute for Love._

Since ACIM is black and white the God’s Laws would have to say the opposite of the Laws of Chaos . Thus the following must be true.

- 1) Truth is the same for everyone.
- 2) Each one has never sinned and therefore, no one deserves attack. Anger is never justified.

- 3) God has not accepted His Son's belief that the Son has sinned therefore, God does not see us as sinners. We remain as God created us, Part of the Oneness, perfect, whole and complete.
- 4) We have been given all because we are all. Being a Oneness of Everything we can give Everything. To give is to receive.
- 5) Only Love is real.

All one has to do is look at the first Law of Chaos which states that truth is different for everyone to realize that this cannot be so. We can pretend that we are the judge or arbitrator for truth but this cannot change the facts. Truth must be true for all or it contradicts the definition of what truth is. We can deny the truth but our insane denial does not change the truth. Truth just is. All the laws of chaos are false and are the foundation for the egoic thought system.

See ACIM for DUMMIES T-23-II The Laws of Chaos

Decision is the choice for one of the conflicting options at the exclusion of the other. Because we have now chosen only one option, this option now becomes the aim of both our efforts and our expenditure of time. Without decision, time goes by without learning and, therefore, is a waste time. With decision, time speeds up along with learning. Without decision, there is no sense of gain and, therefore, nothing is accomplished and nothing is learned. This is why the Holy Spirit and ACIM are constantly imploring us to choose again. We are being asked to use time to choose the thought system of the Holy Spirit. **(Reference WB lesson #138)**

Choose again

The last chapter of the text, Chapter 31 – The Final Vision, takes us through the relearning process ACIM suggests. It asks us first to realize that we have fallen under the influence of the ego's thought system and that we must recognize this. This is the realization that we do not know what we are. In the four stages of the learning process, this step moves us from unconscious incompetence, to conscious incompetence. This is a major achievement.

Reference: T-31-V.17. The world can teach no images of you unless you want to learn them. 2 There will come a time when images have all gone by, and you will see you know not what you are. 3 It is to this unsealed and open mind that truth returns, unhindered and unbound. 4 Where concepts of the self have been laid by is truth revealed exactly as it is. 5 When every concept has been raised to doubt and question, and been recognized as made on no assumptions that would stand the light, then is the truth left free to enter in its sanctuary, clean and free of guilt. 6 There is no statement that the world is more afraid to hear than this:

7 I do not know the thing I am, and therefore do not know what I am doing, where I am, or how to look upon the world or on myself. < NOTE: This is stage two, conscious incompetence >

8 Yet in this learning is salvation born. 9 And What you are will tell you of Itself.

Sentence 7, "I do not know the thing I am, and therefore do not know what I am doing, where I am, or how to look upon the world or on myself" frightens the ego because it is the reawakening of our decision-maker. We are finally about to ask for the guidance of the Holy Spirit. Before this, we had no idea that there could be another way.

Once we realize that we do not know what we are, we can ask for and recognize the thought system of the Holy Spirit that has never left us. In the world of provisional reality, trials are merely lessons we need to learn. A trial is merely a chance to choose again. It is from these learning lessons that we gain the skill of forgiveness, which allows us to move from conscious incompetence to conscious competence. (Stage three of the learning process)

Reference: T-31-VIII.3 Trials are but lessons that you failed to learn presented once again, so where you made a faulty choice before you now can make a better one, and thus escape all pain that what you chose before has brought to you. 2 In every difficulty, all distress, and each perplexity Christ calls to you and gently says, "My brother, choose again."

In the world of provisional reality, temptations are another chance to choose again. In the correction process, the patience's of the Holy Spirit is infinite while the Will of God guarantees the final correct outcome, which is the rediscovery of truth.

Reference: T-31-VIII.4 The images you make cannot prevail against what God Himself would have you be. 2 Be never fearful of temptation, then, but see it as it is; another chance to choose again, and let Christ's strength prevail in every circumstance and every place you raised an image of yourself before.

In the world of provisional reality, when temptations arise, the Holy Spirit asks us to remember what we are. Affirm that you are God's Child, holy and perfect as God created you. This is an affirmation affirming that you have been given all the power of God, Our Creator. God's power cannot fail

Reference: T-31-VIII.5 Learn, then, the happy habit of response to all temptation to perceive yourself as weak and miserable with these words:

2 I am as God created me. 3 His Son can suffer nothing. 4 And I am His Son.

5 Thus is Christ's strength invited to prevail, replacing all your weakness with the strength that comes from God and that can never fail. 6 And thus are miracles as natural as fear and agony appeared to be before the choice for holiness was made.

In the world of provisional reality, through our use of the tool of forgiveness, we realize that both our brothers and ourselves are perfect reflections of God, as God created us. We realize the Oneness that our brothers and ourselves share with God. When our natural reaction is to only choose for the truth of what our brothers and ourselves are, we will have reached the stage of unconscious competence. We will be the Christ and only follow the thought system of the Holy Spirit.

Reference: T-31-VIII.6 You <are> as God created you, and so is every living thing you look upon, regardless of the images you see. 2 What you behold as sickness and as pain, as weakness and as suffering and loss, is but temptation to perceive yourself defenseless and in hell. 3 Yield not to this, and you will see all pain, in every form, wherever it occurs, but disappear as mists before the sun. 4 A miracle has come to heal

God's Son, and close the door upon his dreams of weakness, opening the way to his salvation and release. 5 Choose once again what you would have him be, remembering that every choice you make establishes your own identity as you will see it and believe it is.

The choice for the remembrance of God is the choice for the truth about ourselves. When we have chosen only for the remembrance of God, our world of perception will be reinterpreted so that our split mind is restored to wholeness and truth. Our belief in only our divine holiness will be remembered. Unconscious competence, stage four of the learning process, will be returned. With the return to knowledge, we will just “BE” part of the Oneness of God. Our will and God’s Will will be united as one. God’s Will will not be mocked. We now freely choose and know that our will and God’s Will are One. This is our returning to the truth about our own free will. God will take this final step in His prodigal Son’s journey back to knowledge. God’s sleeping child will finally choose to reawaken and find himself in Heaven’s bed from which he never left. The son will remember God. God is Cause. The Sonship is Effect. They are two side of one inseparable coin. Together they complete each other as the One Self. There is just God going about “Goding.”

The choice for truth is this.

“Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.”

Homework:

Review handouts.

Complete next five Lessons # 46-50 & Summary Lesson # 60 Wk # 10 Handout # 4

Complete exercise: Exploring your Self-Identity Wk #10 H-O #3

We will discuss this homework next week.

Mediation on Choose again

<or>

Ending prayer: Father, I believed I had lost my divine birthright. Now, I realize I was only “living” in my own self-created nightmare of illusion. I reawaken now to reclaim my divine birthright. Thank you for preserving what I feared I had lost. I forgive my brother and myself and remember all that you have given me. Your unconditional Love is all there is. I love myself unconditionally. Your Will is only that Your Child be happy. I now freely embrace Your Will as my own will. I come home to You, Father. Your prodigal son has return to his source. I join in the Oneness that is You. And so it is.

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