

## **Questions for Decoding ACIM for week # 5. Review of lessons #16-20 from week # 4 Handout # 3**

### **LESSON 16. I have no neutral thoughts.**

W-16.1. The idea for today is a beginning step in dispelling the belief that your thoughts have no effect. 2 Everything you see is the result of your thoughts. 3 There is no exception to this fact. 4 Thoughts are not big or little; powerful or weak. 5 They are merely true or false. 6 Those that are true create their own likeness. 7 Those that are false make theirs.

W-16.2. There is no more self-contradictory concept than that of "idle thoughts." 2 What gives rise to the perception of a whole world can hardly be called idle. 3 Every thought you have contributes to truth or to illusion; either it extends the truth or it multiplies illusions. 4 You can indeed multiply nothing, but you will not extend it by doing so.

W-16.3. Besides your recognizing that thoughts are never idle, salvation requires that you also recognize that every thought you have brings either peace or war; either love or fear. 2 A neutral result is impossible because a neutral thought is impossible. 3 There is such a temptation to dismiss fear thoughts as unimportant, trivial and not worth bothering about. It is essential you recognize them all as equally destructive, but equally unreal. 4 We will practice this idea in many forms before you really understand it.

**Thoughts are based on your underlying belief system. Your belief system will color everything you perceive.**

**Statement: My world is a nurturing, supportive place for me.**

**Statement: The world is a frightening place with danger lurking behind every corner. If I don't watch out, someone will take what little I have.**

**Discussion: How would your world change if you believed your world was 100% supportive of your needs?**

### **Lesson 17. I see no neutral things.**

W-17.1. This idea is another step in the direction of identifying cause and effect as it really operates in the world. 2 You see no neutral things because you have no neutral thoughts. 3 It is always the thought that comes first, despite the temptation to believe that it is the other way around. 4 This is not the way the world thinks, but you must learn that it is the way you think. 5 If it were not so, perception would have no cause, and would itself be the cause of reality. 6 In view of its highly variable nature, this is hardly likely.

**ACIM says that we must choose between two diametrically opposed thought systems. The ego's thought system is based on the idea that we are a limited ego-body, which will die. The Holy Spirit's is based on the concept that we are an immortal unlimited spirit, a Oneness with the shared Mind of God.**

**Statement: I am an immortal spirit. My spirit, which is my essence, cannot "die".**

**Statement: I have one life to live. When it's over, it's over. There is no after life.**

**Discussion: How would your viewpoint change if you believed 100% that you only live once and that when you die your essence is snuffed out forever?**

### **LESSON 18. I am not alone in experiencing the effects of my seeing.**

W-18.1. The idea for today is another step in learning that the thoughts, which give rise to what you see, are never neutral or unimportant. 2 It also emphasizes the idea that minds are joined, which will be given increasing stress later on.

**Statement: It's a dog eat dog world out there. If I'm to win, somebody is going to have to lose.**

**Statement: We are in this world together. We can always find a win-win solution.**

**Question: Do you approach a problem seeking a common ground in order to find a win-win solution, or is it “my way or the highway”?**

**Discussion: Is it always possible to have a win-win solution to every problem?**

**LESSON 19. I am not alone in experiencing the effects of my thoughts.**

W-19.1. The idea for today is obviously the reason why your seeing does not affect you alone. 2 You will notice that at times the ideas related to thinking precede those related to perceiving. At other times, the order is reversed. 3 The reason is that the order does not matter. 4 Thinking and its results are really simultaneous, for cause and effect are never separate.

W-19.2. Today we are again emphasizing the fact that minds are joined. 2 This is rarely a wholly welcome idea at first. It seems to carry with it an enormous sense of responsibility, and may even be regarded as an "invasion of privacy." 3 Yet, it is a fact that there are no private thoughts. 4 Despite your initial resistance to this idea, you will yet understand that it must be true if salvation is possible at all. 5 And salvation must be possible because it is the Will of God.

**Statement: I believe relationships are a “50 - 50 proposition.” I’m willing to meet you half way.**

**Statement: Relationships are a “0 - 100 proposition”. If I want a “good” relationship, I must take 100% responsibility for its success.**

**Discussion: How would your world change if you believed relationships are a “0%/ 100% proposition”?**

**Statement: I cannot control all the events of my life, but I can always control my attitude about how I feel toward those events.**

**Statement: I can’t control how I feel. I’ll have to feel this way until I don’t feel this way. You will have to know, you made me feel this way.**

**Discussion: What is the source for how you feel? Are you or the outside world the source for how you feel?**

**LESSON 20. I am determined to see.**

W-20.2. This is our first attempt to introduce structure. 2 Do not misconstrue it as an effort to exert force or pressure. 3 You want salvation. 4 You want to be happy. 5 You want peace. 6 You do not have them now, because your mind is totally undisciplined, and you cannot distinguish between joy and sorrow, pleasure and pain, love and fear. 7 You are now learning how to tell them apart. 8 And great indeed will be your reward.

W-20.3. Your decision to see is all that vision requires. 2 What you want is yours.

**The ego’s thought system is based on the idea that you would rather believe you are right when you are really wrong, than be happy. The Holy Spirit’s thought system is based on the belief system that you should be happy and, also, that you know the truth about what you are. The choice is yours to choose.**

**Statement: I’d rather be “right” than happy.**

**Statement: I’d rather be happy than “right”.**

**Question: How easy is it for you to say, “I was wrong.”**

**Question: When you say, I was wrong, is it followed by a long statement in which you try to justify why you were really right? An, “I was wrong, but...” statement?**

**Experiment: Try “I was wrong.” and leave it at that. Watch what happens.**