Chapter 3: Sane Perception

- Day 57: VI. The Divided Mind (paragraphs 10-18)
- Day 58: VII. Beyond Perception
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Section overviews are from Robert Perry, editor of the Complete & Annotated Edition (CE) of *A Course in Miracles*
Day 57: VI. The Divided Mind (paragraphs 10-18)

Overview:

VI: The Divided Mind - My goal is to go beyond the conscious mind to the superconscious, where everything is absolute. There, my partial, tentative abilities will be replaced by my unequivocal strengths: knowing, loving, and creating.

Reflection:

This section states that “a separated, or divided, mind must be confused” (5:5). In what ways do you see your own thinking divided between love and fear and what effect does this have on your behavior?

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Excerpts:

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

God knows you only in peace, and this is your reality (18:11).

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Day 58: VII. Beyond Perception

Overview:

**VII: Beyond Perception** - My perception, my making, and my abilities all exist on a level that I ultimately want to transcend, so that I can reach the absoluteness of my knowing, my creating, and my true strengths. I can know my reality through prayer.

Reflection:

Here we learn that when our behavior is unstable, we are “disagreeing with God’s idea of the creation” (4:4). Thus, we have to go beyond our own limiting beliefs and perceptions and know ourselves as God created us. What perceptions are you carrying that block you from knowing yourself as God knows you?

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Excerpts:

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

Do not perceive yourself in different lights. Know yourself in the One Light, where the miracle which is you is perfectly clear (17:3-4).

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Day 59: VIII. The Essential Goal of Therapy

Overview:

**VIII: The Essential Goal of Therapy** - When I feel at the mercy of what others think of me, I am electing to give their misperceptions of me power. I do this in order to spitefully frame them for something they didn’t do, something I did to myself.

Reflection:

This section states that “if we were willing to forgive other people’s misperceptions of us, they could not possibly affect us at all” (7:3). In what ways have you allowed other people’s misperceptions of you affect how you view yourself?

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Excerpts:

…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).

Whatever is true of you is wholly benign. It is essential that you know this about yourself, but you cannot know it while you choose to interpret yourself as vulnerable enough to be hurt (12:3-4).

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Day 60: IX. The Fear of Teaching

Overview:

IX: The Fear of Teaching - I don’t need to fear teaching, because I am not at the mercy of the images that others hold of me. I am not an image. The foundation for my stance as a teacher is knowing who I am.

Reflection:

This section states that “the ultimate purpose of all learning is to abolish fear” (7:2). Keeping in mind that to teach others is to demonstrate by your words and your behaviors what is true for you, are you reinforcing the fear in yourself and others or seeking to abolish it?

Excerpts:

There is nothing as tragic as the attempt to deceive oneself, because it implies that you perceive yourself as so unworthy that deception is more fitting for you than truth (9:4).

You do not exist in different lights. It is this belief which has confused you about your own reality. Why would you want to remain so obscure to yourself? (13:5-7)

Notes:
Day 61: X. Judgment and the Authority Problem

Overview:

**X: Judgment and the Authority Problem** - The basis for my perception is judgment—deciding who and what matters and who and what doesn't. I hang onto judgment because I want to be the author of reality. I can relax my judgment and look on all alike, because Someone Else is the Author.

Reflection:

As we learn in this section “the choice to judge rather than know has been the cause of the loss of peace” (1:5). What this means is that the more we judge, the less we will know ourselves and others in the One light of love and, thus, the less peace we will feel. Accordingly, as you go through your day, notice the subtle and not-so-subtle ways you are in judgement. Try to connect your judgmental thoughts to a desire to “usurp the power of God” (8:4) through your own perceptions and pay attention to the effect this has on your peace.

Excerpt:

If you will look back at the earlier remarks about what you and your brothers are, you will realize that judging them in any way is really without meaning. In fact, their meaning is lost to you precisely because you are judging them (4:2-3).

Notes:
Day 62: XI. The Unshakable Foundation

Overview:

XI: The Unshakable Foundation - I believe that I am a self-concept that I constructed, which means I believe I created myself. This is my rejection of God’s creation of me—my authority problem. I need to voluntarily dismiss this whole authority problem once and for all.

Reflection:

Whenever you become fearful the solution is to return to your beginning, meaning the starting point of truth (10:2) before all forms of perception, and know that your spirit is at peace - even if your mind is in conflict (10:4). What practices can you build into your day that will serve as reminders of this unshakable foundation?

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Excerpts:

The mind can make the belief in separation very real and very fearful. And this belief is the devil….Look at your life and see what the devil has made. But know that this making will surely dissolve in the light of truth, because its foundation is a lie (Paragraph 9).

And truth can be known by all for those whom the Kingdom was created and for whom it waits (13:8).

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Day 63: Review: T-3.1-XI

I. The Need to Study - I need a proper relationship with study of the Course. I need to fully engage with it, both intellectually and personally.

II. Special Principles for Miracle Workers - As a miracle worker, I need to focus only on the God-created reality of the miracle receiver, and let concerns about the exact nature of their errors and about the physical aspects of my life fall to the side.

III. Atonement without Sacrifice - I need to break my association between innocence and sacrifice. Being innocent does not mean living a life of sacrifice. Innocence is both wisdom and strength.

IV. Innocent Perception - I need to set my sights beyond partial innocence (naiveté) and partial wisdom (cynicism), and seek true innocence, which sees what is real by seeing only the perfection in others.

V. Perception versus Knowledge - My ultimate goal is knowledge, the total certainty that lies entirely beyond perception. My goal is to perceive my brother correctly so I can truly know him.

VI: The Divided Mind - My goal is to go beyond the conscious mind to the superconscious, where everything is absolute. There, my partial, tentative abilities will be replaced by my unequivocal strengths: knowing, loving, and creating.

VII: Beyond Perception - My perception, my making, and my abilities all exist on a level that I ultimately want to transcend, so that I can reach the absoluteness of my knowing, my creating, and my true strengths. I can know my reality through prayer.

VIII: The Essential Goal of Therapy - When I feel at the mercy of what others think of me, I am electing to give their misperceptions of me power. I do this in order to spitefully frame them for something they didn't do, something I did to myself.

IX: The Fear of Teaching - I don’t need to fear teaching, because I am not at the mercy of the images that others hold of me. I am not an image. The foundation for my stance as a teacher is knowing who I am.

X: Judgment and the Authority Problem - The basis for my perception is judgment—deciding who and what matters and who and what doesn’t. I hang onto judgment because I want to be the author of reality. I can relax my judgment and look on all alike, because Someone Else is the Author.

XI: The Unshakable Foundation - I believe that I am a self-concept that I constructed, which means I believe I created myself. This is my rejection of God’s creation of me—my authority problem. I need to voluntarily dismiss this whole authority problem once and for all.