

### References for Passing Through the Barrier of Fear

“Heaven is the awareness of perfect Oneness, and the knowledge that there is nothing else; nothing outside this Oneness” (T.18.VI.1:5-6)

Spirit encompasses you entirely, you within it and it within you. There is nothing else, anywhere or ever.” (T.18.VI.8:10)

“Who changes life because he shuts his eyes or who makes himself what he is not because he sleeps and sees in dreams an opposite to what he is?”

“Creation is the sum of all God's Thoughts, in number infinite, and everywhere without all limit” (W-pII.11.1:1).

"You were at peace until you asked for special favor [from God]" (T-13.III.10:2).

"The tiny, mad desire to be separate, different, and special" (T-25.I.5:5).

"And God did not give [special favor] for the request was alien to Him, and you could not ask this of a Father Who truly loved His Son" (T-13.III.10:3).

“This thing you made to house your guilt (can) stands between you and other Minds.” (T.18.VI.7:3)

“Who asks you to define the ego and explain how it arose can be but he that thinks it real, and seeks by definition to ensure that its illusive nature is concealed behind the words that seem to make it so. There is no definition for a lie that serves to make it true (C-2.2:5-3:1).

“The body seems to surround you. ...it is not there. There is no barrier between God and His Son, nor can His Son be separated from Himself except in illusions.” (T.18.VI.9:1-1-3)

“What you believe is true for you. In this sense the separation has occurred.” (In your mind) (T.2.VII.5:6)

“There is nothing outside you. That is what you must ultimately learn, for it is the realization that the Kingdom of Heaven is restored to you.” (T.18.VI.1:1-2)

“The “dynamics” of the ego will be our lesson for a while, for we must look first at this to see beyond it, since you have made it real. We will undo this error quietly together, and then look beyond it to truth.” (T.11.V.1:5-6)

“Spirit is far beyond the need of your protection or mine.” (T.4.I.13:8)

“Listen to God who is incapable of deception as is the spirit He created.” (T.4.I.10:5)

“When Adam listened to the “lies of the serpent”, all he heard was untruth. You do not have to continue to believe what is not true unless you choose to do so. All that can literally disappear in the twinkling of an eye because it is merely a misperception.” (T.2.I.3:2-4)

Don't

- Engage in a battle with your ego
- Hate yourself for these ego thoughts
- Hide these ego thoughts

“This is not you. You cannot by your belief change the union of the Sonship. You only imprison a tiny part of your mind by not allowing it to be what it is. The Sonship continues to be unified no matter what your beliefs are about your specialness.”

- Look
- Release judgment
- Don't react
- Let it be what it is
- Withdraw your desire for it
- Give it over to Me

“You are not what you pretend to be. One walks with you Who gently answers all your fears with this one merciful reply, “it is not so.” (W.#166.11:2-4)

“Your mission here is very simple. You are asked to live so as to demonstrate that you are not an ego.” (T.4.VI.6:2)

Before you act, speak, write, and/or decide:

1. Become aware of your motivation

2. Become aware of emotions

“Any attempt to resolve the error (of fear) through attempting the mastery of fear is useless. In fact, it asserts the power of fear by the very assumption that it need be mastered.” (T.2.VII.4:2)

3. Become aware of the beliefs that are at the root of the emotion

“What you do comes from what you (believe).” (T.2.VI.2:7)

What do you believe that is giving rise to fear?

“All fear is ultimately reducible to the basic misperception that you have the ability to usurp the power of God. Of course you neither can nor have been able to do this.” (T.2.I.4:1)

“You cannot escape from fear until you realize that you did not and could not create yourself.” (T.3.IV.3:9)

The fear that seems like a heavy barrier is:

“A low bank of dark clouds ...not strong enough to hold a button’s fall, nor hold a feather.” (T.18.IX.6:1,4)

”Yet God can bring you there (to love), if you are willing to follow the Holy Spirit through seeming terror, trusting Him not to abandon you and leave you there. For it is His purpose not to frighten you, but only yours. You are severely tempted to abandon Him at the outside ring of fear, but He would lead you safely through and far beyond.” (T.18.IX.3:7)

“How did the impossible occur?”, “To what did the impossible happen?”, and may ask this in many forms. Yet there is no answer; only an experience. Seek only this, and do not let theology delay you.” (C-In.4:1-5).

Process:

1. Do not try to change or resist what you are experiencing:

Accept that you are right where you want to be- you have chosen this to finally meet your fear to let it go

2. Do not Judge- if you judge it makes it real

3. Observe it: To concentrate on error is only further error. We observe it to recognize temporarily that there is a problem; an indicator that you believe in the false

4. Be willing to change your mind

“Correction belongs only at the level where change is possible (mind level). “ (T.2.VI.3:6)

5. Ask for the Holy Spirit to be the guardian of your thoughts

“Your dream of a separated ego is very real to you. If you are willing to renounce the role of guardian of your thought system and open it to me, I will correct it very gently and lead you back to God.” (T.4.4:4-5)

6. Let your mind go to the deeper part of you where the HS resides

“When you are afraid, know that God is real, and you are His beloved Son in whom He is well pleased. Do not let your ego dispute this.” (T.4.I.8:6)

As you go thru the exp. in the dream your awareness stays on the truth of you. (Regina Dawn Akers)  
Speaking words of Love: OM, God is, Love. Love cancels out fear, Love conquers all

“True resolution (of fear) rests entirely on mastery through Love.” (T.2.VII.4:4)