

## References for “Waking From the Dream”

	Answer	Problem
REALITY	BORDERLAND	UNREAL
Heaven	Real World	The World
God	Holy Spirit	Ego
Knowledge	True Perception	False Perception
Awakened State	Happy Dream	Nightmare (sleeping)
One-Mindedness	Right-Mindedness	Wrong-Mindedness
Eternal Joy, Peace	Joy, Peace	Pain, Suffering

“(You) have destroyed (your) motivation for learning by thinking (you) already know.” (T.14.XI.12:3)

“Yet though they suffer, they will not look within and let it go....their main concern is to perceive the source of guilt outside themselves, beyond their own control.” (T.13.X.3:5-7)

“The delusional system of those made mad by guilt” (T.13.In.2:2)

“It has no meaning and does not exist” (T.26.III.4:3)

“If this were the real world, God would be cruel. For no Father could subject His children to this as the price of salvation and be loving. Love does not kill to save....this is the ego’s interpretation, not God’s. Only the guilty would demand this.” (T.13.In.3:1-4)

“How else can you find joy in a joyless place except by realizing that you are not there? You cannot be anywhere God did not put you, and God created you as part of Him. That is both where you are and what you are.” (T.6.II.6:1-3)

“The world as you perceive it cannot have been created by the Father....God created only the eternal, and everything you see is perishable.” (T.11.VII.1:1-2)

“How bleak and despairingly is the ego’s use of time! And how terrifying! The ego does not advertise its’ final treat for it would have its worshippers still believe that it can offer them escape. But the belief in guilt must lead to the belief in hell.” (T.15.I.6:1-5)

“Those who would see the witnesses to truth instead of to illusion merely ask that they might see a purpose in the world that gives it sense and makes it meaningful. Without your special function has this world no meaning for you. Yet it can become a treasure house as rich and limitless as Heaven itself.” (T.26.I.5:1-3)

“Yet the essential thing is learning that you do not know.” (T.14.XI.1:1)St. Paul

“It is the tiny part of yourself, the little thought that seems split off and separate, the Holy Spirit needs. The rest is fully in God’s keeping, and needs no guide. This is the little part you think you stole from Heaven. Heaven has not lost it but you have lost sight of Heaven.” (T.18.IX.1:3-4,6-7)

“Yet all that stands between you and the power of God in you is but your learning of the false, and of your attempts to undo the true.” (T.14.XI.1:9)

“That there is a choice is an illusion. Yet within this one (choice) lies the undoing of every illusion.” (T.26.III.6:4)

“The real questions are, what do you treasure, and how much do you treasure it?” (T.2.II.3:5)

“What else could I desire but the truth about myself?” (W.#231.1:6)

**(OVER)**

## Process

- #1 Become aware that you are dreaming  
We believed what we believe is made real. We do have the power to create but we can only create love. Everything else we make from something other than love simply is nothing and has no meaning (Ref. W.II.In.9)
- #2 Be willing to question the truth about what you are experiencing  
All things you have judged is true must be raised to doubt because if not, the mind is closed.  
If you say, "it's true" you have tightened the chains around your mind and will not let another truth in.  
(Ref.W.II.1.2:1-2)
- #3 Make a statement of identity:  
"I am not this sadness (Pain, job, special role). "God IS therefore, I am the holy Son of God Himself"
- #4 Ask for help of the One Who knows this truth  
Not help in taking away the pain or changing the situation or giving you strength to endure the pain  
  
Ask for help in the healing of the mind which is where the problem originated
- #5 Accept the answer given "this is not so" and experience heaven

"If you are tempted to be dispirited by thinking how long it would take to change your mind so completely, ask yourself, "how long is an instant?" (T.15.11:1)

"It takes far longer to teach you to be willing to give Him this than for Him to use this tiny instant to offer you the whole of Heaven." (T.15.II.1:4)

"There is an advantage to bringing nightmares into awareness, but only to teach that they are not real, and that anything they contain is meaningless." (T.9.V.3:1)

"Place, time and choice have meaning still, and yet it can be seen that they are temporary, out of place and every choice has been already made." (T.26.III.3:6)

"The reawakening of every Son is necessary to enable the Sonship to know its Wholeness. Only this is knowledge" (T.6.I.12:1-2)

Movie: A Waking Life

In every instant God is posing the question:

"Do you want to be One with Eternity? Do you want to be in Heaven?"

And we're all saying, "No thank you"

Time is just one story moving from the no to the "yes I accept", "yes I embrace"

And everyone gets to "yes" in the end

"It takes time to misguide you so completely (and teach you what you are not) but it takes no time at all to be what you are." (T.15.I.9:3)