

# **“The Witnesses to Your Reality”**

## (T-9.VI)

This section describes a process that can be summarized in five steps. This process is interpersonal and is at the very heart of the Course’s method of salvation.

### **1. How we see them: accept them**

If your brothers are part of you, will you accept them? (3:2)

Accept your brother in this world and accept nothing else. (9:1)

[You] will accept [your magnitude] as you accept theirs. (5:6)

### **2. How we treat them: give them the joy of being accepted**

Accepting them naturally leads to treating them in loving ways. This section speaks of giving them joy and giving them miracles. It even says,

You cannot perform a miracle for yourself, because miracles are a way of *giving* acceptance and receiving it. (7:3)

This section helpfully says we can give joy even when we are *not* experiencing it in ourselves (1:4).

### **3. The effect we have on them: inspire joy in them, awaken them**

This section speaks repeatedly of inspiring joy (1:4), producing joy (1:5), arousing joy (2:1), and giving rise to joy (2:3) in others. This awakens them:

Very simply, the Holy Spirit teaches you to awaken others. (6:2)

### **4. How they respond to us: with gratitude, appreciation, and joy**

If we inspire joy in others, how will they respond to us? The answer is obvious: “If you inspire joy” then “others react to you with joy” (1:4). This section speaks of “their gratitude and their appreciation of what you have given them” (6:4).

### **5. What this teaches us about ourselves: joy is in us, the Holy Spirit is in us**

This is the endpoint of the process. Their reactions to us teach us things about ourselves:

How can you become increasingly aware of the Holy Spirit in you except by His effects? (1:1)

If you inspire joy and others react to you with joy, even though you are not experiencing joy yourself, there must be something in you that is capable of producing it. (1:4)

And because you have willed to wake them, their gratitude and their appreciation of what you have given them will teach you its value. (6:4)

*They* will become the witnesses to your reality, as you were created witness to God's. (6:5)

This, says the Course, is how we wake up:

You are not yet awake, but you can learn how to awaken. Very simply, the Holy Spirit teaches you to awaken others. (6:1-2)

### **Exercise**

Choose someone who needs your acceptance.

Try to feel yourself accepting this person.

Accept them as your brother (or sister).

Say to them, "*You are my brother. I accept you as part of me.*"

Say, "*I accept the magnitude God gave you.*"

Now imagine yourself conveying this acceptance in some outward way.

Maybe it's a simple gesture, or something they have long needed to hear from you.

Realize that your acceptance is an act of giving them joy.

And then see them light up with joy in return.

And then see them respond to you with joy.

See them displaying to you their gratitude and appreciation in some form, however simple or subtle.

Now feel the effect this has on you.

If you have aroused joy in another, then there must be something in you that is capable of producing it.

Realize that this is evidence that the Holy Spirit is in you.

This person has become the witness to your reality.

By awakening another, you have learned how to awaken yourself.