

# **“The Two Evaluations”**

## **(T-9.VII)**

### **1. You have two conflicting evaluations of you: the Holy Spirit’s and the ego’s.**

“You, then, have two conflicting evaluations of yourself in your mind, and they cannot both be true. You do not yet realize how completely different these evaluations are, because you do not understand how lofty the Holy Spirit’s perception of you really is” (3:1-2)

### **2. The Holy Spirit’s evaluation of you is unbelievably lofty and is based on knowledge of who you are.**

- He knows that the grandeur of God is in you.
- He knows that God is incomplete without you.
- “Nothing that is unworthy of God is worthy of you” (8:4).

### **3. The ego’s evaluation of you is little. It doesn’t love you. Yet it also doesn’t know who you are.**

The ego views you as:

- Little
- Inadequate
- Worthless
- Unloving

### **4. Being uncertain of what you are, the ego doesn’t trust you. It is therefore suspicious of you at best and vicious toward you at worst.**

“It is unaware of what you are and wholly mistrustful of everything it perceives, because its own perceptions are so shifting. The ego is therefore capable of suspiciousness at best and viciousness at worst” (2:2-3)

### **5. When you react lovingly, the ego gets vicious, which takes the form of it attacking your motives, claiming you were driven by ulterior motives.**

The ego is therefore particularly likely to attack you when you react lovingly, because it has evaluated you as *unloving*, and you are going against its judgment.

The ego will begin to attack your motives as soon as they become clearly out of accord with its perception of you. (3:5-4:1)

### **6. You can’t look to the ego to get you out of the sense of inadequacy it has produced.**

“Would you look to the ego to help you escape from a sense of inadequacy it has produced, and must maintain for its own existence? Can you escape from its evaluation of you by using its methods for keeping this picture intact?” (5:1-2)

### **7. You have to get outside of the ego’s system, look back at it from the standpoint of sanity, and see the contrast.**

“You cannot evaluate an insane belief system from within it. Its own range precludes this. You can only go beyond it and look back from a point where sanity exists, and *see the contrast*” (5:3-5)

**8. Under the ego, you take your littleness for granted. You must question your littleness by asking “Who granted it?”**

“Your littleness is taken for granted there, and you do not ask, ‘Who granted it?’ The question is meaningless within the ego’s thought system, because it opens the whole thought system to question” (6:3-4).

**9. And whenever you question your value, you need to affirm “God Himself is incomplete without me.”**

Whenever you question your value, say:

*God Himself is incomplete without me.*

Remember this when the ego speaks, and you will not hear it. (8:1-3)

**Exercise**

Think of a time or an area in which you questioned your value.

Get in touch with the perception of yourself as little, worthless, inadequate, and unloving.

Get in touch with the fact that you just take this for granted.

Now realize that you need to step outside this whole thought system.

So ask yourself “Who granted my littleness?”

Question the idea that it was God.

Realize that if it wasn’t God, your littleness has no basis.

Then affirm the truth by saying,

*“God Himself is incomplete without me.”*

Try to really believe this. Try to let this in.

See this as the overturning of all your sense of littleness and inadequacy.

Say again, *“God Himself is incomplete without me.”*

Realize this means that you are lofty.

You have the grandeur of God in you.

Say one last time with joy, *“God Himself is incomplete without me.”*