

“Waking to the Eternal”

(T-10.I)

1. Nothing outside you can upset you, because your will causes all of it.

Time and eternity are both in your mind, and will conflict until you perceive time solely as a means to regain eternity. You cannot do this as long as you believe that anything that happens to you is caused by factors outside yourself. You must learn that time is solely at *your* disposal, and that nothing in the world can take this responsibility from you. (1:2-4)

Your holy will establishes everything that happens to you. (3:1)

2. Nothing outside you can upset you, because nothing *is* outside you.

Nothing beyond yourself can make you fearful or loving, because nothing *is* beyond you. (1:1)

God created nothing beside you, and nothing beside you exists, for you are part of Him. (2:1)

What can upset you except the ephemeral, and how can the ephemeral be real if you are God's *only* creation and He created you eternal? (2:5)

3. You are not really in this world. You are still in God, dreaming you are here.

Your banishment is not of God and therefore does not exist. You are at home in God, dreaming of exile, but perfectly capable of awakening to reality. Is it your will to do so? (6:2-4)

4. When you waken in the morning, you merely shift from one dream to another and do not actually waken at all.

You know from your own experience that what you see in dreams you think is real as long as you are asleep, but the instant you waken you know that everything that seemed to happen did not happen at all....

Is it not possible that you merely shifted from one dream to another without really waking? Would you bother to reconcile what happened in conflicting dreams, or would you dismiss both together if you discovered that reality is in accord with neither? (6:5, 7:1-2)

5. God does not change His Mind about you.

God does not change His Mind about *you*, for He is not uncertain of *Himself*. (3:3)

Exercise

When anything threatens your peace of mind,
ask yourself:

Has God changed His Mind about me?

Then accept His decision,
for it is indeed changeless,
and refuse to change your mind about yourself. (4:5-7)