

# **“Looking at the Cause of Fear”**

## (T-12.III)

Is the Course about affirming the light or unearthing the darkness?

*Both*

A major teaching in the Course is that we normally hide our ego's darkness, and that we need to uncover it.

Why are we afraid to look at it? What are we afraid of?

Only if we bring it to light can we see it for what it is: as nothing and as undesirable. And only then will we let it go.

This section is one of the strongest statements on the need to look at our hatred and fear:

Little child, you are hiding your head under the cover of the heavy blankets you have laid upon yourself. You are hiding your nightmares in the darkness of your own certainty, and refusing to open your eyes and *look* at them. (Paragraph 1)

Take off the covers, and look at what you are afraid of. Only the anticipation will frighten you, for the reality of nothingness cannot be frightening. Let us not delay this, for your dream of hatred will not leave you without help, and help is here. (Paragraph 2)

The Lord is with you, but you know it not....Would you not exchange *this* awareness for the awareness of your fear? When we have overcome fear—not by hiding it, not by minimizing it, and not by denying its full import in any way—*this* is what you will really see. You cannot lay aside the obstacle to real vision without looking upon it, for to lay aside means to judge against. If you will look, the Holy Spirit will judge, and will judge truly. He cannot shine away what you keep hidden, for you have not offered it to Him, and He cannot take it from you. (Paragraph 6)

Do you not have greater reason for fearing the world as you perceive it now than for looking at the cause of fear and letting it go forever? (Paragraph 7)