

“The Continuous Present”

(T-13.VI)

It seems natural to us to evaluate our brother based on his past behavior.

“You consider it “natural” to use your past experience as the reference point from which to judge the present” (2:1).

But we bring the darkness of the past into the present because we are afraid of the light.

“For the past can cast no shadow to darken the present unless you are afraid of light. And only if you are would you choose to bring this darkness with you, and by holding it in your mind, see it as a dark cloud that shrouds your brothers and conceals their reality from your sight” (2:4-5).

It’s our own darkness we are bringing into the present.

“This darkness is in *you*” (3:1).

“Your past was made in anger, and if you use it to attack the present, you will not see the freedom that the present holds” (5:7).

We need to see our brother with no reference at all to the past.

“When you have learned to look upon everyone with *no reference at all* to the past, either his or yours as you perceived it, you will be able to learn from what you see now” (2:3).

“The miracle enables you to see your brother without his past, and so perceive him as born again” (5:1)

There in the present we will discover that he is the Christ, Who has no past.

“The Christ revealed to you now has no past, for He is changeless, and in His changelessness lies your release. For if He is as He was created, there is no guilt in Him. No cloud of guilt has risen to obscure Him, and He stands revealed in everyone you meet, because you see Him through Himself” (3:2-4)

This will release our brother, allowing him to be born again.

“His errors *are* all past, and by perceiving him without them, you are releasing him” (5:2).

And then his gratitude will release us, by showing us the light in us.

“The sick, who ask for love, are grateful for it, and in their joy they shine with holy thanks. And this they offer you who gave them joy. ⁷They are your guides to joy” (10:5-7).

Exercise

Think of someone you have known for a long time, with whom you have a significant past. Realize that any lack of love on your part is largely a result of your memory of this person’s past misdeeds.

Notice how your understanding of who this person is is a result of his or her past.

Say to yourself,

*The past can cast no shadow to darken the present unless I am afraid of the light.
The darkness is in **me**.*

Now say directly to this person:

*I see you with no reference at all to the past, either yours or mine.
I see you without your past, and so perceive you as born again.
I allow Christ to be revealed to me in everyone I meet, including in you.
I see you as the Christ, Who has no past, for He is changeless.*

Conclude with:

To be born again is to let the past go and look without condemnation upon the present.