

III. The Journey into Fear¹

You have no idea of the intensity of your wish to get rid of your brother. ²This does not mean that you are not strongly impelled toward him, but it *does* mean that love is not your only emotion. ³Because your love has become more in awareness, the conflict can no longer be “settled” by your previous attempts to minimize the fear. ⁴The love makes attack untenable, but you still feel the fear. ⁵Instead of trying to resolve this directly, you have a strong tendency to try to escape from the love. ⁶Yet this is the last thing you would want to escape from. ⁷And even if you did, you can escape from everything else, but not from this. ⁸Be glad indeed that there *is* no escape from salvation.

2 You do not realize how much you hate your brother. ²You will not get rid of this until you do realize it, for until then you will think you want to get rid of *him* and keep the hatred. ³Yet if he is your salvation, what can this mean except that you prefer attack to salvation? ⁴Be glad that neither your reality nor your salvation is a matter of your preference, for you have much cause for joy. ⁵But that the cause is not of your making is surely obvious. ⁶You *do* hate and fear him, and your love, which is very real, is totally obscured by it. ⁷How can you know the meaning of love unless it is total?

3 This will be a very difficult period for you, but it will not be so for long. ²You cannot remain in darkness, and this will be the way out. ³Look as calmly as you can upon your hatred, for if we are to deny the denial of truth,² we must first *recognize* what we are denying. ⁴Remember that knowledge precedes denial,³ and that the separation was a descent from magnitude to littleness.⁴ ⁵And so the way back is to retrace the way to magnitude.

4 Your hatred is not real, but it *is* real to you. ²It hides what you really want. ³Surely you are willing to look upon what you do not want without fear, even if it frightens you, if you can thereby get rid of it? ⁴For you cannot escape salvation, and you will not escape fear until you *want* salvation. ⁵Be not afraid of this journey into fear, for it is not your destination. ⁶And we will walk through it in safety, for peace is not far and you will be led in its light.

¹ See Cameo 21: “You Do Not Realize How Much You Hate Each Other.”

² T-12.II.6:5: “The task of the miracle worker thus becomes to *deny the denial of truth*.”

³ T-10.II.1:1-2: “Unless you know something, you cannot dissociate it. Knowledge therefore precedes dissociation, and dissociation is nothing more than a decision to forget.”

⁴ T-10.IV.8:5: “The separation was a descent from magnitude to littleness.”