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## DAY 70 – Dealing with Negativity

### Key Topics:

- The nagging, critical voice of the ego can be overwhelming
- A split mind results in projection
- Projection will always hurt you
- The ego uses projection to destroy your perception of yourself and others
- The alternative to projection
- Recognition of your invulnerability is important to the restoration of your sanity
- The only place you can cancel out reinforcement is in yourself
- You cannot learn of perfect love with a split mind
- The learning situation in which you have placed yourself is impossible
- Do not attempt to teach yourself what you do not understand
- Resign now as your own teacher
- You need offer only your undivided attention – Everything else will be given you

### **The nagging, critical voice of the ego can be overwhelming**

There are times when the nagging, judging, and negative voice of the ego can be overwhelming. You might be hearing the ego's relentless critical voice through the lips of others or perhaps in your own mind. The ego, if left to its own devices, is harsh and brutal. It is fixated on guilt and imperfection in everyone and determined to convince you that you are separated, unloved, powerless, flawed, lacking, and abandoned. If you listen to this voice, you will believe that this is who you are and you will accept this false image of yourself in the place of truth. The ego is masterful in projecting these "decisions against yourself" and making them appear to come through the lips of others. **This is a trick to make it appear that these judgments are happening to you instead of from you. You are reminded that whatever is coming through the lips of others is being projected from your own mind.** Your temptation is to judge them, whereas your opportunity is to listen to what they are saying (just long enough), so you can declare these judgments as false (in your mind), and then choose love for yourself instead.

### **A split mind results in projection**

A Course in Miracles teaches that your mind is split. Part of your mind is aware of the truth of who you are in oneness with God, and part of your mind is committed to the false idea that you are separated, unloved, and powerless. In an attempt to preserve the false idea of separation, your ego projects this idea outside of yourself, so you will disown it and believe it is not yours. This is its main defense in keeping the false idea of separation going. By doing this unconsciously, **you try to keep the fact that you are attacking yourself out of your awareness.**

In Chapter 6, it says, “Any split in mind must involve a rejection of part of it, and this is the belief in separation... Exclusion and separation are synonymous, as are separation and dissociation.

We have said before that the separation was and is dissociation, and that **once it occurs projection becomes its main defense, or the device that keeps it going.** The reason, however, may not be so obvious as you think. **What you project you disown, and therefore do not believe is yours. You are excluding yourself by the very judgment that you are different from the one on whom you project. Since you have also judged against what you project, you continue to attack it because you continue to keep it separated. By doing this unconsciously, you try to keep the fact that you attacked yourself out of awareness, and thus imagine that you have made yourself safe.”** ACIM Ch.6.II.1-2

### **Projection will always hurt you**

Every time you feel judged or criticized by another person, or you perceive them as critical of others, you are hearing you own judgments projected outside of yourself. You might think of it as your thoughts are being broadcasted over a loudspeaker, and the loudspeaker is playing through the lips of your loved ones. The Course teaches that projection will always hurt you because it reinforces your belief in separation and in your own split mind. Projection is a device of the ego to make you feel separated and different from your brothers.

In Chapter 6, it says, “... Projection will always hurt you. It reinforces your belief in your own split mind, and its only purpose is to keep the separation going. It is solely a device of the ego to make you feel different from your brothers and separated from them.” ACIM Ch.6.II.3

### **The ego uses projection to destroy your perception of yourself and others**

The Course teaches that the ego uses projection to destroy your perception of yourself and everyone else. The process begins by excluding something that exists in you (*i.e., your light and holiness*) but which you do not want, and this leads directly to excluding you from others. **This process of projection helps to convince you that you are better than they are and thus anchors the false idea of separation more deeply.**

In Chapter 6, it says, “The ego justifies this on the grounds that it makes you seem “better” than they are, thus obscuring your equality with them still further. Projection and attack are inevitably related, because projection is always a means of justifying attack. Anger without projection is impossible. **The ego uses projection only to destroy your perception of both yourself and your brothers. The process begins by excluding something that exists in you but which you do not want, and leads directly to excluding you from your brothers.”**

ACIM Ch.6.II.3.4

### **The alternative to projection**

Now that you see what is going on and that your ego is purposefully projecting your judgments outside of you as a means of getting you to keep them, it is time to make another choice.

Your ego's function is to convince you that separation is real and that God has abandoned you. If you continue to listen to its voice as it comes through your mind and the lips of others, you will continue to experience yourself as separate, unloved, lacking, and powerless. Yet, what the ego would use to destroy you, God will use to release you – if you will let Him.

In Chapter 6, it says, "We have learned, however, that there is an alternative to projection. Every ability of the ego has a better use, because its abilities are directed by the mind, which has a better Voice. The Holy Spirit extends and the ego projects. As their goals are opposed, so is the result." ACIM Ch.6.II.4

### **Recognition of your invulnerability is important to the restoration of your sanity**

As you hear the relentless and critical voice of the ego streaming through your mind or through the lips of others, **it is essential that you pause and declare your invulnerability.** The Course teaches that if you accept your invulnerability, you are recognizing that attack has no effect, and if your attacks on yourself have not weakened you, you are still strong. You will no longer need to equalize the situation to establish your strength, and thus the attacks will cease. In other words, other people will not stop attacking you until you stop attacking you, and you declare instead, your invulnerability to attack.

In Chapter 12, it says, "That is why the recognition of your own invulnerability is so important to the restoration of your sanity. For if you accept your invulnerability, you are recognizing that attack has no effect. Although you have attacked yourself, you will be demonstrating that nothing really happened. Therefore, by attacking you have not done anything. Once you realize this you will no longer see any sense in attack, for it manifestly does not work and cannot protect you. Yet the recognition of your invulnerability has more than negative value. **If your attacks on yourself have failed to weaken you, you are still strong. You therefore have no need to "equalize" the situation to establish your strength.**" ACIM Ch.12.V.2

### **The only place you can cancel out reinforcement is in yourself**

When you are judged or criticized by others, or you hear them being negative, fearful, or critical of others, you will be tempted to judge them and reinforce the false idea of separation, and see yourself as better than they are. You must resist this temptation if you would like to be free of judgment and negativity. **The only place you can cancel out all reinforcement is in yourself.**

In Chapter 12, it says, "**You will never realize the utter uselessness of attack except by recognizing that your attack on yourself has no effects. For others do react to attack if they perceive it, and if you are trying to attack them you will be unable to avoid interpreting this as reinforcement. The only place you can cancel out all reinforcement is in yourself. For you are always the first point of your attack, and if this has never been, it has no consequences.**" ACIM Ch.12.V.3

### **Here's an Example:**

Let's say that a loved one of yours told you that you are lazy and you are not doing enough to support them. These are your thoughts and judgments turned outward or you would not be hearing them. These could be thoughts you are holding against yourself, or someone else, yet they are playing through the "loudspeaker" of your loved ones lips. **Claim them, own them, and then choose not to reinforce them.** These judgments cannot be healed until they are revealed, recognized, and then declared as false by you. Once you make this declaration (in your mind), your Teacher of Peace will accomplish the healing for you and on your behalf. Instead of judging the other person for their hurtful comments, you can pause and say to yourself, **"Thank You, God, that I am whole, complete, and loved exactly as I am. I am Your Holy Child and a blessing to all the world."** You can follow this with, **"I choose to be grateful to my loved one for revealing my unhealed beliefs to me, so my mind can be healed and restored to peace. I am willing to see this person with only love, gratitude, and forgiveness."** This may seem difficult or nearly impossible, yet I tell you this: It will get the job done. Forgive, forgive and forgive some more if you want to be free of pain, hurt, loneliness, lack, sadness, and rejection. All healing is an inside job.

### **You cannot learn of perfect love with a split mind**

When your mind is split between love and fear, peace and pain, and innocence and guilt, you cannot learn of perfect love. The Course teaches that you are trying to make the separation eternal, because you want to retain the characteristics of your own creation. In Chapter 12, it says, "The Holy Spirit's Love is your strength, for yours is divided and therefore not real. You cannot trust your own love when you attack it. **You cannot learn of perfect love with a split mind, because a split mind has made itself a poor learner. You tried to make the separation eternal, because you wanted to retain the characteristics of creation, but with your own content.** Yet creation is not of you, and poor learners do need special teaching."

ACIM Ch.12.V.4

### **The learning situation in which you have placed yourself is impossible**

When you are lost, you are not the one to direct yourself back to safety. God introduced the Holy Spirit, your Teacher of Peace, the instant you accepted the false idea of separation, to ensure that you would find your way back to the truth and the greatness of God's Love for you. Your Inner Guide cannot fail.

In Chapter 12, it says, **"You have learning handicaps in a very literal sense. There are areas in your learning skills that are so impaired that you can progress only under constant, clear-cut direction, provided by a Teacher Who can transcend your limited resources. He becomes your Resource because of yourself you cannot learn. The learning situation in which you placed yourself is impossible, and in this situation you clearly require a special Teacher and a special curriculum.** Poor learners are not good choices as teachers, either for themselves or for anyone else. **You would hardly turn to them to establish the curriculum by which they can escape**

**from their limitations.** If they understood what is beyond them, they would not be handicapped.” ACIM Ch.12.V.5

**Do not attempt to teach yourself what you do not understand**

In every situation, your Teacher of Peace is there to love, guide, and direct you to ensure that you always find your way back to the light and truth of who you are and the happiness that God Wills for you. In Chapter 12, it says, **“You do not know the meaning of love, and that is your handicap. Do not attempt to teach yourself what you do not understand, and do not try to set up curriculum goals where yours have clearly failed.”** ACIM Ch.12.V.6

**Resign now as your own teacher**

I find the following paragraph to be quite humorous, and yet sound advice at the same time:

**“You who have tried to learn what you do not want should take heart, for although the curriculum you set yourself is depressing indeed, it is merely ridiculous if you look at it.** Is it possible that the way to achieve a goal is not to attain it? **Resign now as your own teacher. This resignation will not lead to depression.** It is merely the result of an honest appraisal of what you have taught yourself, and of the learning outcomes that have resulted. **Under the proper learning conditions, which you can neither provide nor understand, you will become an excellent learner and an excellent teacher.** But it is not so yet, and will not be so until the whole learning situation as you have set it up is reversed.” ACIM Ch.12.V.8

**You need offer only your undivided attention – Everything else will be given you**

**“Your learning potential, properly understood, is limitless because it will lead you to God. You can teach the way to Him and learn it, if you follow the Teacher Who knows the way to Him and understands His curriculum for learning it.** The curriculum is totally unambiguous, because the goal is not divided and the means and the end are in complete accord. **You need offer only undivided attention. Everything else will be given you.** For you really want to learn aright, and nothing can oppose the decision of God's Son. His learning is as unlimited as he is.” ACIM Ch.12.V.9