



A Course in Miracles Mentoring ©

DAY 79 – Moving Through Resistance

Key Topics:

- The Guard Dog at the Fence™
- The Laws of Chaos
 - Law 1 – Truth is different for everyone
 - Law 2 – Each one must sin and deserves attack and death
 - Law 3 – God must hate you for what you are or have become
 - Law 4 – You have what you take
- How you know if you have chosen Heaven or hell
- Encouragement from Christ

The Guard Dog at the Fence™

As you take a stand for the truth of who you are, you are likely to pass through several stages of resistance as orchestrated by your ego. **I like to think of the ego as your “guard dog at the fence™”. You have trained him to protect the little fenced-off aspect of yourself that you call your body.** Instead of seeing your True Self as you are: one with God, infinite Spirit, eternal Light, safe, healed, happy, and whole, you see yourself as a finite, physical body, prone to suffering, illness, lack, conflict, slavery, failure, and death. You are not a body and you are not the false images you have made in the place of truth. You have trained this guard dog in your mind, called the ego, to make sure that nothing gets in or out to ensure that your separated self can be maintained forever. As you begin the journey towards your awakening, your guard dog will be alerted and he will shift from suspiciousness to viciousness. **In the Course, it says that your ego will remain suspicious as long as you despair of yourself and it will shift to viciousness when you decide to seek relief. You will find yourself saying things and doing things, perhaps, that you find shocking. This is the result of your guard dog trying to protect the perimeter of your little separated self as you instructed him to do. Your guard dog will encourage you to attack anyone in your vicinity because it feels the level of threat is at a dangerous level. If it cannot get you to attack quickly enough, then you just might remember who you really are and to the ego, this would be intolerable.**

In Chapter 9, it says, “**Grandiosity is always a cover for despair. It is without hope because it is not real. It is an attempt to counteract your littleness, based on the belief that the littleness is real.** Without this belief grandiosity is meaningless, and you could not possibly want it.

The essence of grandiosity is competitiveness, because it always involves attack. It is a delusional attempt to outdo, but not to undo. **We said before that the ego vacillates between suspiciousness and viciousness. It remains suspicious as long as you despair of yourself. It shifts to viciousness when you decide not to tolerate self-abasement and seek relief. Then it offers you the illusion of attack as a "solution."** ACIM Ch.9.VIII.2

Getting past the highly-trained guard dog of the ego is not your only concern. Your ego has established four laws of chaos to attack the truth, almost like hidden land-mines, to make sure that you never breach the perimeter of your illusions and remember who you really are. These four laws are well-practiced in your dreams (*i.e., the world you see*) and they temporarily block the Light of Truth, almost like clouds that block the sun. Thank goodness for the Holy Spirit, your Teacher of Peace, Who will remove all obstacles and clouds if you will invite Him, and then let Him. **The Course teaches that these laws need not be broken, they need to be looked upon and seen for what they are and then gone beyond.**

Law #1 – Truth is different for everyone

The *first* law of chaos is that truth is different for everyone and this is the reason that there is so much conflict in the world. Each person is holding onto their false idea of what is right and wrong, and then they attack others for what they do, say, or value. If you find yourself frustrated or angry at another person for what they are doing or saying, you have allowed the *first* law of chaos to be accepted into your mind. As a result, you are choosing to see the “illusion of who the person is” in the place of truth. Remember that you are the dreamer of your dream and other people are mirroring your unhealed beliefs back to you. They are showing up exactly as you expect them to, and the guilt you see in them is your guilt projected outward upon them. Without realizing it, you are the one that put the script in their hands. This may not be evident, yet once you discover that this is true, you will find the peace and happiness you are searching for. When this first law of chaos is brought to the light of truth, it will merely disappear. “Errors of any kind can be corrected because they are untrue.”

In Chapter 23, it says, “**The *first* chaotic law is that the truth is different for everyone.** Like all these principles, this one maintains that each is separate and has a different set of thoughts that set him off from others. This principle evolves from the belief there is a hierarchy of illusions; some are more valuable and therefore true. **Each one establishes this for himself, and makes it true by his attack on what another values.** And this is justified because the values differ, and those who hold them seem to be unlike, and therefore enemies.” ACIM Ch.23.II.2

Law #2 – Each one must sin and deserves attack and death

The *second* laws of chaos, as generously offered by your ego, is that every person is a sinner and must sin, therefore, they deserve attack and death. This law demands that errors should be punished, not corrected. It is believed that the destruction caused by the one who made the error is beyond correction and forgiveness. Without realizing this, your ego is demanding that you place an irrevocable sentence on yourself, which in your mind, God Himself is powerless to overcome. This is false, of course, yet the demand for guilt and punishment is alive and well in the dream of illusions. **This is why forgiveness is essential for your awakening. Once you can acknowledge that any guilt or wrong-doing that you see in another is your own projection of guilt in the place of reality, and you forgive them and yourself, you are on your way home.** **The Course asks if you would “redeem or crucify” others, for you are making this choice in every encounter. If you are feeling crucified, the quickest way to stop this is to be unwilling to crucify, judge, or project guilt onto any other person.**

In Chapter 23, it says, “**The second law of chaos, dear indeed to every worshipper of sin, is that each one must sin, and therefore deserves attack and death. This principle, closely related to the first, is the demand that errors call for punishment and not correction.** For the destruction of the one who makes the error places him beyond correction and beyond forgiveness. **What he has done is thus interpreted as an irrevocable sentence upon himself, which God Himself is powerless to overcome.** Sin cannot be remitted, being the belief the Son of God can make mistakes for which his own destruction becomes inevitable.” ACIM Ch.23.II.4

“**Think what this seems to do to the relationship between the Father and the Son. Now it appears that They can never be One again. For One must always be condemned, and by the Other. Now are They different, and enemies.** And Their relationship is one of opposition, just as the separate aspects of the Son meet only to conflict but not to join. One becomes weak, the other strong by his defeat. And fear of God and of each other now appears as sensible, made real by what the Son of God has done both to himself and his Creator.” ACIM Ch.23.II.5

Law #3 – God must hate you for what you are or have become

The Course teaches that the “fear of God” is reinforced by the *third* law of chaos. **The third law says that God is not mistaken, therefore, if you are an imperfect sinner that deserves punishment (as you believe you are), then God must hate you for it. Sadly, the fear of God is reinforced by this principle.** Now it becomes impossible to turn to God for help in misery, for God is seen as the enemy, the One Who is causing the misery and to Whom appeal is useless. The Savior has become the enemy and thus, there is no escape – False, false, false!

In Chapter 23, it says, “**See how the fear of God is reinforced by this third principle. Now it becomes impossible to turn to Him for help in misery. For now He has become the "enemy" Who caused it, to Whom appeal is useless.** Nor can salvation lie within the Son, whose every aspect seems to be at war with Him, and justified in its attack. And now is conflict made inevitable, beyond the help of God. For now salvation must remain impossible, because the Savior has become the enemy.” ACIM Ch.23.II.7

Law #4 – You have what you take

In the fourth law of chaos, your ego believes that you have what you take and another person's loss becomes your gain. It fails to recognize that you are one with everyone and if you take from someone, you are always taking from yourself. This fourth law justifies attack and proposes that the enemy must suffer to save yourself. You may not think you are doing this, yet every time you judge another person, project guilt upon them, try to get love from them, or see them as flawed or less than whole, you are trying to gain a sense of power and wholeness through them and their perceived deficiency. Your ego believes that their deficiency will affirm your grandiosity or greatness. In other words, their “wrong” will make you more “right”. This makes no sense, of course, yet it is the ego’s thought-system nonetheless. With this *fourth* law of chaos, the ego reinforces, “In a savage world the kind cannot survive, so they must take or else be taken from.” ACIM Ch.23.II.10.4

In Chapter 23, it says, “**The ego values only what it takes. This leads to the fourth law of chaos, which, if the others are accepted, must be true. This seeming law is the belief you have what you have taken. By this, another's loss becomes your gain, and thus it fails to recognize that you can never take away save from yourself.** Yet all the other laws must lead to this. For enemies do not give willingly to one another, nor would they seek to share the things they value. And what your enemies would keep from you must be worth having, because they keep it hidden from your sight.” ACIM Ch.23.II.9

What is it your ego is trying to take?

The ego is very committed to “taking” from others with the hope of “gaining” thereby. In truth, everything you give is given unto yourself because you are one with everyone and everything. There is no lack, servitude, or slavery, yet there is an ego-based thought-system that will enslave you forever, if you will allow it. **You might ask yourself (for awareness and without judgment), “Do I spend most of my day giving to others, seeing the best in them, helping them to succeed, or do I spend my day focused on myself, my worries, my pain, the unfairness of life, or getting something from someone else, whether it be love, money, resources, time, peace and quiet, acknowledgement, or something else?”** This question is not meant to be judgmental or irritating. It is meant to be helpful because once you understand that “in giving you receive”, your entire world is going to change for the better.

The fourth law of chaos is one of the most challenging to move beyond. It demands that the love you are searching for is “inside” the other person and you must “get it” from him/her in order to be happy. It deprives you of the secret ingredient that would give meaning to your life. If this fourth law is accepted and practiced, then all of your relationships will have but the purpose of “seizing this love” and making it your own, and because this law is false, your possession will never be made complete. In Chapter 23, it says, “And now you might understand why you found it not.” ACIM Ch.23.II.11.4 The love you are seeking is within you. There is no other place to search and no other place to find it.

“You who believe you walk in sanity with feet on solid ground, and through a world where meaning can be found, consider this: **These are the laws on which your "sanity" appears to rest. These are the principles which make the ground beneath your feet seem solid. And it is here you look for meaning. These are the laws you made for your salvation.** They hold in place the substitute for Heaven which you prefer. This is their purpose; they were made for this. There is no point in asking what they mean. That is apparent. The means of madness must be insane. Are you as certain that you realize the goal is madness?” ACIM Ch.23.II.13

“The laws of chaos govern all illusions. Their forms conflict, making it seem quite possible to value some above the others. Yet each one rests as surely on the belief the laws of chaos are the laws of order as do the others. Each one upholds these laws completely, offering a certain witness that these laws are true. The seeming gentler forms of the attack are no less certain in their witnessing, or their results. Certain it is illusions will bring fear because of the beliefs that they imply, not for their form. And lack of faith in love, in any form, attests to chaos as reality.” ACIM Ch.23.II.20

How you know if you have chosen Heaven or hell

“Brother, take not one step in the descent to hell. For having taken one, you will not recognize the rest for what they are. And they *will* follow. **Attack in any form has placed your foot upon the twisted stairway that leads from Heaven. Yet any instant it is possible to have all this undone. How can you know whether you chose the stairs to Heaven or the way to hell?** Quite easily. How do you feel? Is peace in your awareness? Are you certain which way you go? And are you sure the goal of Heaven can be reached? If not, you walk alone. Ask, then, your Friend to join with you, and give you certainty of where you go.” ACIM Ch.23.II.22

Encouragement from Christ

In the Workbook for Students, it says, “This time we are ready to give more effort and more time to what we undertake. **We recognize we are preparing for another phase of understanding.** We would take this step completely, that we may go on again more certain, more sincere, with faith upheld more surely. Our footsteps have not been unwavering, and doubts have made us walk uncertainly and slowly on the road this course sets forth. But now we hasten on, for we approach a greater certainty, a firmer purpose and a surer goal.

Steady our feet, our Father. Let our doubts be quiet and our holy minds be still, and speak to us. We have no words to give to You. We would but listen to Your Word, and make it ours. Lead our practicing as does a father lead a little child along a way he does not understand. Yet does he follow, sure that he is safe because his father leads the way for him.

So do we bring our practicing to You. And if we stumble, You will raise us up. If we forget the way, we count upon Your sure remembering. We wander off, but You will not forget to call us back. Quicken our footsteps now, that we may walk more certainly and quickly unto You. And we accept the Word You offer us to unify our practicing, as we review the thoughts that You have given us.” Excerpts from ACIM Workbook for Students, Review V.