



CIRCLE OF ATONEMENT

Dedicated to A Course in Miracles

Protection in *A Course in Miracles*

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Exploring A Course in Miracles Podcast

Episode #19 Discussion Guide

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We perhaps do not associate the theme of protection with the Course, but it's in there. There are 237 references to it, which means it's a huge topic, with many facets to it. The Course does, in other words, talk about how we can find real protection.

What does it say? In simplest terms, it says something like this:

You constantly strive to protect yourself, but it doesn't work and you don't need to protect yourself. God is your real protection, in body, mind, and spirit. However, you need to *accept* His protection before it can truly dawn upon your mind and become active in your experience. You do that by protecting your mind (from fear and anger), by following His guidance, and by extending a sense of safety and protection to others (by giving them miracles).

What follows is this same picture in more detail:

You constantly strive to protect yourself

You think you are a weak, vulnerable body, and so you must figure out the rules that, if obeyed, will protect you. Then you make constant plans for this protection. You also attack for the sake of this same protection. These defenses, however, do not work. But that's all right, because you don't need them; you aren't in danger. Recognize this and they'll disappear, and then you'll accept your real protection

You still have too much faith in the body as a source of strength. What plans do you make that do not involve its comfort or protection or enjoyment in some way? (T-22.VII.1:1-2)

You operate from the belief you must protect yourself from what is happening, because it must contain what threatens you. A sense of threat is an acknowledgment of an inherent weakness, a belief that there is danger which has power to call on you to make appropriate defense. (W-135.2:2-3)

[Psychotherapy's] whole function, in the end, is to help the patient deal with one fundamental error; the belief that...by justifying attack he is protecting himself. (P-2.In.1:5)

You must question your ideas about your protection

You need to open your mind about where real protection comes from. Fear has gripped your mind so strongly that you won't relinquish your ideas about what protects you. But you must. You need to consciously and genuinely ask, "Where can I go for protection?"

Being told by the ego that it is really part of the body and that the body is its protector, it is also constantly informed that the body *cannot* protect it. This, of course, is not only true, but perfectly obvious.

Therefore, the mind asks, "Where can I go for protection?," to which the ego replies, "Turn to me." The mind, and not without cause, reminds the ego that it has itself insisted that it is identified with the body, so there is no point in turning to it for protection. The ego has no real answer to this, because there isn't any, but it does have a typical solution. ⁴It obliterates the question from the mind's awareness. Once unconscious, it can and does produce uneasiness, but it cannot be answered because it cannot be asked.

This is the question which *must* be asked: "Where can I go for protection?" Only an insane mind fails to ask it. Even the insane ask it unconsciously, but it requires real sanity to ask it consciously. (T-4.VII.5:-7:3)

God's protection is the real source of your safety

God is the real Source of your protection. You are protected by God in all things. This is because of His care for you and His love for you, because He is always with you and because you are one with Him.

You are a ray of light in God's Mind, protected and sustained by His being. (T-10.II.4:1)

Only the love of God will protect you in all circumstances. (W-50.2:3)

My Father supports me, protects me, and directs me in all things. (W-58.5:6)

Today we will not doubt His love for us, nor question His protection and His care. (W-124.3:1)

The thought of God protects you, cares for you, makes soft your resting place and smooth your way, lighting your mind with happiness and love. (W-165.2:6)

God's protection is always there, but you must choose to accept it and feel it

Though His protection is always there, you need to accept it and then it will dawn on you and you will feel it. You will feel peace flowing over you like a blanket of protection. You will feel covered with soft protection. You will feel safety surrounding you, hovering over you, and holding you up. You will know the warmth of sure protection always. Once God's protection dawns on you, you will no longer see the need to protect yourself.

Allow peace to flow over you like a blanket of protection and surety. (W-50.4:2)

And we will feel salvation cover us with soft protection and with peace so deep that no illusion can disturb our minds. (W-140.12:4)

I need but accept my Self, my sinlessness, created for me, now already mine, to feel God's love protecting me from harm. (W-337.1:6)

[Think] of yourself as completely at peace with everyone and everything, safe in a world which protects you and loves you and which you love in return. Try to feel safety surrounding you, hovering over you, and holding you up. (W-68.8:1-2)

To accept your real protection is to realize you don't need to protect yourself

When you protect your ego and body yourself, you are assuming that you can be hurt. When you no longer see the need to protect yourself, the protection of God will dawn upon you. Conversely, when you experience the protection of God, you will no longer try to protect yourself.

The truly helpful are invulnerable, because they are not protecting their egos, so that nothing can hurt them. (T-4.X.10:3)

You think you made a power that can save you from all the fearful things you see in dreams. It is not so. Your safety lies not there. What you give up is merely the illusion of protecting illusions....Your defenses will not work, but you are not in danger. You have no need of them. Recognize this and they will disappear. And only then will you accept your real protection. (M-16.6:4-7, 11-14)

How simply and how easily does time slip by for the teacher of God who has accepted his protection! All that he did before in the name of safety no longer interests him, for he is safe, and knows it to be so. M-16.7:1-2)

You need to protect your *mind*

Above all, you need to protect your mind. You do this through your practice. You need to refuse to value worldly things, which merely lays chains upon your mind. You need to deny that anything that is not of God can affect you. You need to think about and feel the protection that

comes from God. Throughout the day, you need to protect yourself from temptation and stay in touch with the ideas that are your real protection.

Consider how much vigilance you have been willing to exert to protect your ego, and how little you have been willing to expend to protect your higher mind! (T-4.V.17:3)

Protect your mind throughout the day as well. (W-128.8:1)

Yet will there be temptation along the way the teacher of God has yet to travel, and he has need of reminding himself throughout the day of his protection. (M-16.8:1)

It is only your awareness that needs protection, because your being cannot be assailed. (T-6.VII.C.10:4)

Turn to His guidance; it will protect you

Your present trust in the Holy Spirit and His guidance is the way to ensure a safe future. If you follow the right involuntary Guide, you will be told how to avoid both physical and spiritual dangers. This is why you need be anxious over nothing, because He will tell you what to do, where to go, and what to say, and His guidance will lead to safety. Along these same lines, Jesus asks you to entrust your body and ego to him. Your ego has had the function of protecting them, but Jesus is asking you to turn this function over to him instead. He will protect your body and ego if you follow his guidance.

Your present trust in Him is the defense which promises a future undisturbed, without a trace of sorrow, and with joy which constantly increases, as this life becomes a holy instant, set in time but heeding only immortality. (W-135.20:1)

*Your healing Voice protects all things today,
and so I leave all things to You. I need
be anxious over nothing. For Your Voice
will tell me what to do and where to go,
to whom to speak and what to say to him,
what thoughts to think, what words to give the world. (W-275.2:1-3)*

The reason why I can be entrusted with your body and your ego is simply because this enables *you* not to be concerned with them, and *me* to teach you their unimportance. (T-4.II.24:1)

Following the right involuntary Guide will enable you to recognize both physical *and* spiritual dangers, and will provide the means for avoiding each of them in the most efficient way. (T-1.21.2:2)

If (by extending miracles) you make others feel safe, your own safety will dawn upon you

Your safety comes from making others feel safe. You do this by being harmless. You do it by forgiving them for what they have done (so they don't fear retribution). You do it by generally being a channel of God's protection for them. This will cause His protection to dawn upon your mind. Now that you are one of God's ministers, who could be more mightily protected?

Your only real safety lies in extending *only* the Holy Spirit, because as you see His gentleness in others, your own mind perceives itself as totally harmless. Once it can accept this fully, it does not see the need to protect itself. The protection of God can then dawn upon it, assuring it that it is perfectly safe forever. (T-6.IV.5:4-6)

God is praised whenever any mind learns to be wholly helpful. This is impossible without being wholly harmless, because the two beliefs must coexist. The truly helpful are invulnerable, because they are not protecting their egos, so that nothing can hurt them. (T-4.X.10:1-3)

The safety that I bring is given me. Father, Your Voice protects all things through me. (W-275.2:4-5)

What really protects your body is viewing it as a neutral instrument in God's plan

The best protection for the body is to see it as being quite apart from you, as being merely neutral, with no power to make you feel things, so that only its usefulness remains. This will make it a healthy, serviceable instrument and will leave it free to help in a plan that far exceeds its own protection.

The "self" that needs protection is not real. The body, valueless and hardly worth the least defense, need merely be perceived as quite apart from you, and it becomes a healthy, serviceable instrument through which the mind can operate until its usefulness is over. (W-135.9:1-2)

[The body's] neutrality protects it while it has a use. (W-294.1:6)

Protect the things you value by giving them away

You can protect the resources you value by giving them away in true generosity. This makes it certain that you will never lose them.

Protect all things you value by the act of giving them away, and you are sure that you will never lose them. (W-187.4:1)