

THE POSITIVE USE OF DEFENSES



INSTRUCTIONS: *The purpose of this course is integration.*

You know that when defenses are disrupted there is a period of real disorientation, accompanied by fear, guilt, and usually vacillations between anxiety and depression. **This process is different** only in that **defenses are not being disrupted, but re-interpreted**, even though it may be experienced as the same thing.

In the reinterpretation of defenses, they are not disrupted but **their use for ATTACK is lost**. Since this means they can be used only ONE way, they became MUCH stronger, and much more dependable. They no longer oppose the Atonement, but greatly facilitate it.

Denial of error is a very powerful defense of truth. **We have slowly been shifting the emphasis from the negative to the positive use of denial.** ... “Never underestimate the power of denial.” In the service of the “Right Mind”, the denial of ERROR frees the mind and re-establishes the freedom of the will. When the will is REALLY free, it cannot miscreate, because it recognizes ONLY TRUTH [in other words, it’s unconflicted].

Projection arises out of FALSE DENIAL. Not out of its proper use. My own role in the Atonement IS one of true projection, i.e., I can project to YOU the affirmation of truth. If you project error to me (or to yourself) you are interfering with the process. **My use of projection, which can also be yours, is NOT based on faulty denial.** But it DOES involve the very powerful use of the denial of error.

The miracle worker is one who accepts my kind of denial and projection, unites his own inherent abilities to deny and project with mine, and imposes them back on himself and others. This establishes the total lack of threat anywhere. Together we can then work for the real time of peace, which is Eternal.

Denial should be directed only to error, and **projection** should be limited to truth. You should truly give as you have truly received. The Golden Rule can work effectively only on this basis.

Intellectualization [rationalization] is a poor word, which stems from the brain-mind confusion. “Right-Mindedness” is better. This device defends the RIGHT MIND, and gives it control over the body. “Intellectualization” implies a split, whereas “Right-Mindedness” involves healing.

Withdrawal is properly employed in the service of withdrawing from the desert. It is NOT a device for escape, but for consolidation [i.e., real integration]. There IS only One Mind.

Dissociation is quite similar. You should split yourself off from error, but only in defense of integration.

Detachment is essentially a weaker form of dissociation. This is one of the major areas of withholding...

Flight can be undertaken in whatever direction you choose, but note that the concept itself implies flight FROM something. Flight from error is perfectly appropriate.

Distantiation is a way of putting distance between yourself and what you SHOULD fly from.

Regression is a real effort to return to your own original state. In this sense, it is utilized to RESTORE, not to go back to the less mature.

Sublimation should be associated with the SUBLIME.

There are many other so-called “dynamic” concepts which are profound errors due essentially to the misuse of defenses. Among them is the concept of different levels of aspiration, which results from real level confusion.

However, **the main point** to be understood from these notes is that **you can defend truth as well as error, and in fact, much better.**

found in the Urtext only
(all non-capitalization emphasis is entirely mine)
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