

# THE “GOD” THE EGO MADE: ARE YOU FEARFUL OF GOD? AN EXERCISE

Following is an exercise that will assist in exhuming your unconscious beliefs about God. Your unconscious beliefs form the basis of your fear of God, which is really the unrecognized fear of Love itself.

## 1) What are the positive qualities of God’s nature and Will?

With pen and paper, write down all the positive attributes or qualities of God’s Love. Here are a few to get you started: Joy, unconditional Love, peace, infinite security. Go deep and see if you can come up with at least fifteen of these positive qualities for yourself. The more, the better.

These qualities form your intellectual list of God’s celestial attributes. These are the things we believe on the surface; they’re all the ego wants us to see. Ego doesn’t want us to delve any deeper to find out what we *really* believe about God’s Love in our unconscious minds.

## 2) What will it cost me to trust exclusively in God?

Imagine what it would mean if you were to completely embrace this statement: *“I choose only God’s Will for me, from this moment onward. In so doing, I choose to forfeit my own independent will in every area of my life.”* If you ask for and accept only His Will, there is no room for your own separate will. Now, with radical self-honesty, what fears arise?

Write down all your fears and concerns about how this choice would impact each of the important areas of your life (see list on the next page). Unearthing these fears is invaluable. They pave the way out of fear forever, so please be totally honest with yourself. Write down any concerns about possible change, loss or sacrifice. Make a comprehensive list of all the so-called fearful or even disastrous scenarios that might occur if you totally surrendered your own independent will to God. What do you fear may change or fall away, specifically in the following areas?

- Finances and income
- Relationships
- Children and family
- Job or career
- Security and self image
- The body and health
- Pleasure
- Other

Any signs of concern or fear represent the tip of the iceberg, indicating a hidden wellspring of unconscious distrust in God’s Love. When Tomas and I did this exercise after nearly 20 years of having studied the *Course*, we were astounded to discover just how much we did not want to entrust to Spirit. We still compartmentalized parts of our lives, feeling the need to keep them separate (and therefore safe) from our spiritual journey.

We all tend to categorize life as if it’s a pie with lots of slices; one for family, one for income, another for physical health and so on. The ego instinct is to try to control some slices independently from Spirit. Yet this course of action never truly works. If we continue to insist on letting the ego control certain segments of the pie, believing these areas “too critical” to surrender to Spirit, the conflict of this stance eventually becomes unbearable. And it’s here that we either opt to recycle again through scarcity, disease or death, *or* we decide to jump in and totally undo the ego by surrendering all to God.

### 3) Revealing the “god” the ego made:

Now look at your first list, the one you made of your positive beliefs about God’s nature and Will. Place it next to the list containing all your fears about surrendering your life to God. It’s likely you’ll find these two lists are opposites of one another. One is full of Love and trust, and the other is full of fear and doubt. Look carefully: The first list of God’s positive attributes is *real*. The second list is *unreal*. That second list represents your unconscious fear of God. This is your unconscious fear of Love itself.

Look again at your list of fears. This list represents the nature of the god the ego made. The ego projects these deep fears onto God, thereby persuading us to keep turning to the ego for guidance instead of trusting in God’s Love. The degree to which we continue to make our own independent decisions, goals, plans and attempts at control, is the degree to which we actually fear God’s Love.

The ego’s projection of god is what we’re terrified of, and we can’t see beyond it without exhuming these misperceptions about God first. How can we ever trust God as our Holy Self within, while the ego’s god remains hidden on our inner altar, deep within the unconscious?

Look at all the things in our lives that we fear and defend our self against. And look at all we struggle to achieve and attain, independently from God. We do this because we are terrified of the ego’s god—and as long as we continue to defend ourselves against this pseudo-god, we will remain in resistance to the real and only God within, which is our Holy Self.

All the things we fear and defend against are the things we prioritize above God. This includes the fear of not being able to access God within! All your desires and needs that appear to be unfulfilled from the past, present and even the future, take precedence over God’s Love within. We unknowingly use all these as defenses against God’s Love. They form our blocks to the awareness of Love’s presence.

If you truly wish to heal your unconscious fear of God, it will be helpful to take your list of fears and go through the Atonement process with each of these blocks to Love’s presence. Forgive them one by one, and surrender them in exchange for the miracle. In this process you will relinquish the ego’s obsession with unconscious self-attack. The Atonement process is found on page 297.

God’s all-encompassing Love is all there is. *Nothing else exists*. When we see or feel anything other than Love, we are hallucinating. So if God’s Love is all there is, what is it we obsessively defend against? Why do we insist on problem solving independently from Spirit? We still fear God. We don’t trust Love because we don’t yet know it for our self. We don’t know our Holy Self.

Through the ego thought system, we project an ego image onto God. And this god that frightens us is the imaginary god the ego made, a cruelly demanding god who tests us constantly and gives us freedom only in death. No wonder we are terrified of surrender! This god we made is the greatest unconscious block to Love; it prevents our ability to trust in the power and presence of our Holy Self.