



Exercise: Take the Test

1. Take the following test to find out whether you want Love *or* specialness.
 - a. What do I truly desire?
 - b. What do I long for?
 - c. Do I want to be Loved?
 - d. Do I want to feel Loved?
2. It is impossible to feel Loved and receive Love without responding with a “yes” to the following question:
 - a. Do I want, above all else, to see others as innocent, as sinless, regardless of appearances to the contrary?
3. If your answer is “no” to this preceding question, then changeless Love is *not* what you want. Instead you seek special love, which is conflict and separation in disguise.
 - a. Do you want to know Love?
 - b. Or do you want to be special?
4. These two are diametrically opposed and can never be merged because they seek opposing goals. When innocence is all you want to perceive, then Love is all you will experience.
 - a. *“Dreams show you that you have the power to make a world as you would have it be, and that because you want it you see it. And while you see it you do not doubt that it is real. Yet here is a world, clearly within your mind, that seems to be outside. You do not respond to it as though you made it, nor do you realize that the emotions the dream produces must come from you. It is the figures in the dream and what they do that seem to make the dream. You do not realize that you are making them act out for you, for if you did the guilt would not be theirs, and the illusion of satisfaction would be gone.” ... “In your waking dreams, the special relationship has a special place. It is the means by which you try to make your sleeping dreams come true. From this, you do not waken. The special relationship is your determination to keep your hold on unreality, and to prevent yourself from waking. And while you see more value in sleeping than in waking, you will not let go of it.” T-18.II.5:1-6,16-20*