

1. Be not afraid to look upon the special hate relationship, for freedom lies in looking at it. ² It would be impossible not to know the meaning of love, except for this. ³ For the special love relationship, in which the meaning of love is hidden, is undertaken solely to offset the hate, but not to let it go. ⁴ Your salvation will rise clearly before your open eyes as you look on this. ⁵ You cannot limit hate. ⁶ The special love relationship will not offset it, but will merely drive it underground and out of sight. ⁷ It is essential to bring it into sight, and to make no attempt to hide it. ⁸ For it is the attempt to balance hate with love that makes love meaningless to you. ⁹ The extent of the split that lies in this you do not realize. ¹⁰ And until you do, the split will remain unrecognized, and therefore unhealed.
2. The symbols of hate against the symbols of love play out a conflict that does not exist. ² For symbols stand for something else, and the symbol of love is without meaning if love is everything. ³ You will go through this last undoing quite unharmed, and will at last emerge as yourself. ⁴ This is the last step in the readiness for God. ⁵ Be not unwilling now; you are too near, and you will cross the bridge in perfect safety, translated quietly from war to peace. ⁶ For the illusion of love will never satisfy, but its reality, which awaits you on the other side, will give you everything.
3. The special love relationship is an attempt to limit the destructive effects of hate by finding a haven in the storm of guilt. ² It makes no attempt to rise above the storm, into the sunlight. ³ On the contrary, it emphasizes the guilt outside the haven by attempting to build barricades against it, and keep within them. ⁴ The special love relationship is not perceived as a value in itself, but as a place of safety from which hatred is split off and kept apart. ⁵ The special love partner is acceptable only as long as he serves this purpose. ⁶ Hatred can enter, and indeed is welcome in some aspects of the relationship, but it is still held together by the illusion of love. ⁷ If the illusion goes, the relationship is broken or becomes unsatisfying on the grounds of disillusionment.
4. Love is not an illusion. ² It is a fact. ³ Where disillusionment is possible, there was not love but hate. ⁴ For hate *is* an illusion, and what can change was never love. ⁵ It is sure that those who select certain ones as partners in any aspect of living, and use them for any purpose which they would not share with others, are trying to live with guilt rather than die of it. ⁶ This is the choice they see. ⁷ And love, to them, is only an escape from death. ⁸ They seek it desperately, but not in the peace in which it would gladly come quietly to them. ⁹ And when they find the fear of death is still upon them, the love relationship loses the illusion that it is what it is not. ¹⁰ When the barricades against it are broken, fear rushes in and hatred triumphs.
5. There are no triumphs of love. ² Only hate is at all concerned with the "triumph of love." ³ The illusion of love can triumph over the illusion of hate, but always at the price of making both illusions. ⁴ As long as the illusion of hatred lasts, so long will love be an illusion to you. ⁵ And then the only choice remaining possible is which illusion you prefer. ⁶ There *is* no conflict in the choice between truth and illusion. ⁷ Seen in these terms, no one would hesitate. ⁸ But conflict enters the instant the choice seems to be one between illusions, but this choice does not matter. ⁹ Where one choice is as dangerous as the other, the decision must be one of despair.
6. Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it. ² It is not necessary to seek for what is true, but it *is* necessary to seek for what is false. ³ Every illusion is one of fear, whatever form it takes. ⁴ And the attempt to escape from one illusion into another must fail. ⁵ If you seek love outside yourself you can be certain that you perceive hatred within, and are afraid of it. ⁶ Yet peace will never come from the illusion of love, but only from its reality.

7. Recognize this, for it is true, and truth must be recognized if it is to be distinguished from illusion: The special love relationship is an attempt to bring love into separation. ² And, as such, it is nothing more than an attempt to bring love into fear, and make it real in fear. ³ In fundamental violation of love's one condition, the special love relationship would accomplish the impossible. ⁴ How but in illusion could this be done? ⁵ It is essential that we look very closely at exactly what it is you think you can do to solve the dilemma which seems very real to you, but which does not exist. ⁶ You have come close to truth, and only this stands between you and the bridge that leads you into it.
8. Heaven waits silently, and your creations are holding out their hands to help you cross and welcome them. ² For it is they you seek. ³ You seek but for your own completion, and it is they who render you complete. ⁴ The special love relationship is but a shabby substitute for what makes you whole in truth, not in illusion. ⁵ Your relationship with them is without guilt, and this enables you to look on all your brothers with gratitude, because your creations were created in union with them. ⁶ Acceptance of your creations is the acceptance of the Oneness of creation, without which you could never be complete. ⁷ No specialness can offer you what God has given, and what you are joined with Him in giving.

V. The Choice for Completion

1. In looking at the special relationship, it is necessary first to realize that it involves a great amount of pain. ² Anxiety, despair, guilt and attack all enter into it, broken into by periods in which they seem to be gone. ³ All these must be understood for what they are. ⁴ Whatever form they take, they are always an attack on the self to make the other guilty. ⁵ I have spoken of this before, but there are some aspects of what is really being attempted that have not been touched upon.
2. Very simply, the attempt to make guilty is always directed against God. ² For the ego would have you see Him, and Him alone, as guilty, leaving the Sonship open to attack and unprotected from it. ³ The special love relationship is the ego's chief weapon for keeping you from Heaven. ⁴ It does not appear to be a weapon, but if you consider how you value it and why, you will realize what it must be.
3. The special love relationship is the ego's most boasted gift, and one which has the most appeal to those unwilling to relinquish guilt. ² The "dynamics" of the ego are clearest here, for counting on the attraction of this offering, the fantasies that center around it are often quite overt. ³ Here they are usually judged to be acceptable and even natural. ⁴ No one considers it bizarre to love and hate together, and even those who believe that hate is sin merely feel guilty, but do not correct it. ⁵ This is the "natural" condition of the separation, and those who learn that it is not natural at all seem to be the unnatural ones. ⁶ For this world *is* the opposite of Heaven, being made to be its opposite, and everything here takes a direction exactly opposite of what is true. ⁷ In Heaven, where the meaning of love is known, love is the same as union. ⁸ Here, where the illusion of love is accepted in love's place, love is perceived as separation and exclusion.
4. It is in the special relationship, born of the hidden wish for special love from God, that the ego's hatred triumphs. ² For the special relationship is the renunciation of the Love of God, and the attempt to secure for the self the specialness that He denied. ³ It is essential to the preservation of the ego that you believe this specialness is not hell, but Heaven. ⁴ For the ego would never have you see that separation could only be loss, being the one condition in which Heaven could not be.

5. To everyone Heaven is completion. ² There can be no disagreement on this, because both the ego and the Holy Spirit accept it. ³ They are, however, in complete disagreement on what completion is, and how it is accomplished. ⁴ The Holy Spirit knows that completion lies first in union, and then in the extension of union. ⁵ To the ego completion lies in triumph, and in the extension of the "victory" even to the final triumph over God. ⁶ In this it sees the ultimate freedom of the self, for nothing would remain to interfere with the ego. ⁷ This is its idea of Heaven. ⁸ And therefore union, which is a condition in which the ego cannot interfere, must be hell.
6. The special relationship is a strange and unnatural ego device for joining hell and Heaven, and making them indistinguishable. ² And the attempt to find the imagined "best" of both worlds has merely led to fantasies of both, and to the inability to perceive either as it is. ³ The special relationship is the triumph of this confusion. ⁴ It is a kind of union from which union is excluded, and the basis for the attempt at union rests on exclusion. ⁵ What better example could there be of the ego's maxim, "Seek but do not find"?
7. Most curious of all is the concept of the self which the ego fosters in the special relationship. ² This "self" seeks the relationship to make itself complete. ³ Yet when it finds the special relationship in which it thinks it can accomplish this it gives itself away, and tries to "trade" itself for the self of another. ⁴ This is not union, for there is no increase and no extension. ⁵ Each partner tries to sacrifice the self he does not want for one he thinks he would prefer. ⁶ And he feels guilty for the "sin" of taking, and of giving nothing of value in return. ⁷ How much value can he place upon a self that he would give away to get a "better" one?
8. The "better" self the ego seeks is always one that is more special. ² And whoever seems to possess a special self is "loved" for what can be taken from him. ³ Where both partners see this special self in each other, the ego sees "a union made in Heaven." ⁴ For neither one will recognize that he has asked for hell, and so he will not interfere with the ego's illusion of Heaven, which it offered him to interfere with Heaven. ⁵ Yet if all illusions are of fear, and they can be of nothing else, the illusion of Heaven is nothing more than an "attractive" form of fear, in which the guilt is buried deep and rises in the form of "love."
9. The appeal of hell lies only in the terrible attraction of guilt, which the ego holds out to those who place their faith in littleness. ² The conviction of littleness lies in every special relationship, for only the deprived could value specialness. ³ The demand for specialness, and the perception of the giving of specialness as an act of love, would make love hateful. ⁴ The real purpose of the special relationship, in strict accordance with the ego's goals, is to destroy reality and substitute illusion. ⁵ For the ego is itself an illusion, and only illusions can be the witnesses to its "reality."
10. If you perceived the special relationship as a triumph over God, would you want it? ² Let us not think of its fearful nature, nor of the guilt it must entail, nor of the sadness and the loneliness. ³ For these are only attributes of the whole religion of separation, and of the total context in which it is thought to occur. ⁴ The central theme in its litany to sacrifice is that God must die so you can live. ⁵ And it is this theme that is acted out in the special relationship. ⁶ Through the death of your self you think you can attack another self, and snatch it from the other to replace the self that you despise. ⁷ And you despise it because you do not think it offers the specialness that you demand. ⁸ And hating it you have made it little and unworthy, because you are afraid of it.

VI. The Bridge to the Real World

1. The search for the special relationship is the sign that you equate yourself with the ego and not with God. ² For the special relationship has value only to the ego. ³ To the ego, unless a relationship has special value it has no meaning, for it perceives all love as special. ⁴ Yet this cannot be natural, for it is unlike the relationship of God and His Son, and all relationships that are unlike this one *must* be unnatural. ⁵ For God created love as He would have it be, and gave it as it is. ⁶ Love has no meaning except as its Creator defined it by His Will. ⁷ It is impossible to define it otherwise and understand it.
2. Love is freedom. ² To look for it by placing yourself in bondage is to separate yourself from it. ³ For the Love of God, no longer seek for union in separation, nor for freedom in bondage! ⁴ As you release, so will you be released. ⁵ Forget this not, or Love will be unable to find you and comfort you.
3. There is a way in which the Holy Spirit asks your help, if you would have His. ² The holy instant is His most helpful aid in protecting you from the attraction of guilt, the real lure in the special relationship. ³ You do not recognize that this is its real appeal, for the ego has taught you that freedom lies in it. ⁴ Yet the closer you look at the special relationship, the more apparent it becomes that it must foster guilt and therefore must imprison.
4. The special relationship is totally meaningless without a body. ² If you value it, you must also value the body. ³ And what you value you will keep. ⁴ The special relationship is a device for limiting your self to a body, and for limiting your perception of others to theirs. ⁵ The Great Rays would establish the total lack of value of the special relationship, if they were seen. ⁶ For in seeing them the body would disappear, because its value would be lost. ⁷ And so your whole investment in seeing it would be withdrawn from it.
5. You see the world you value. ² On this side of the bridge you see the world of separate bodies, seeking to join each other in separate unions and to become one by losing. ³ When two individuals seek to become one, they are trying to decrease their magnitude. ⁴ Each would deny his power, for the separate union excludes the universe. ⁵ Far more is left outside than would be taken in, for God is left without and *nothing* taken in. ⁶ If one such union were made in perfect faith, the universe would enter into it. ⁷ Yet the special relationship the ego seeks does not include even one whole individual. ⁸ The ego wants but part of him, and sees only this part and nothing else.
6. Across the bridge it is so different! ² For a time the body is still seen, but not exclusively, as it is seen here. ³ The little spark that holds the Great Rays within it is also visible, and this spark cannot be limited long to littleness. ⁴ Once you have crossed the bridge, the value of the body is so diminished in your sight that you will see no need at all to magnify it. ⁵ For you will realize that the only value the body has is to enable you to bring your brothers to the bridge with you, and to be released together there.
7. The bridge itself is nothing more than a transition in the perspective of reality. ² On this side, everything you see is grossly distorted and completely out of perspective. ³ What is little and insignificant is magnified, and what is strong and powerful cut down to littleness. ⁴ In the transition there is a period of confusion, in which a sense of actual disorientation may occur. ⁵ But fear it not, for it means only that you have been willing to let go your hold on the distorted frame of reference that seemed to hold your world together. ⁶ This frame of reference is built around the special relationship. ⁷ Without this illusion there could be no meaning you would still seek here.

8. Fear not that you will be abruptly lifted up and hurled into reality. ² Time is kind, and if you use it on behalf of reality, it will keep gentle pace with you in your transition. ³ The urgency is only in dislodging your mind from its fixed position here. ⁴ This will not leave you homeless and without a frame of reference. ⁵ The period of disorientation, which precedes the actual transition, is far shorter than the time it took to fix your mind so firmly on illusions. ⁶ Delay will hurt you now more than before, only because you realize it *is* delay, and that escape from pain is really possible. ⁷ Find hope and comfort, rather than despair, in this: You could not long find even the illusion of love in any special relationship here. ⁸ For you are no longer wholly insane, and you would soon recognize the guilt of self-betrayal for what it is.
9. Nothing you seek to strengthen in the special relationship is really part of you. ² And you cannot keep part of the thought system that taught you it was real, and understand the Thought that *knows* what you are. ³ You have allowed the Thought of your reality to enter your mind, and because you invited it, it will abide with you. ⁴ Your love for it will not allow you to betray yourself, and you could not enter into a relationship where it could not go with you, for you would not want to be apart from it.
10. Be glad you have escaped the mockery of salvation the ego offered you, and look not back with longing on the travesty it made of your relationships. ² Now no one need suffer, for you have come too far to yield to the illusion of the beauty and holiness of guilt. ³ Only the wholly insane could look on death and suffering, sickness and despair, and see it thus. ⁴ What guilt has wrought is ugly, fearful and very dangerous. ⁵ See no illusion of truth and beauty there. ⁶ And be you thankful that there *is* a place where truth and beauty wait for you. ⁷ Go on to meet them gladly, and learn how much awaits you for the simple willingness to give up nothing *because* it is nothing.
11. The new perspective you will gain from crossing over will be the understanding of where Heaven *is*. ² From this side, it seems to be outside and across the bridge. ³ Yet as you cross to join it, it will join with you and become one with you. ⁴ And you will think, in glad astonishment, that for all this you gave up *nothing!* ⁵ The joy of Heaven, which has no limit, is increased with each light that returns to take its rightful place within it. ⁶ Wait no longer, for the Love of God and *you*. ⁷ And may the holy instant speed you on the way, as it will surely do if you but let it come to you.
12. The Holy Spirit asks only this little help of you: Whenever your thoughts wander to a special relationship which still attracts you, enter with Him into a holy instant, and there let Him release you. ² He needs only your willingness to share His perspective to give it to you completely. ³ And your willingness need not be complete because His is perfect. ⁴ It is His task to atone for your unwillingness by His perfect faith, and it is His faith you share with Him there. ⁵ Out of your recognition of your unwillingness for your release, His perfect willingness is given you. ⁶ Call upon Him, for Heaven is at His Call. ⁷ And let Him call on Heaven for you.

V. The Healed Relationship

1. The holy relationship is the expression of the holy instant in living in this world. ² Like everything about salvation, the holy instant is a practical device, witnessed to by its results. ³ The holy instant never fails. ⁴ The experience of it is always felt. ⁵ Yet without expression it is not remembered. ⁶ The holy relationship is a constant reminder of the experience in which the relationship became what it is. ⁷ And as the unholy relationship is a continuing hymn of hate in praise of its maker, so is the holy

relationship a happy song of praise to the Redeemer of relationships.

2. The holy relationship, a major step toward the perception of the real world, is learned. ² It is the old, unholy relationship, transformed and seen anew. ³ The holy relationship is a phenomenal teaching accomplishment. ⁴ In all its aspects, as it begins, develops and becomes accomplished, it represents the reversal of the unholy relationship. ⁵ Be comforted in this; the only difficult phase is the beginning. ⁶ For here, the goal of the relationship is abruptly shifted to the exact opposite of what it was. ⁷ This is the first result of offering the relationship to the Holy Spirit, to use for His purposes.
3. This invitation is accepted immediately, and the Holy Spirit wastes no time in introducing the practical results of asking Him to enter. ² At once His goal replaces yours. ³ This is accomplished very rapidly, but it makes the relationship seem disturbed, disjunctive and even quite distressing. ⁴ The reason is quite clear. ⁵ For the relationship as it *is* is out of line with its own goal, and clearly unsuited to the purpose that has been accepted for it. ⁶ In its unholy condition, *your* goal was all that seemed to give it meaning. ⁷ Now it seems to make no sense. ⁸ Many relationships have been broken off at this point, and the pursuit of the old goal re-established in another relationship. ⁹ For once the unholy relationship has accepted the goal of holiness, it can never again be what it was.
4. The temptation of the ego becomes extremely intense with this shift in goals. ² For the relationship has not as yet been changed sufficiently to make its former goal completely without attraction, and its structure is "threatened" by the recognition of its inappropriateness for meeting its new purpose. ³ The conflict between the goal and the structure of the relationship is so apparent that they cannot coexist. ⁴ Yet now the goal will not be changed. ⁵ Set firmly in the unholy relationship, there is no course except to change the relationship to fit the goal. ⁶ Until this happy solution is seen and accepted as the only way out of the conflict, the relationship may seem to be severely strained.
5. It would not be kinder to shift the goal more slowly, for the contrast would be obscured, and the ego given time to reinterpret each slow step according to its liking. ² Only a radical shift in purpose could induce a complete change of mind about what the whole relationship is for. ³ As this change develops and is finally accomplished, it grows increasingly beneficent and joyous. ⁴ But at the beginning, the situation is experienced as very precarious. ⁵ A relationship, undertaken by two individuals for their unholy purposes, suddenly has holiness for its goal. ⁶ As these two contemplate their relationship from the point of view of this new purpose, they are inevitably appalled. ⁷ Their perception of the relationship may even become quite disorganized. ⁸ And yet, the former organization of their perception no longer serves the purpose they have agreed to meet.
6. This is the time for *faith*. ² You let this goal be set for you. ³ That was an act of faith. ⁴ Do not abandon faith, now that the rewards of faith are being introduced. ⁵ If you believed the Holy Spirit was there to accept the relationship, why would you now not still believe that He is there to purify what He has taken under His guidance? ⁶ Have faith in your brother in what but seems to be a trying time. ⁷ The goal *is* set. ⁸ And your relationship has sanity as its purpose. ⁹ For now you find yourself in an insane relationship, recognized as such in the light of its goal.
7. Now the ego counsels thus; substitute for this another relationship to which your former goal was quite appropriate. ² You can escape from your distress only by getting rid of your brother. ³ You need not part entirely if you choose not to do so. ⁴ But you must exclude major areas of fantasy from your brother, to save your sanity. ⁵ *Hear not this now!* ⁶ Have faith in Him Who answered you. ⁷ He heard. ⁸ Has He not been very explicit in His answer? ⁹ You are not now wholly insane. ¹⁰ Can you deny that He has given you a most explicit statement? ¹¹ Now He asks for faith a little longer, even in

bewilderment. ¹² For this will go, and you will see the justification for your faith emerge, to bring you shining conviction. ¹³ Abandon Him not now, nor your brother. ¹⁴ This relationship has been reborn as holy.

8. Accept with gladness what you do not understand, and let it be explained to you as you perceive its purpose work in it to make it holy. ² You will find many opportunities to blame your brother for the "failure" of your relationship, for it will seem at times to have no purpose. ³ A sense of aimlessness will come to haunt you, and to remind you of all the ways you once sought for satisfaction and thought you found it. ⁴ Forget not now the misery you really found, and do not breathe life into your failing ego. ⁵ For your relationship has not been disrupted. ⁶ It has been saved.
9. You are very new in the ways of salvation, and think you have lost your way. ² *Your way is lost*, but think not this is loss. ³ In your newness, remember that you and your brother have started again, *together*. ⁴ And take his hand, to walk together along a road far more familiar than you now believe. ⁵ Is it not certain that you will remember a goal unchanged throughout eternity? ⁶ For you have chosen but the goal of God, from which your true intent was never absent.
10. Throughout the Sonship is the song of freedom heard, in joyous echo of your choice. ² You have joined with many in the holy instant, and they have joined with you. ³ Think not your choice will leave you comfortless, for God Himself has blessed your holy relationship. ⁴ Join in His blessing, and withhold not yours upon it. ⁵ For all it needs now is your blessing, that you may see that in it rests salvation. ⁶ Condemn salvation not, for it has come to you. ⁷ And welcome it together, for it has come to join you and your brother together in a relationship in which all the Sonship is together blessed.
11. You undertook, together, to invite the Holy Spirit into your relationship. ² He could not have entered otherwise. ³ Although you may have made many mistakes since then, you have also made enormous efforts to help Him do His work. ⁴ And He has not been lacking in appreciation for all you have done for Him. ⁵ Nor does He see the mistakes at all. ⁶ Have you been similarly grateful to your brother? ⁷ Have you consistently appreciated the good efforts, and overlooked mistakes? ⁸ Or has your appreciation flickered and grown dim in what seemed to be the light of the mistakes? ⁹ Perhaps you are now entering upon a campaign to blame him for the discomfort of the situation in which you find yourself. ¹⁰ And by this lack of thanks and gratitude you make yourself unable to express the holy instant, and thus lose sight of it.
12. The experience of an instant, however compelling it may be, is easily forgotten if you allow time to close over it. ² It must be kept shining and gracious in your awareness of time, but not concealed within it. ³ The instant remains. ⁴ But where are you? ⁵ To give thanks to your brother is to appreciate the holy instant, and thus enable its results to be accepted and shared. ⁶ To attack your brother is not to lose the instant, but to make it powerless in its effects.
13. You *have* received the holy instant, but you may have established a condition in which you cannot use it. ² As a result, you do not realize that it is with you still. ³ And by cutting yourself off from its expression, you have denied yourself its benefit. ⁴ You reinforce this every time you attack your brother, for the attack must blind you to yourself. ⁵ And it is impossible to deny yourself, and to recognize what has been given and received by you.
14. You and your brother stand together in the holy presence of truth itself. ² Here is the goal, together with you. ³ Think you not the goal itself will gladly arrange the means for its accomplishment? ⁴ It is

just this same discrepancy between the purpose that has been accepted and the means as they stand now which seems to make you suffer, but which makes Heaven glad. ⁵ If Heaven were outside you, you could not share in its gladness. ⁶ Yet because it is within, the gladness, too, is yours. ⁷ You *are* joined in purpose, but remain still separate and divided on the means. ⁸ Yet the goal is fixed, firm and unalterable, and the means will surely fall in place because the goal is sure. ⁹ And you will share the gladness of the Sonship that it is so.

15. As you begin to recognize and accept the gifts you have so freely given to your brother, you will also accept the effects of the holy instant and use them to correct all your mistakes and free you from their results. ² And learning this, you will have also learned how to release all the Sonship, and offer it in gladness and thanksgiving to Him Who gave you your release, and Who would extend it through you.