

The Return to Sanity

A Golden Circle Analysis of Psychotherapy: Purpose, Process and Practice

Based on the supplement to A Course in Miracles

Psychotherapy is the Only Form of Therapy

The Illusion



The Machinery

The Reality



The Source

Since only the mind can be sick, only the mind can be healed.
Psychotherapy is necessary so that an individual can begin to question their reality.

The Divergence of Goals

The Patient's Goal (Magic)

- **Aim:** To retain the 'Self-Concept' but remove the suffering it causes.
- **Method:** Attempting to make the finite limitless; the vulnerable invulnerable.
- **Result:** A 'better' illusion.

The Therapist's Goal (Truth)

- **Aim:** To question the reality of the 'Self-Concept' entirely.
- **Method:** Reconciling differences through the Holy Spirit.
- **Result:** The removal of blocks to truth.

**The patient seeks to stabilize his insanity.
The therapist seeks to undo it.**

The Defense of the False Self

The Self-Concept: A made-up identity the patient cherishes, defends, and is willing to die for. It views itself as victimized and helpless.

The Conflict: Therapy is a threat because it asks the patient to reverse their thinking.

The patient... will fight against his freedom because he thinks that it is slavery.



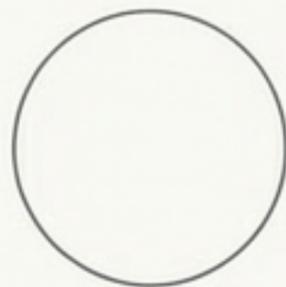
The Anatomy of Illness (The Descent)



“Illness... is a judgment on the Son of God.”

The Anatomy of Cure (The Ascent)

Correction
(Recognizing the Error was never Real)



Forgiveness
(Undoing the Projection)

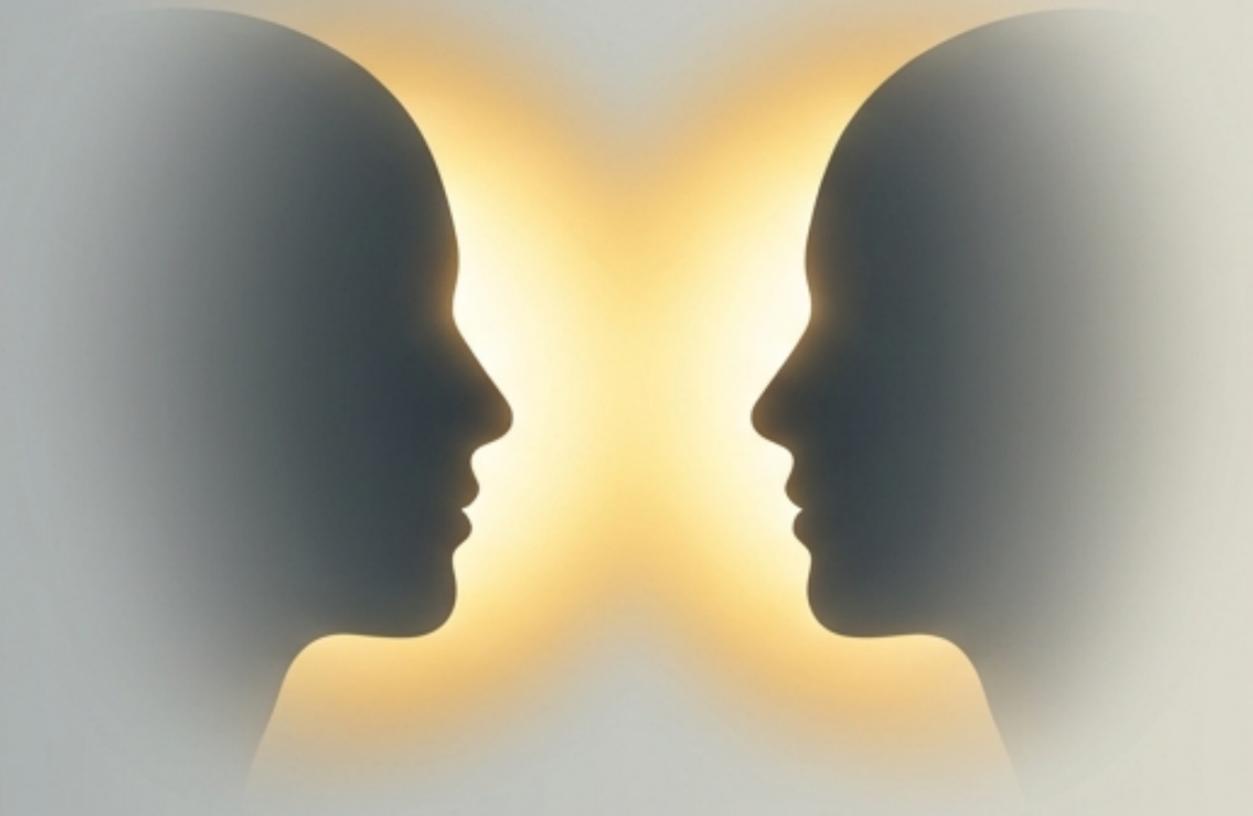


The Core Mechanism: Forgiveness.

Correction is not achieved by making the mistake “better.” It is achieved by recognizing the mistake was never real.

Change the decision, and how can its shadow be unchanged?

The Holy Encounter



Salvation is found only in relationship.

Patient brings: A request for Magic (Symptom Relief).

Therapist offers: A gift of Truth (Joining).

Result: A bridge across the gap of separation.

The Resistance to Sanity

The Insane believe that Sanity is a Threat.



The Resolution: The therapist must meet this 'attack' without defense. To defend is to confirm the attack is real. To remain defenseless is to teach that the attack was an illusion.

The Mirror of Forgiveness

The Key Instruction:

The therapist sees in the patient all that he has not forgiven in himself.



The patient acts as a screen for the therapist's projections.

By forgiving the patient, the therapist forgives themselves.

No one is healed alone.

Religion vs. Experience

Formal Religion:
Often an ego attempt
to reconcile the
irreconcilable.

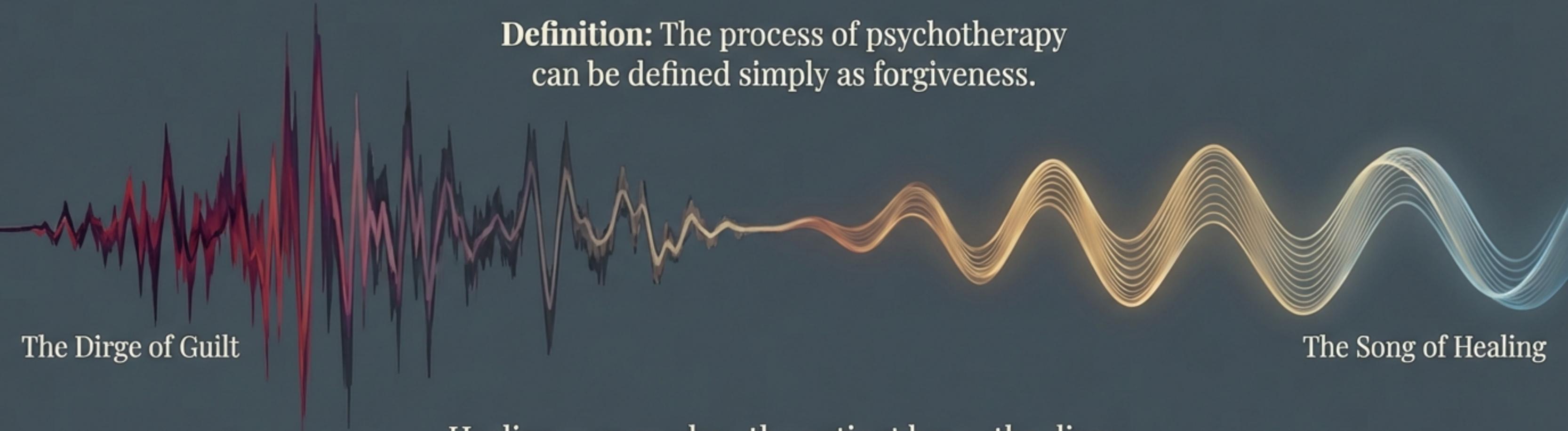


True Religion:
The experience of
joining.

Religion is experience; psychotherapy is experience.
At the highest levels they become one.

What is Healing?

Definition: The process of psychotherapy can be defined simply as forgiveness.



The Dirge of Guilt

The Song of Healing

Healing occurs when the patient hears the dirge they are singing to themselves, questions it, and chooses to listen to the sound of healing instead.

Physician, Heal Thyself



There is no hierarchy. The therapist is not 'well' fixing the 'sick'.

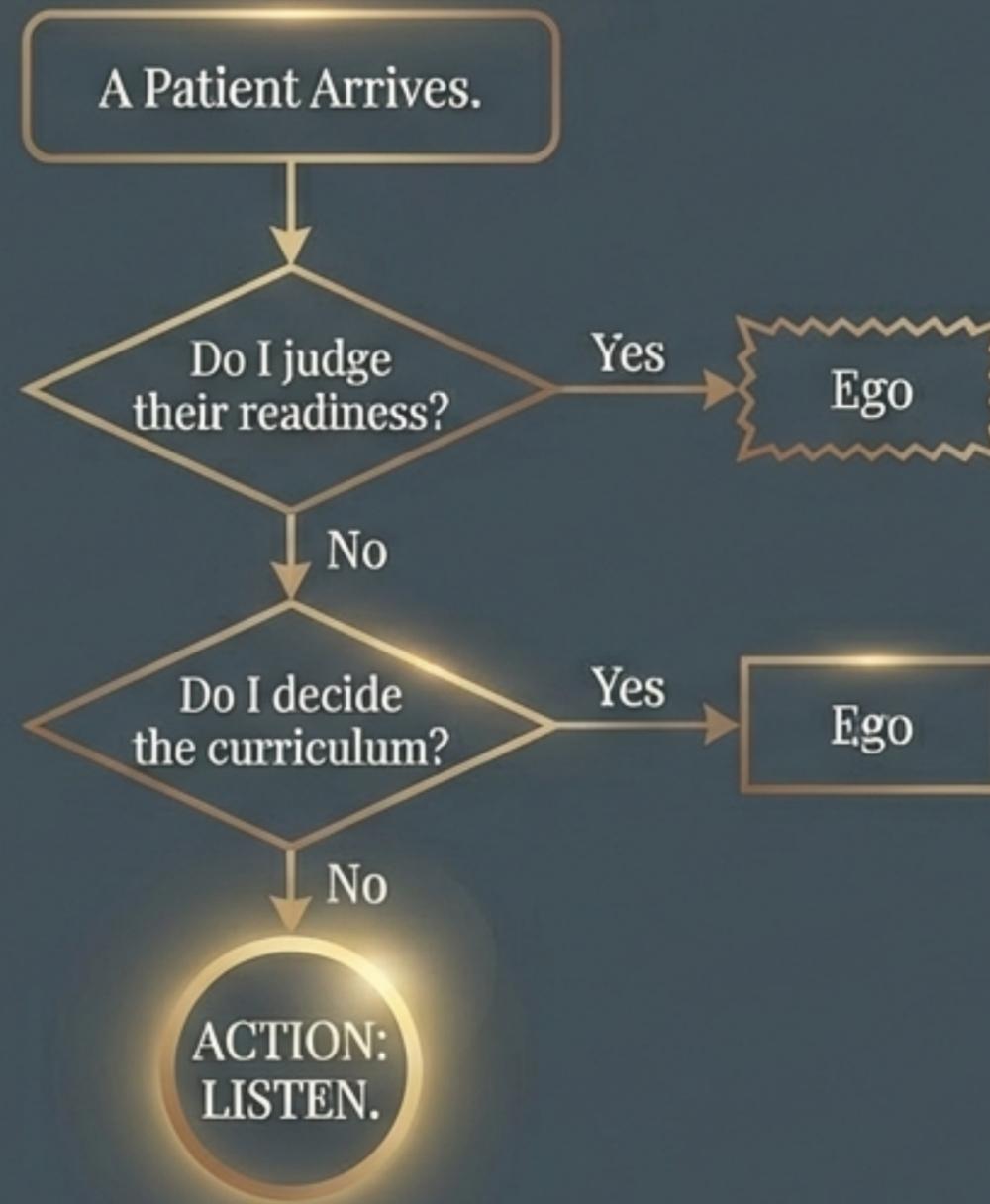
The patient is the therapist's teacher.

The therapist becomes the patient.

The Goal: To recognize that the 'sins' of the patient are not real, thereby absolving both.

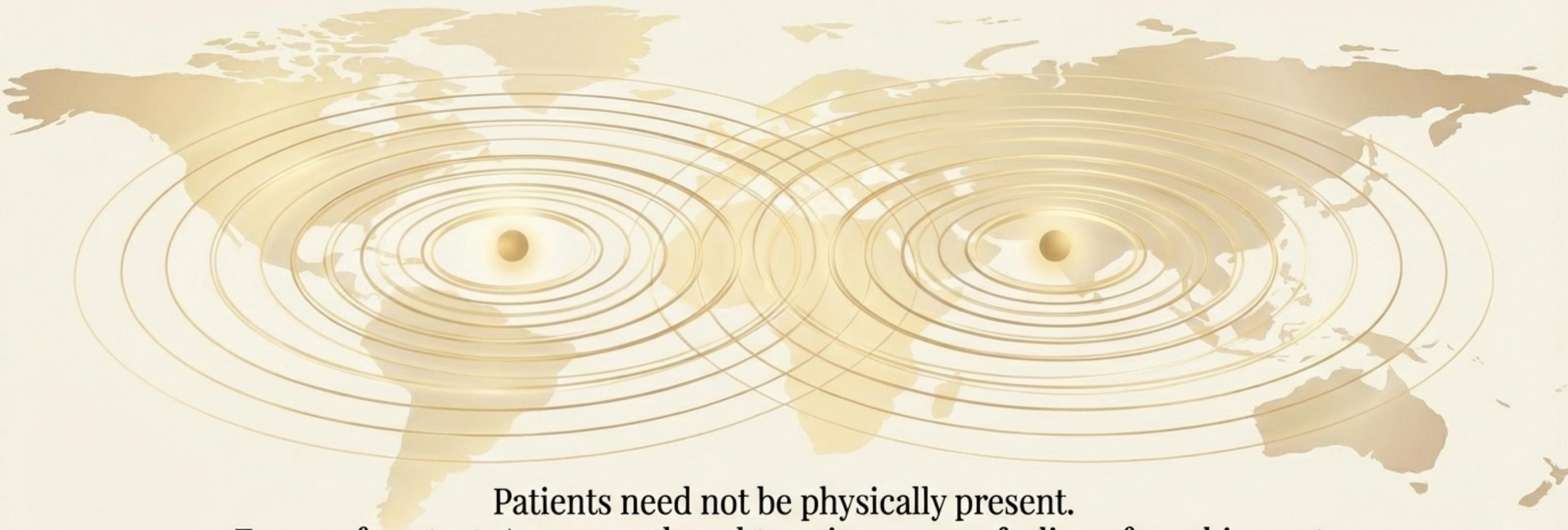
The Selection of Patients

Everyone who is sent to you is a patient of yours.



Do not demand, do not decide, do not sacrifice. Listen.

Beyond the Chair



Patients need not be physically present.

Forms of contact: A name, a thought, a picture, or a feeling of reaching out.

The Mechanism: Joining is of the mind, not the body. Space is not a barrier.

“You will recognize them in whatever way can be most helpful to both of you.”

Is Psychotherapy a Profession?

Strictly Speaking: No. Everyone is a therapist in every relationship.

Practically Speaking: Yes. Some devote themselves to it formally.



No Order of Difficulty in Healing

“The professional must unlearn judgment. It is no harder to heal cancer than a headache, for both are illusions.”

The Question of Payment

The Paradox

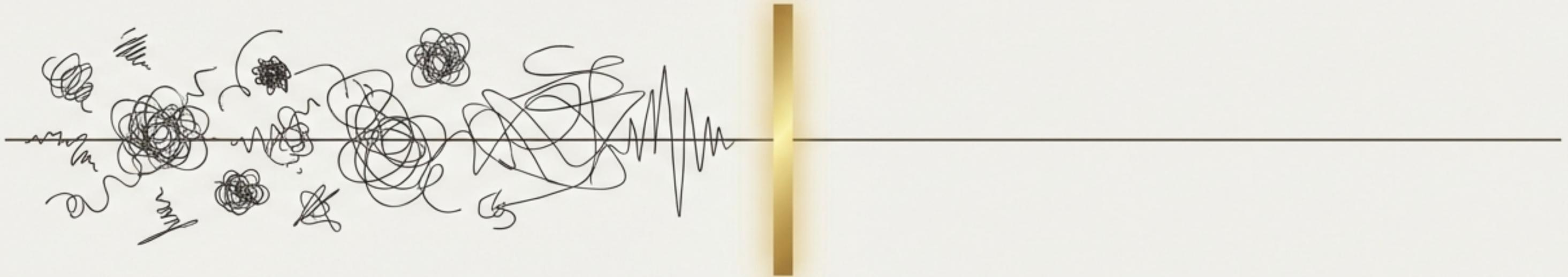
- Healing is of God and is free. One cannot sell what one does not own.
- Buying a relationship demands payment for “illusions”.



The Practice

- Therapists have earthly needs. Money is given to enable the therapist to stay in the world and serve.
- Rule: No one should be turned away because he cannot pay.

The End of Judgment



Analysis & Diagnosis

The Holy Instant
(Suspension of Judgment)

Freedom

It is in the instant that the therapist forgets to judge the patient that healing occurs.

To judge is to make the error real. To stop judging is to allow the Holy Spirit to undo the error.

The Temple of Relationship



“The room becomes a temple; the street becomes a stream of stars.”

The Event:

1. The therapist does not confuse himself with God.
2. The therapist offers no defense against the patient's 'sins'.
3. The patient sees their 'sin' has no effect, and thus is not real.

Playfair Display

The Egoless Therapist

An abstraction; one too advanced to believe in sickness, yet willing to stay on earth to help.

Power: Such a therapist could heal the world without a word, merely by being there.

“His simple Presence is enough to heal.”



The Plan for Salvation



Sickness is insanity. Healing is sanity.

Defenselessness is Strength

We are asked only for the smallest willingness.

Holy is healing, for the Son of God returns to Heaven through its kind embrace.