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II. The Decision to Forget

T-10.II.1. Unless you first know something you cannot dissociate it. 2 Knowledge must precede dissociation, so that dissociation is nothing more than a decision to forget. 3 What has been forgotten then appears to be fearful, but only because the dissociation is an attack on truth. 4 You are fearful *because* you have forgotten. 5 And you have replaced your knowledge by an awareness of dreams because you are afraid of your dissociation, not of what you have dissociated. 6 When what you have dissociated is accepted, it ceases to be fearful.

T-10.II.2. Yet to give up the dissociation of reality brings more than merely lack of fear. 2 In this decision lie joy and peace and the glory of creation. 3 Offer the Holy Spirit only your willingness to remember, for He retains the knowledge of God and of yourself for

you, waiting for your acceptance. 4 Give up gladly everything that would stand in the way of your remembering, for God is in your memory. 5 His Voice will tell you that you are part of Him when you are willing to remember Him and know your own reality again. 6 Let nothing in this world delay your remembering of Him, for in this remembering is the knowledge of yourself.

T-10.II.3. To remember is merely to restore to your mind *what is already there*. 2 You do not make what you remember; you merely accept again what is already there, but was rejected. 3 The ability to accept truth in this world is the perceptual counterpart of creating in the Kingdom. 4 God will do His part if you will do yours, and His return in exchange for yours is the exchange of knowledge for perception. 5 Nothing is beyond His Will for you. 6 But signify your will to remember Him, and behold! 7 He will give you everything but for the asking.

T-10.II.4. When you attack, you are denying yourself. 2 You are specifically teaching yourself that you are not what you are. 3 Your denial of reality precludes the acceptance of God's gift, because you have accepted something else in its place. 4 If you understand that this is always an attack on truth, and truth is God, you will realize why it is always fearful. 5 If you further recognize that you are part of God, you will understand why it is that you always attack yourself first.

T-10.II.5. All attack is Self attack. 2 It cannot be anything else. 3 Arising from your own decision not to be what you are, it is an attack on your identification. 4 Attack is thus the way in which your identification is lost, because when you attack, you must have forgotten what you are. 5 And if your reality is God's, when you attack you are not remembering Him. 6 This is not because He is gone, but because you are actively choosing not to remember Him.

T-10.II.6. If you realized the complete havoc this makes of your peace of mind you could not make such an insane decision. 2 You make it only because you still believe it can get you something you want. 3 It follows, then, that you want something other than peace of mind, but you have not considered what it must be. 4 Yet the logical outcome of your decision is perfectly clear, if you will only look at it. 5 By deciding against your reality, you have made yourself vigilant *against* God and His Kingdom. 6 And it is this vigilance that makes you afraid to remember Him.

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