

Butterfly = right mind

The miracle  
"above the  
battleground"



Cocoon = guilt, unworthiness  
compression  
pain, transformation  
opens through forgiveness



Caterpillar = body identity  
Earth-bound  
physical struggle for survival

# THE COCOON OF UNWORTHINESS

January 25, 2007

[Resta's email to a friend after a conversation about unworthiness:]

"Can Christ be unworthy? We who study the Course claim to believe that we are the Christ, but our lives of pain and self-hatred and unworthiness say that we don't believe it. We are deeply addicted to the unworthiness, which says that God is wrong and we are right about who we are. Each "individual" mind has a different spin on how to portray the self-hatred, but it's all the same underneath the surface differences.

You probably think that because the Resta character has written some songs and is about to publish them that she is "ahead of" others or "more enlightened" than others. But what the bodies do in this world is totally meaningless. Like you, I have a right mind and a wrong mind and the moment-by-moment choice between them. Period. Everyone in the dream is equal because we all have the same choice — and only that.

Your addiction to unworthiness may seem to be different in form than mine, but it's really the same. The mind clings to the unworthiness ferociously because the ego has convinced us that's who we are and that choosing the worthiness of Christ will mean our annihilation. When these storms of self-hatred engulf us, there is nothing we can "do" except to give our pain to the Holy Spirit and say "I don't want to do this anymore"; please help me see things through the lens of the miracle." Your worth is established by God. That is all that's real, and it cannot be threatened. The unworthiness is established by the ego, and because it is unreal it does not exist. Herein lies the peace of God."

[Email from a friend:] "Good Morning, Resta  
I just finished reading *Garlic and Sapphires* by Ruth Reichel. What a great read. I couldn't wait to get back to it every morning, it was so much fun. But at the end, I burst into tears. I know it's time to leave my job, too, just like Ruth. I'm scared shitless because I haven't a clue what to do about it." [She says she's convinced her boss will refuse a proposal she's going to make about improving the company's website.] "In fact, it's as if it's already happened. I toss and turn all night trying to find the words that will make him say "yes" but I know he won't. And I also know that after that, my job will be meaningless to me. I don't know what to do. I don't know what to think. If you have any words of wisdom, I'm listening. As my kids used to say, "I don't feel so pretty good".

[Resta's reply:]

*Garlic and Sapphires* is actually a very metaphysical book. ACIM says: (Chapter 31, p 659) "You will make many concepts of the self as learning goes along. Each one will show the changes in your own relationships, as your perception of yourself is changed. There will be some confusion :-)) every time there is a shift, but be you thankful that the learning of the world is loosening its grasp upon your mind."

What you are experiencing is not the end of a job (and in fact, your script isn't necessarily taking you out of that job), but another major shift in your self-concept, as you let go of more of the unworthiness. What but unworthiness could have a person with all your gifts, talents, drive, imagination and loyalty working for \$13 an hour??!! Your situation reminds me of what I went through back in December. I had the wonderful music filled with the infinite worthiness of Christ, and my unworthy, guilt-ridden self-concept that I so cherished. I could not go into business trying to hang onto both. It was a grieving process as I finally let go. Yes, it still rears its head now and again, but I feel I broke the addiction to unworthiness and failure.

Ruth Reichl tried on many self-concepts and disguises [in her job as restaurant critic for *The New York Times*]. What exhausted her was the pretense. Her son, who didn't see the masks she put on, called her back to her right mind and its more authentic expression in the world. Your forgiveness work is letting the light in so you are seeing the shabbiness of the self-concept you've been wearing. Let go of the rags of littleness. (Get naked with Jesus!!!)

It sounds like your boss has become a symbol of your own wrong mind. You are afraid that YOU won't say yes to moving forward and expressing your gifts in a new way. Give the Holy Spirit your willingness to let the worthiness of Christ shine through your script. Then do nothing. Just observe (and remember to laugh).

[Quatrain by *Rumi*]

How long will we fill our pockets  
Like children with dirt and stones?  
Let the world go. Holding it  
We never know ourselves, never are air-born.

**T-12.VII.13. Remember, then, that whenever you look without and react unfavorably to what you see, you have judged yourself unworthy and have condemned yourself to death. 2 The death penalty is the ego's ultimate goal, for it fully believes that you are a criminal, as deserving of death as God knows you are deserving of life. 3 The death penalty never leaves the ego's mind, for that is what it always reserves for you in the end. 4 Wanting to kill you as the final expression of its feeling for you, it lets you live but to await death. 5 It will torment you while you live, but its hatred is not satisfied until you die. 6 For your destruction is the one end toward which it works, and the only end with which it will be satisfied.**

**T-4.I.10. 5 Listen only to God, Who is as incapable of deception as is the spirit He created. 6 Release yourself and release others. 7 Do not present a false and unworthy picture of yourself to others, and do not accept such a picture of them yourself.**

**T-7.VI.11. Perceived without your part in it, God's creation is seen as weak, and those who see themselves as weakened do attack. 2 The attack must be blind, however, because there is nothing to attack. 3 Therefore they make up images, perceive them**

**as unworthy and attack them for their unworthiness.** 4 That is all the world of the ego is. 5 Nothing. 6 It has no meaning. 7 It does not exist.

T-8.VI.5. God wants only His Son because His Son is His only treasure. . . 11 **You made neither yourself nor your function.** 12 **You made only the decision to be unworthy of both.** 13 Yet you cannot make yourself unworthy because you are the treasure of God, and what He values is valuable. 14 There can be no question of its worth, because its value lies in God's sharing Himself with it and establishing its value forever.

T-10.IV.5. 7 What you have made is so unworthy of you that you could hardly want it, if you were willing to see it as it is. 8 You will see nothing at all. 9 And your vision will automatically look beyond it, to what is in you and all around you. 10 Reality cannot break through the obstructions you interpose, but it will envelop you completely when you let them go.

T-11.VI.4. I am *your* resurrection and *your* life. 2 You live in me because you live in God. 3 And everyone lives in you, as you live in everyone. 4 Can you, then, perceive unworthiness in a brother and not perceive it in yourself? 5 And can you perceive it in yourself and not perceive it in God?

### III. Littleness versus Magnitude

T-15.III.1. Be not content with littleness. 2 But be sure you understand what littleness is, and why you could never be content with it. 3 Littleness is the offering you give yourself. 4 You offer this in place of magnitude, and you accept it. 5 Everything in this world is little because it is a world made out of littleness, in the strange belief that littleness can content you. 6 When you strive for anything in this world in the belief that it will bring you peace, you are belittling yourself and blinding yourself to glory. 7 Littleness and glory are the choices open to your striving and your vigilance. 8 You will always choose one at the expense of the other.

T-15.III.2. Yet what you do not realize, each time you choose, is that your choice is your evaluation of yourself. 2 Choose littleness and you will not have peace, for you will have judged yourself unworthy of it. 3 And whatever you offer as a substitute is much too poor a gift to satisfy you. 4 It is essential that you accept the fact, and accept it gladly, that there is no form of littleness that can ever content you. 5 You are free to try as many as you wish, but all you will be doing is to delay your homecoming. 6 For you will be content only in magnitude, which is your home.

T-15.III.3. There is a deep responsibility you owe yourself, and one you must learn to remember all the time. 2 The lesson may seem hard at first, but you will learn to love it when you realize that it is true and is but a tribute to your power. 3 You who have sought and found littleness, remember this: Every decision you make stems from what you think you are, and represents the value that you put upon yourself. 4 Believe the little can content you, and by limiting yourself you will not be satisfied. 5 For your function is not little, and it is only by finding your function and fulfilling it that you can escape from littleness.

T-15.III.4. There is no doubt about what your function is, for the Holy Spirit knows what it is. 2 There is no doubt about its magnitude, for it reaches you through Him <from> Magnitude. 3 You do not have to strive for it, because you have it. 4 All your striving must be directed against littleness, for it does require vigilance to protect your magnitude in this world. 5 To hold your magnitude in perfect awareness in a world of littleness is a task the little cannot undertake. 6 Yet it is asked of you, in tribute to your magnitude and not your littleness.

T-25.IX.9. The little problems that you keep and hide become your secret sins, because you did not choose to let them be removed for you. 2 And so they gather dust and grow, until they cover everything that you perceive and leave you fair to no one. 3 Not one right do you believe you have. 4 And bitterness, with vengeance justified and mercy lost, condemns you as unworthy of forgiveness. 5 The unforgiven have no mercy to bestow upon another. 6 That is why your sole responsibility must be to take forgiveness for yourself.

W-pI.64.3. To review our last few lessons, your function here is to be the light of the world, a function given you by God. 2 It is only the arrogance of the ego that leads you to question this, and only the fear of the ego that induces you to regard yourself as unworthy of the task assigned to you by God Himself. 3 The world's salvation awaits your forgiveness, because through it does the Son of God escape from all illusions, and thus from all temptation. 4 The Son of God is you.