



The Premise of the Laughing Dreamer Practice:

* I already am what I am but I don't experience it when I listen to the voice that tells me I am what I'm not, namely a limited, finite being — a body, something that can be attacked, damaged, hurt.

* This voice does not know me. "Ask not this transient stranger, "Who am I?" He is the only thing in all the universe that does not know.
Yet it is he you asked, and it is to his answer you would adjust. This one wild thought, fierce in its arrogance and yet so tiny and so meaningless it slips unnoticed through the universe of truth, becomes your guide. To it you turn to ask the meaning of the universe. And of the one blind thing in all the seeing universe you ask, "How shall I look upon the Son of God?" Does one ask judgment of what is totally bereft of judgment? And if you have, would you believe the answer, and adjust to it as if it were the truth? The world you look on is the answer that it gave you. And you have given it power to adjust the world to make its answer true."

T-20.III.7-8 CE

I'm letting the ego interpret reality for me. Because the ego knows nothing, *it can only assume* (it really does make an ass out of u & me, doesn't it...). It assumes what I am, what you are, what everything is. Believing it, I live in false assumptions about everyone and everything, misjudging and misinterpreting and, as the Beatles put it, "misunderstanding all [I] see." It doesn't want me realizing that my thoughts about a given situation are mere assumptions; it doesn't want me questioning them.

"What you do not understand is that two voices speak for different interpretations of the same thing simultaneously, or almost simultaneously, for the ego always speaks first. Alternate interpretations are unnecessary until the first one has been made, and speaking itself was unnecessary before the ego was made. The ego speaks in judgment, and the Holy Spirit reverses its decisions, much as a Supreme Court has the power to reverse a lower court's decision about the laws of this world.

The ego's decisions are always wrong, because they are based on a complete fallacy, which they are made to uphold. Nothing it perceives is interpreted correctly." T-5.VIII.1-2

* What I need to do is stop giving energy (belief/power) to the ego's interpretations, for this is the cause of my suffering. "Nothing can hurt you unless you give it the power to do so" T-20.IV.1:1 CE. I interpret it - the situation or even the sensation - as hurting me, then I feel hurt. I give it all the meaning it has for me. But if I understand that what I see is but what reality looks like through the ego's lens and has no reality apart from



that, then I see the illusion, and when illusion is recognized as illusion it is seen right through it. Illusions “survive” solely by not being looked directly at. Remaining undiscovered and unquestioned, they keep running the show, for their chooser (the dreamer) is unaware he is, in fact, choosing to interpret reality through their lens. (See PDF diagram or see last page).

- * The ego is an illusion, an allegiance I have made to the impossible — i.e. separation. It is impossible that there be a real justification for guilt, fear, danger, threat. For separation is not true. The ego has no reality! *Therefore, it spends all of its existence (which is intermittent, comes and goes) proving it does.*
- * If I’m the ego.. if I think like the ego for a minute... what is the one thing I need to invest *everything* (all the life force at my disposal) in, so that I can “survive?” I need to make this entirely unreal reality (the body’s reality or the physical world) look and feel real, so that it seems there *is* a reality apart from God’s; He has been triumphed over!

What would be a better way to do that than to misperceive and misinterpret what’s happening, and thus see a problem where there isn’t one, a wrongness where none can possibly exist, a threat upon that which cannot be threatened?

Convince the Son of God that attack is a real possibility, and there will be conflict and war — within and without. And the Son of God becomes a body, a thing that can attack and needs defense, a thing that can be harmed and hurt and suffer weakness. Guilt seems, then, to have a real cause, and thus fear does, too. With guilt comes the sense of unworthiness and the possibility of being inadequate. Now I believe I am on my own, separate, isolated, maneuvering a dangerous terrain and seeking happiness in it— this is the ego-belief. The impossible all appears to be possible once attack is bought into.

I, as the ego, need my host to believe in attack so that I can seem to exist. And thus the ego, which knows nothing and only leads to confusion, spends all of its time convincing me, its maker, that I have become something other than what God created. Attack is real, I’m being attacked and need to attack back in self-defense. Isn’t this history repeating itself? (His story being the ego’s).

“If the cause of the world you see is attack thoughts, you must learn that it is these thoughts that you do not want... There is no point in trying to change the world. It is incapable of changing because it is merely an effect. But there is indeed a point in changing your thoughts about the world. Here you are changing the cause. The effect



will change automatically.” W-1.23.2 CE.

- * The ego rushes to interpret every situation in such a way that (allegedly) maintains its existence *because it has none*. It’s the fearful and weak one, not I. And it will use *any* story to convince me I am not the Son of God and thus am capable of suffering. It’s very important to understand this relationship as it truly is.

“The ego always speaks first because it is capricious and does not mean its maker well. This is because it believes, and correctly, that its maker may withdraw his support from it at any moment.” T-6.V.1:2-3 CE.

Any situation which is interpreted as though I have been attacked, something is wrong or is a problem, damage is occurring, guilt and blame and anger are justified — *must* be a lie. *My premise is that only the truth is true, and nothing else is true*. And the truth, which can be expressed in many different ways, is that *what I am is beyond harm*. *I have no real cause for unhappiness, for I am eternal light residing in the loveliness of creation* (which I can feel in my heart). I am the love of God.

- * “The miracle establishes you dream a dream and that its content is not true. This is a crucial step in dealing with illusions. No one is afraid of them when he perceives he made them up. The fear was held in place because he did not see that he was author of the dream, and not a figure in the dream.” T-28.II.7:1-4 CE.

I take the position of watching (guarding my mind, being vigilant) from the truth, ready to catch the lie — the false interpretation of the situation (see diagram). How many lies does it take for the truth to *not* be true? In other words, when will the ego succeed in shattering the light of Heaven and changing my true Identity? The answer, of course, is never.

There is no amount of ego declaring attack is real that will actually make it real.

It can tell me I am a small self with problems, but even a problem-ridden self is not a real self. Neither is the angry self, the suffering self, the victim self, the inferior self, the superior self. The Son of God is none of these. All of the ego's attempts to make a false self true, to judge falsely and insist its judgments are truth — will never make the impossible possible. That is, *they will never shut off the light of Heaven*. These judgments don’t mean anything. They will never ruin Reality, God or His Son. No damage is possible no matter what the strange alien voice says. *All situations are factually devoid of fear and hurt, but the ego’s interpretation invested with my belief in*



it generates a contrary experience. The ego is on the job of proving attack is real, so that it can prove *it* is real, for once attack is real God's Reality is not, and separation has occurred. This leads to the so-called reality of this body and world. And so, the real becomes unreal, and the unreal real. All because threat — or attack — is believed to be real. Now harm is endowed with reality.

Only a *buffoon* would try to prove that the impossible is possible and can have real effects. Is this not a cause for laughter instead of tears? All the drama that the ego has ever sold you is false. Nothing is wrong. Never was. Never will be. All there is is the perfection of God's creation, the gorgeous and glorious Son of God.

Knowing this, I am *ready to laugh* at the lie. It is a joke that the ego could change truth. It is a joke that I could ever be hurt. It is a joke that my brother is imperfect. It is a joke that any amount of misinterpretation of reality can *become* reality. It is a joke that the ego's judgment means anything. It is a joke that hate, blame and guilt could conquer love and put it to death. Only. Love. Is. Real.

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built *against* it. It is not necessary to seek for what is true, but it *is* necessary to seek for what is false. Every illusion is one of fear, whatever form it takes.” T-16.IV.6:1-3

“*The search for truth is but the honest searching out of everything that interferes with truth. Truth is, and can be neither lost nor sought nor found. It is there wherever you are, being within you. But it can be recognized or unrecognized, real or false, to you. If you hide it, it becomes unreal to you, because you hid it and surrounded it with fear. Under each cornerstone of fear on which you have erected your insane system of belief, the truth lies hidden. Yet you cannot know this, for by hiding truth in fear, you see no reason to believe the more you look at fear, the less you see it and the clearer what it conceals becomes.*”

T-14.IX.2 CE

- * My job is to stick to the truth that attack isn't real and Heaven's light still shines, Hallelujah! It is to watch the ego, as soon as I wake up, attempting to use every single situation to prove that attack is real. *My job is to use them for the opposite purpose.* Yes, true, sometimes the ego *seems* to take a break, often just so that I'll think it is a good guide and friend, but it is ready to pounce (to accuse and believe a *real* problem is occurring) the first chance it gets. Sometimes things just go my way, and I think to myself, “What a wonderful world.” And when I'm totally asleep, thinking there's no



ego to watch for, it's right then it comes around. Ego never takes a day off, and has been the employee of the month every month since the dawn of time. How well it serves my will to be separate and special!

- * And so, I need merely to be *ready to laugh*. "Who's attacking me today?" "Who's my ego going to blame today?" Someone's guilty, for sure, the only question is who's in the Whodunnit rotation today. It might be me... Let's watch. Let's watch, so I can catch it with its pants down, catch it in the action, and then see that it tried to prove to me someone attacked me and is guilty (or I was the attacker, with real consequences which justify guilt), but really that's just its attempt to hold on to its own reality.

The loss of peace (or upset) has nothing at all to do with the situation or person, but only with my belief that the ego, or separation, has achieved real consequences. At best this is correctly assessed as a buffoonish attempt! Because what is unreal will never be real. Eons upon eons can this game go on, but never will the lie become the truth. Only buffoons make endless effort to prove lies true. "Life is a tale told by an idiot, full of sound and fury, signifying nothing", said Macbeth (Shakespeare). All of the ego's noise is inconsequential and can merely be laughed away.

The end is already written and certain. God's plan for salvation will work *because* only the truth is true. And we *will* tire of trying to prove the lie true.

- * It is **tremendously** important to understand that it's never about what the ego says it's about. If someone did something to me.. and ego judged it as "I've been harmed" — it's actually never about *them* or *their action* at all! It's only about my ego **using** them to try and prove harm/attack is real. That is, it is only ever about what my ego is telling me (its misinterpretation and misjudgment), and never about the person or situation.

Another example: Ego uses my body to make me feel bad about myself (judging my looks, for example) — but it's never actually about the body! It's merely about the ego **using** the image (colors and shape, no more) I call my body to sell me the lie "I am a body and something is wrong with me."

A self with a negative body-image is still not a true self...

The problem is only always in thought. Cause cannot be in form.

One must come to see it does not matter what device the ego is using: other people, their words, their actions, situations, physical appearance, body-sensations... these are all just devices — props on the ego's stage — that it uses for its purpose of making the



unreal *seem* real, all to sustain it's hallucinated existence. Don't focus on the device, but see what the ego is trying to do with the device — what it's using it for. *How is it using it to have you think attack is occurring?*

Believing the ego only hurts because it means the light and love and peace of Heaven have been snatched from me. That's the **meaning** of making attack real. I don't realize that *I am doing this to myself* by merely believing the false interpretation of the ego, and I blame it on something outside myself (a brother or the situation or God), believing that something outside of me snatched Heaven from me, leaving me deprived and wanting. Yet, in truth, nothing at all has happened. We're all just fine, and will be just fine. Deal with it.

- * Now I know **what** there is to watch for. I've often been told to watch my thoughts, but it's very hard to do when I don't know exactly what I'm watching *for*. Now I know. I'm residing in the beautiful truth where all is well, in the Heart of oneness, and watching for the lie. Specifically: I'm watching for ego interpreting situations as attack in order to prove attack is real, and watching for ego looking to use a given situation to dump guilt 'outside,' for "**Guilt feelings are the preservers of time**" T-5.VI.17:1 CE and maintain its survival.

The two (attack and guilt) are one, because without attack there is no guilt. And once there is guilt, I will attack because I am looking to dump it.

It's helpful to understand that attack thoughts take many forms. They may not always be as obvious as one might think. I might feel attacked, for example, when a friend tells me they cannot meet up with me because they're busy. The ego might use that situation to tell me that this is probably because I'm unlovable and did something wrong, or, through projection, it will judge them as wrong.

Any unloving thought is really an attack thought.

Other examples include thoughts that I or someone else are not safe, thoughts of victimhood, belief in sickness and in death... And they can appear in the most trivial situations, such as finding myself standing in a long and slow line at the store when my plan was to grab some item quickly and be in and out. The ego will interpret this situation as the world, God or maybe even the cashier attacking me (she's working too slow).

Simply, when happiness is out — ego is in. The absence of happiness, which is peace



of mind, is the sign ego is on the job!

- * It's FUN to watch for this. Life becomes filled with humor because the watcher in me - aka dreamer - sees the absurdity of the ego. It's only *not* fun when I take it seriously, when I believe the insanity. Sooner or later life becomes very beautiful, as less and less false interpretations and beliefs close the heart. I then find myself in a situation in which, in the past, I would have cursed everyone involved, yet now I bless them and deeply appreciate their beauty. I rest in the unharmable truth and the joy and safety of the light of Who I am.
- * Let me remember to watch and be vigilant for the Kingdom of God. Let me remember **my views are assumptions!** And **be willing to measure their reality against the light of truth.** Observing from the truth I can recognize a lie as a lie. I can see the dream as a dream. Its content, shown to me by my physical eyes, is never true. What is seen from the Heart of oneness, however, is. And every time I see through the lie, it's such a joy. Such laughter can emanate from me. Because it's a joke! Is it not a foolish attempt, slapstick, to try to prove that what is true is *not* true? It can never be done! There is no attack anywhere, ever. This is the premise I start from. And against this premise I can know very very clearly what is a lie and what is not.

Is my ego telling me I'm attacked? It's a lie. Is my ego telling me somebody's wrong and guilty? A lie. Is the ego telling me I'm inadequate? A lie.

I want to have fun **mimicking the ego!** If, for example, it tells me I'm not good enough, a loser... I can mimic it and make fun of it. Isn't that far preferable than buying into it? "I'm the ego and I say the Son of God is a loser!" LOL ROFL, good luck, buffoon! It's embarrassing...

- * With this practice I become aware of **choice**. The Course in Miracles is all about making the one choice there is to make — between the lie and the truth. "**Choose once again...**". I'm *choosing* either the interpretation of attack, which makes me weak, or the interpretation of the Holy Spirit, in which there is no attack and I am thus invulnerable and can laugh the notion of attack away with Him. Laughing away the tiny, mad idea. At first we forgot to laugh. Will you remember with me now?
- * There are more things to add to the list of what to look for. One of the ego's central stories is the 'loser' story. Since it lives on comparison, someone has to be better and another worse. Sometimes it will evaluate me as the former and other times the latter. Neither are ever fundamentally true (on the dream level, of course one is better than



another and more skilled in certain things, but essentially we are the same, one Self). But what is certain is that the ego will always find fault and, as it doesn't love me, it has no problem telling me how inadequate I am. One of its main go-to stories features the "I'm not good enough" track on repeat like a broken record. Wouldn't it be fun to catch it as it happens, mimic it, and come to never take it seriously again? What a change in one's life this creates!

Hot suggestion: Make a list of how ego gets you into the 'loser' story (looks, income, past, etc). How does this cause you to react to the world? Does it cause you to close down? Does it cause you to become defensive?

Other times ego bloats my self-esteem, but it always does so by comparison with others - a very unstable way to feel good about myself. Specialness is treacherous. The ego's self-esteem is entirely unreal. These inflations are but distractions from the fact that it is a terrible guide that leads only to confusion and pain. By selling me grandiosity, ego gives me a break from its constant belittling in order to persuade me that I do want to listen to it, that it is a friend and that things are working out by following its guidance. A very weak con when I know what it's up to.

When I identify the story - inferior or superior - right as it comes up, I know that the voice speaking isn't me and isn't truth. I can laugh it right away. Why should I put any belief behind what isn't true? Would the Holy Spirit, Christ or God ever tell me I'm a worthless piece of sh*t? And if They wanted to tell me how good I am, would They lift me up by putting my brothers down? Lovelessness is always of the ego.

What other ego stories can you identify? Can you jot them down? **Journaling** is one of the most efficient ways to rat the ego out. What is it using in your life right now, to prove that you are not a holy, beautiful and glorious Son of God?

- * This watching / mind-guarding process creates a distance between myself and the ego, a dis-identification. It unglues me from it, for the ego wants me to believe that it is me, its thoughts are mine and its feeling are mine. I begin to see I am the timeless unthreatenable awareness here, the extension of God's Light, and *it* is but a transient voice in me that comes and goes. It arises less and less as I lend it less and less life.
- * As I said, now I know exactly **what** to look for to expose my ego and catch it in the act. But I also need to know **when** to look. What are common trigger situations for me?



Make a list of situations that you know you tend to interpret through ego. Is it when a certain person calls? Is it when things seem to go against your plans? Is it when you children or pet/s don't listen? If you **make a list**, you will know when to perk up your ears and listen for the buffoonish ego interpretation. Expect it. Be ready to laugh, and say, "Of course, hard-working ego, you would use this situation to make me believe in attack, guilt and problems! Guess what? The truth is **still** true...! Heaven is doing just fine still. Maybe *next time* you'll succeed in usurping God..."

Never forget the ego's suggestion for how you should live your life is: You should worry, stress, be anxious, blame and attack often, because you are deprived and life is one big struggle. Do more than you need to in an effort to always ensure that things will be ok while never pausing to see that they already are. The more you expose the ego's "guidance" — what it is doing, the clearer it becomes that it is absurdly insane.

- * **Mindset.** I want to have fun with this process of catching the ego live. I want to be the laughing dreamer and remember often, and eventually consistently, God's well-being. I want to live in the light (which necessarily means I will end up embodying kindness and grace and goodness and giving miracles everywhere I go). So I intend to wake up and put myself in a state of *readiness to laugh* — meaning, to understand there is no threat. (This doesn't mean I will be insensitive to others' pain, only that I will not believe the ego as I communicate with them, and therefore will be in a position to be truly helpful by calling them to the light instead of joining them in the darkness). I will refresh this understanding throughout the day, to keep myself in this alert place, aka salvation awareness. And I will journal to rat the ego out.

The attitude should be one in which I am ready to see that the ego is merely using the situation to confirm its existence, to claim it. If it were real, it would have no such need. I need to see how ego is using props (people, situations, sensations) to prove that I am somehow fallen from Heaven, negatively affected by some darkness that allegedly exists beyond the light of God.

How to journal: I will simply write to myself about what my ego has been up to, how it has been using people and situations to prove to me that attack is real and someone is to blame. I will learn more than I know from journaling.

As a guiding question I can ask:

"How is the ego using this situation/person/sensation to make me believe I'm a victim?" Or,

"How is the ego using this situation/person/sensation to turn my attention away from the light and focus on the unreal?"



“Does this occurrence shut off the light of Heaven, or is it another persistent but buffoonish attempt of the ego to prove that the lie is true?”

It is great fun to confess the ego, to rat it out, to expose it — for thus it loses power. No magician can successfully pull his magic trick when you know exactly how he does it. You know where to look and when.

Writing about my successes in catching the ego is important, for it builds a momentum: The more I see that I’m able to have this salvation awareness and how fun it is to be released and how wonderful the benefits are — the more I want to do it, to *live* it. When it comes to the things I haven’t been able yet to catch in real-time, it’s good to journal about them because it places attention on them, lends insight into what the ego is doing and helps cultivate awareness to catch the ego next time. It attunes the mind to be on the lookout for the ego’s tricks.

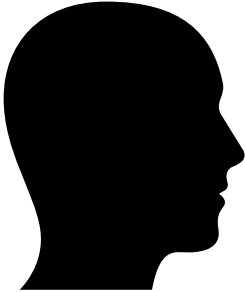
Incorporate these ideas for how to journal but make journaling your own, of course. Find your way to do it that works for you best.

- * Finally, even if you only do this practice here and there, it will give your powerful glimpses of beyond the dream, pure light, real world. But if you join with brothers, you will benefit greatly from the support. Perhaps you find a “banter buddy” that keeps you on your toes as you keep them on theirs. That is, you can rat your egos out to each other, one laughing dreamer to another, as well as check with one another regularly if you are in “watching-mode” or “ready-to-laugh” mode. Any time someone asks, “Are you being vigilant?” you become vigilant... Other than that, there are my [Truth Talks](#), where you will find a group of people practicing together laughing the ego away and falling into the beauty of the Heart. And, of course, I can support you in this process in [personal sessions](#), particularly if you are willing to share with me your moments of falling into ego (without judgment or guilt), which I can then look at with you and we can shine the ego beliefs away in the light of Awareness. I help move through stuckness - stubborn beliefs, and nooks and crannies in which the ego hides, and reach deeper insight about the lack of compromise in truth: *Never* is attack real, and I can show you it is *always* a belief and not a reality. *You cannot* be attacked. Truth is very simple.

*“How simple is salvation!
All it says is what was never
true is not true now and
never will be. The impossible
has not occurred and can have
no effects. And that is all.
Can this be hard to learn by
anyone who wants it to be true?”
A Course in Miracles*

**Perceiver
Dreamer
Chooser**

What's happening



Response

My life is
lived here,
in the mind

Not 'out
here'

Interpretation

Mind Training



Starting point: Guilt & Fear

Starting point: Guilt & Fear / Peace

This is an attack!
(an interference, something that shouldn't be
happening/unwanted/harm is real):

This is a *judgment*, produced by guilt in the
mind, attempting to dump it 'outside.'

I attack myself first, only 100% of the time
by misjudging/misinterpreting reality
(Authority problem).

The response to this response is:
Fear. Defend/Attack Back.

This is no attack
(doesn't matter what is happening, I and all are
safe in God):

This is the Holy Spirit's *judgment*, founded on
truth. There is no projection, only joining.

I did not attack myself, and so do not feel
deprived. Thus, I've no need to attack the
world/others.

The response to this response is:
Joining. Grace. Kindness. Gentleness. Laughter.

Ending point: *Guilt & Fear*

*Note: Fear is a result of
guilt: Something is out to get
me!*

Ending point: *Peace*

Response is dictated by the
purpose I have given the world:

Sin or Holiness
I will judge or forgive accordingly