

# “The Eternal Fixation”

## (T-5.IX)

This section, not in the FIP edition, is an absolutely brilliant reinterpretation of the Freudian concept of fixation.

### Fixation in Freud

Freud believed that a child progresses through the oral, anal, and phallic stages, and that if any stage is not completed and released, the child will become *fixated* at that stage. As a result, that stage’s method of obtaining satisfaction will dominate her adult personality. In some sense, then, her whole personality will permanently remain at that unresolved stage.

### Example: anal-retentiveness

When infants reach the anal stage, this involves learning to control their bodily functions. However, if they don’t complete and release this stage—if perhaps they are too strongly chastised for toilet-training accidents—then they may become *fixated* at this stage. This will mean they will be compulsively trying to control and become obsessed with orderliness. They will never *really* leave that stage.

### Real fixation

Jesus said that this concept of fixation was an expression of Freud both understanding fixation and being afraid of it. It was not, in other words, the real understanding, which we see reflected here:

Fixation is the pull of God, on Whom your mind is fixed. (4:2)

You were eternally fixated on God in your creation, and the pull of this fixation is so strong that you will never overcome it. (9:2)

You are *always* being pulled back to your Creator because you belong in Him. (9:4)

Freud	ACIM
Rooted in infancy in this life	Rooted in our true beginning with God
We haven’t released a certain stage in our infancy, because we didn’t complete it	We haven’t released our beginning with God, because we left it and want it back
We are fixated on this stage and thus constantly pulled back to it	We are fixated on this beginning and thus constantly pulled back to it
This pull is a desire to satisfy this stage	This pull is a desire to return to our beginning and be immersed in the unconditional care of God.

### **The pull of God**

This is an important Course teaching, which says that inherent in our being is an overpowering pull to be with God, far stronger than any merely physical instinct (like sex, hunger, or survival). We fear that yielding to this pull will mean that we are uprooted, and so we find ways to deny and disguise it. One way is our doubts and lack of belief about God, which Jesus says is just “reaction formation” (T-1.26.1:2), in which one covers up a frightening inner trait by putting on a pose of its opposite.

### **Benefits of this concept of fixation**

Because of this fixation, our beginning in God can be more real to us than our current external reality (6:2). It also means that we are all equipped with “an irrevocable call to sanity which the mind cannot *lose*” (7:1).

### **Can we see this pull in ourselves?**

What are the ways in which the pull of God manifests in you? How does this pull show up in your life? (You might want to write down some of the ways.)

Could it be that these are the evidence of a pull that “is so intense that you are afraid” (T-1.26.1:2), that is so overpowering that it “can hardly be equated with the pull of human appetites” (T-4.V.4:2), and that ultimately “is so strong that you cannot resist it” (T-13.II.1:3)?