

ACIM Edmonton - Sarah's Reflections



LESSON 144 **Review IV Lessons 127 and Lessons 128**

Sarah's Commentary:

Again, these Lessons are preparing us for a transition into Part II of the Workbook. In the second part of the Workbook, the Lessons are much shorter, and the practice instructions are fewer. Now, we are in a preparation stage for this transition.

In Lesson 153 to come, we are encouraged to set our intent. **"Your practicing will now begin to take the earnestness of love, to help you keep your mind from wandering from its intent. Be not afraid or timid."** (W.153.20.1) Expressing gratitude in every moment greatly enhances our experience. Our process is greatly intensified when we are observant, dedicated, and committed to the practice in spite of the fact that we are no longer getting a lot of structure and direction, which was available throughout the first part of the Workbook. Our dedication and our devotion to this process will take us far.

We only have three lines of practice now. We are supplying our own commentary as we listen to the Holy Spirit and let Him open up the meaning for us. We are to **"Let each word shine with the meaning God has given it, as it was given to you through His Voice."** (W.RIV.IN.7.4) (ACIM OE RIV.10) The words are given us to light our minds. The words symbolize the end of the ego thought system when we connect with their deeper meaning. This can only happen when we bring thoughts of guilt and judgment to the light. It is all about the investment we are prepared to give to this practice. What does it mean to you as you take in the words of today's Lesson? **"There is no love but God's,"** (W.127) and **"The world I see holds nothing that I want."** (W.128)

What would my day look like if I was to really get the intent of these words? How do I apply them in my day? It is important to be very honest and notice thoughts that arise regarding this teaching. I recognize I do think there are different kinds of love, and there are things in the world I still want. I am still invested in my individuality, self-concepts, values, and opinions; so, it helps me to notice where I resist the message. It is helpful to notice our attachments, without inducing more guilt or self-judgment. We need to be very honest with ourselves while staying open to the truth in the mind. I continue to look at my investments with regard to my special relationships and attachments to the things of this world while being open and willing to be shown another way. I am called to be very honest with myself and to recognize where I am perceiving incorrectly. As I do, I become more willing to be wrong and to change my mind about the way I see things, increasingly inviting the Holy Spirit's interpretation.

Let us use the thoughts offered today to make it a time of special communion with God. We are told that we should not hurry with the Lesson. Stay attentive to the voice of the ego in you. It may be making demands of you or hurrying you along to get these Lessons. It may chastise you for not making sufficient effort. This is another way the ego keeps us in guilt. Pay attention to the thoughts

that cross the mind so you can bring awareness to its demands. The irrefutable fact is—our minds do hold only what we think with God. It is not something we have to convince ourselves about. It is the irrefutable truth. (W.RIV.IN.2.3) (ACIM OE RIV.3) The raucous shrieks of the ego drown out the truth, yet our salvation is fully guaranteed. I am assured of this by God because I have already been saved. When we don't recognize this, we are simply refusing to acknowledge what has been given in our creation. And that is OK because we are not ready. We will not be hurled into Heaven. We go as fast as the fear in the mind allows. But these fearful thoughts, that distract our minds from the truth, are not real. While they absolutely have no substance, they block awareness of our Oneness with God and keep us from peace. These thoughts keep us in the dream, but the power is in our minds to engage in the process of awakening as we are ready and willing.

We will never find in the world the love we are looking for. The love we are looking for is in our right minds. We are looking for something we already have. We are the love of God, and we have the love of God. **"To have, give all to all."** (T.6.V.A.5.13) (ACIM OE T.6.V.a.17) Why don't we feel it all the time? We don't feel it because we have covered up the truth about ourselves with thoughts of specialness, based on our concepts of ourselves as separate beings. We are deceived about who we are. We accepted this deception into the mind when we turned to the ego and accepted the tiny mad idea at which we remembered not to laugh. With this came sin, guilt, and fear. Now we are called to surrender our way and give up our deceptions. The answer is in seeing the innocence in our brother so we can know it in ourselves. **"Do not, then, be deceived in your brother, and see only his loving thoughts as his reality, for by denying that his mind is split you will heal yours. Accept him as his Father accepts him and heal him unto Christ, for Christ is his healing and yours."** (T.11.VIII.9.2-3) (ACIM OE T.10.VIII.84)

It does not seem like the thoughts I think are unloving. Yet when I look at my investment in my opinions, my judgments, my pride in my independence, and the importance of being in control, I am called to see all these as a massive defense against my burning love for God. **"For still deeper than the ego's foundation, and much stronger than it will ever be, is your intense and burning love of God, and His for you."** (T.13.III.2.8) (ACIM OE T.12.III.12) Our defense against this deep and abiding love keeps us in bondage to the ego rather than surrendering into the Arms of God. We still fear His love, as we still value our individuality. Thus, we stay invested in guilt and fear.

Our self-serving thoughts cover our overpowering love for God. The natural state of love, in which we exist in truth, has been covered over with a veil of forgetfulness. We believe that the mind has turned itself into something sinful. We think we need to atone for this sinful self and that this will take time to undo. We think we must make ourselves worthy of the love that we believe we discarded; and so, we put our awakening into the future. Yet it is only in the present that we can know the truth and choose peace. There is nothing to atone for. The loving mind is in agony over what it thinks it has done and is full of guilt. (See Text Chapter 13, III The Fear of Redemption) (ACIM OE T.12.III) It weeps, but we keep it distracted with the things of this world until the pain is no longer tolerable and the Call goes out from our soul for a better way. As a result, our desire and willingness to detach from our investment in the world increase until eventually we accept that there is nothing in this world we want.

The key to happiness is not another car, more money, recognition, or finding a romantic partner with all the promise for a happier life. These things can keep us in a state of searching for a seemingly long time. Even when we think we have found the seemingly perfect, special person who will meet all our needs, we wonder if it really is the right one. There is no certainty in the illusion. The initial attraction fades over time. Love is not something we can ever find outside ourselves. The Lesson today reminds us that there is no love but God's. We are assured God's love

is available to us in every moment. It cannot be found outside ourselves, yet if we still search for things in the world, this does not make us guilty. When the blocks to the awareness of love's presence are removed by the grace of the Holy Spirit, we become the givers of love; and by giving, we receive and learn that the love we are looking for is in us and always has been. When we look for love in the world, or when we try to take it and possess it, we experience more pain. When we pour out our love, bless the world, and extend love, we experience joy. We are the source of everything we truly want to receive. The love already in us is covered over with the obstacles we put in its way. We say we want peace, and yet we are constantly throwing it away and blaming others for taking it from us.

Lesson 127 was described as the biggest step in the workbook. This too is another giant stride Lesson and exceedingly important because it proclaims the truth of who we are and who God is. It is about accepting Atonement for ourselves so we can know who we really are. Let us not close ourselves to this love by our own perspectives. Once we get that we are love, God is love, and there is no separation, there is nothing else to seek. We think of love in the world as having different qualities. We love some people more than others, and we have more loving thoughts one day than another. These are all misinterpretations of what love is. In fact, nothing in the world can teach us what love is. Love is changeless, a constant state of mind and unlimited. It is what we are.

How do you feel when you read the words of today's Lesson, **"The world I see holds nothing that I want?"** (W.128) Do you feel joy or despair? Yet if you know that you have been given everything already, then you would not be looking to the world for anything. You already have it all. We cannot see two worlds. When forgiveness is total, there is only the real world that we do want. **"For forgiveness literally transforms vision, and lets you see the real world reaching quietly and gently across chaos, removing all illusions that had twisted your perception and fixed it on the past. The smallest leaf becomes a thing of wonder, and a blade of grass a sign of God's perfection."** (T.17.II.6.2-3) (ACIM OE T.17.III.12)

The only way to forgive what is within is to forgive what appears to be without, which are our **". . . secret sins and hidden hates,"** (T.31.VIII.9.2) (ACIM OE T.31.VIII.94) reflected back to us from the world. **"How much do you want salvation? It will give you the real world, trembling with readiness to be given you. The eagerness of the Holy Spirit to give you this is so intense He would not wait, although He waits in patience. Meet His patience with your impatience at delay in meeting Him. Go out in gladness to meet with your Redeemer, and walk with Him in trust out of this world, and into the real world of beauty and forgiveness."** (T.17.II.8.1-5) (ACIM OE T.17.III.13)

If we are unforgiving with ourselves, judging our mistakes, and beating up on ourselves, we project our self-attacking thoughts onto others. This is the origin of the harsh world we see. All our pain and all our loneliness comes from our choice for the ego and for our specialness. We have shut ourselves off from the heart of love. We have shut ourselves off from our Self—from the Source of Love. Instead of being willing to see we made this choice, we feel abandoned by God, yet we are the ones who abandoned Him and ourselves. We are the Prodigal Son, who believes he stole his Father's treasure and now is full of guilt and afraid to go home. All the time, our Father waits with open arms, watching for the return of His Son, who is His Father's treasure.

"The name of Jesus is the name of one who was a man but saw the face of Christ in all his brothers and remembered God." (Clarification of Terms.5.2.1) We are, ultimately, taking the very same journey. Every brother offers us another opportunity to see the truth of who we are. We are all the same. There are no differences. What needs to be forgiven is our belief in

sin that we project on our brothers. We must do our part and then let the Holy Spirit do the rest. Our part is only to bring awareness to our thoughts and bring them to the light of His healing. It is not up to us to fix ourselves, nor undo the ego. **"It is this that makes the holy instant so easy and so natural. You make it difficult, because you insist there must be more that you need do. You find it difficult to accept the idea that you need give so little, to receive so much. And it is very hard for you to realize it is not personally insulting that your contribution and the Holy Spirit's are so extremely disproportionate."** (T.18.IV.7.1-4) (ACIM OE T.18.V.39)

Love and blessings, Sarah
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