



LESSON 149
Review IV Lessons 137 and Lessons 138

Sarah's Commentary:

[137] When I am healed, I am not healed alone.

[138] Heaven is the decision I must make.

When I am entertaining thoughts of worry, anxiety, anger, grievances, annoyance, irritation, impatience, control, bitterness, helplessness, any kind of distress, or, in fact, an expectation or fantasy of any kind, I can choose to change my mind and choose the peace of Heaven instead. It is so easy just to say that I am in a bad mood, or that I am having a difficult day, and allow my mind free rein to stay in that state. It is helpful to ask, "Who is the 'I' that is in a bad mood?" When we identify with the "I," which is the small self, we believe this is our identity. When we withdraw belief from this false self, we can simply be the witness of this state. When we witness our condition without judgment or condemnation of any kind, then with the Holy Spirit the mind shifts. That is what the miracle does. It is a change of mind. The Holy Spirit replaces the problem with the answer. That is why there is no order of difficulty in miracles. That is the simplicity of salvation, as our part is only about the willingness to change our minds from wrong-minded to right-minded perspective. When we witness our state through the eyes of Jesus or Holy Spirit from outside this dream, we are seeing it for what it is—nothing.

It need not wait on time but can happen in an instant. If it takes longer, so be it. **"Now you must learn that only infinite patience produces immediate effects. This is the way in which time is exchanged for eternity. Infinite patience calls upon infinite love, and by producing results *now* it renders time unnecessary. We have repeatedly said that time is a learning device to be abolished when it is no longer useful. The Holy Spirit, Who speaks for God in time, also knows that time is meaningless. He reminds you of this in every passing moment of time, because it is His special function to return you to eternity and remain to bless your creations there. He is the only blessing you can truly give, because He is truly blessed. Because He has been given you freely by God, you must give Him as you received Him."** (T.5.VI.12) (ACIM OE T.5.VIII.81)

Choosing happiness, choosing Heaven, and choosing joy and peace takes a kind of discipline we don't always feel like exercising. We let the ego run rampant, and then we justify and rationalize why we feel the way we do. To make a choice for Heaven is to be willing to have the blocks to love removed with the help of the Holy Spirit. These blocks keep us from the awareness of the love we are. When we stubbornly resist the healing work, we are then closing the door to Heaven. There is a beautiful painting where Jesus is knocking on a closed door with no handle on his side of the door. The handle is on the inside and must be opened by us. It is up to us whether we open the door to let him in. We will do so when we are ready. It is our decision. We have been given free will and thus the power and the freedom to choose. Jesus will never impose his will on us. When

we are ready to choose to save ourselves is our own decision, as there is no savior outside our own minds. The power of the Holy Spirit, given us at the moment of separation, is in our right minds.

Jesus, or the Holy Spirit, can't bypass our choice, as this would only serve to undermine the power of our minds and our will to decide when we will allow Heaven in. As we become willing to release our blocks to God's Love, we welcome the power within us, more and more. Our will is as powerful as God's because He created us. We have all His attributes, but we are also reminded that our pain threshold is not without limit. Because of this, He can be certain the day will come when we will choose the path back home to the Christ Self. While our tolerance for pain may be extensive, it is not without limit.

We don't have to wait for pain to become intolerable in order to make a decision for Heaven. When we are highly motivated to heal our minds and choose the miracle instead of the grievance in each moment, peace and joy will prevail. Each time we apply the Lesson, our motivation for peace and for Heaven is increased. We can change our minds at any time and recognize peace can be available to us right now in this very moment. As we connect our minds to Heaven, we will also connect to each other because as today's Lesson reminds us, **"When I am healed, I am not healed alone."** (W.137) There is no other. **"As you see him you will see yourself. As you treat him you will treat yourself. As you think of him you will think of yourself. Never forget this, for in him you will find yourself or lose yourself."** (T.8.III.4.2-5) (ACIM OE T.8.IV.19) Healing overturns the laws of sickness, showing us their unreality. These laws, which we believe have power, must not be real when we see how easily they are overturned. Healing cancels out the dream of sickness and demonstrates that we are all one.

Healing is all about deciding and choosing and being willing. What holds us back? What are we afraid of? We think we can protect and defend ourselves from being too transparent and vulnerable. We think by staying angry, by being right, and by holding onto our perspectives and our opinions, we will maintain our independence and our autonomy and remain safe. We hold beliefs that keep us in hell. We may believe people are judging us, or the world is unsafe. We think we know what is best for ourselves and that other people can hurt us. We believe we can be rejected and that someone in our lives should be different than they are so our needs can be met. We believe the body should be healthy, and we can't do anything right, and on and on it goes. Each of these beliefs, and many others, brings suffering. We hold them because they keep us invested in the belief that we are who we say we are.

It is in our humility that we are strong. Our strength is our willingness to recognize we are wrong about all our perceptions and the beliefs we hold. It is in letting go of what we think we know, allowing life to live us, that we become channels of His Love. When we surrender to the love surrounding us and upholding us and we plug into our true source of power, ordinary life becomes extraordinary and divine. If we could choose Heaven at any moment and don't, we need to ask ourselves, "What is stopping me in this moment? What is my payoff in holding onto my story and my perspective with regard to any situation?" There is always a payoff for maintaining our idea of control. The payoff is that we keep our identity intact. What we don't realize is that this is how we maintain our suffering.

We get to be right about the way we have set things up, and this makes God wrong. We make a case that the world is the cause for how we feel, so we assume the role of the victim of the world we see. This means someone outside our own minds is responsible for our condition. It makes them guilty and then we justify our attacks on them. We don't do anything without some kind of "juice" or payoff. Even pain has a payoff because someone must pay. By our suffering, we show our brother how guilty he is. We demonstrate that they have sinned by showing them our injured self. Examining our ego programming is not always fun but always worthwhile if we are

committed to our healing. It is the only way to Heaven. We can't go around our own fear but must go through the darkness to the light. Fortunately for us, it shows itself to us daily every time we are triggered by anyone or any situation outside ourselves.

Under all this is the unconscious belief in sin and the belief that we will be punished with hell. We spend our lives running from this belief by focusing on distractions and refusing to look at our fears. We pursue the good life in the belief that we can carve out some kind of pleasure in the face of impending aging, dying, and spending an eternity in hell. This is apparently what we are running from with our pursuit of happiness, as we define it in the world. This unconscious belief in death and our fear of waking up to the god of the ego, which we have made, must be brought to light to see it has no validity. The god that the ego has projected is a vengeful god. It is a projected image of our own ego. Now, Jesus tells us we insist that God take on our definition of Him. Yet he also tells us God is only love and nothing else. There is only Heaven, and this is the only choice to be made. Our guilt is released through forgiveness by watching our unforgiving thoughts and being willing to turn them over to the Holy Spirit. When we do, we will experience the truth of our being, which has never sinned and is eternally pure and innocent as created by our loving Father, Who only wants us to know what we really are.

We continue our practice as before, beginning and ending the day devoted to the preparation of our minds to learn what each idea can offer us in freedom and in peace. Let us commit today to raise every belief we hold to doubt. We open our minds and clear them of all thoughts that would deceive. We continue with the hourly remembrance, and whenever we feel triggered by anything today, we apply the Lesson.

Love and blessings, Sarah
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