



LESSON 162 I am as God created me.

Sarah's Commentary:

Right off the bat, Jesus tells us, "**This single thought, [I am as God created me] held firmly in the mind, would save the world.**" (W.162.1.1) We are also told, "**These words are sacred, for they are the words God gave in answer to the world you made.**" (W.162.1.4) Yet, they are just words to us until we experience the deep significance they actually have. When we experience the deep meaning of this single thought, it is indeed powerful because these words point to the truth of what we are. When we are told these words are sacred and given us by God, it is not because God actually gave these words to us, but because they reflect the truth of the Atonement principle, reminding us it is impossible to be separate from God, and indeed we are not separate, except in our dreams.

The power is in what these words convey, which is that we did not make ourselves. We have not stained our very being by our actions, and there is nothing we have done, nor could do, that could change the truth about ourselves. Why would we have resistance to this idea? And yet, we do. We believe we are: what we have made of ourselves, how we think about ourselves, what we believe our parents have made of us, and what the world has told us we are, and we have accepted all of it as true. All of this contributes to who we think we have become. It is all in the past, and it is where all our suffering comes from.

At a deep level of the mind, we hold the belief that we have turned ourselves from the pure, pristine beings created by God into something sinful. Guilt and shame accompany these beliefs. Therefore, when God's Word says that you are as I created you and you can't do anything to change the truth, we have a hard time deeply connecting with these facts. We resist these ideas because we have invested, instead, in what we think about ourselves. We value what we have made, even if we don't like ourselves. Yet these words reflect the absolute truth of what we are through the symbol of Jesus in our minds. He negates our ideas of who we think we are and how we see ourselves.

These words also negate the dream of this world. "**There is no dream these words will not dispel. . .**" (W.162.2.3) They provide the Answer given by the Holy Spirit at the very instant the thought of separation from God entered the mind. With separation, came guilt. The world of form was projected from the mind that thought it had sinned and had to run from God and hide out in the world, but the truth dispels all this and simply honors Creation as it is. What this means is that nothing we think we have made of ourselves can change the truth of who we really are as God's perfect Son. These words are so mighty. "**They are the trumpet of awakening that sounds around the world**" (W.162.2.4) and dispels the notion of death. Thus, accepting the truth of these words and experiencing the holy instant helps us to reach beyond the separated state that we currently experience. These words point us to the truth and remind us of where we have always been.

We can say them over and over and feel like nothing changes in our minds, but we are assured that these words ". . . **will mean far more to you as you advance.**" (W.162.1.3) What this implies is that, at first, we may just be repeating words, but as we deepen in our spiritual development, the meaning of these words will speak to our hearts. We will experience the love and feel the connection with our Father and accept that we are His happiness, love, and completion. Reading, discussing, and talking about our spiritual practice is not true seeking. It is in applying the Lessons, watching our thoughts in each moment, and bringing the blocks to love to the inner altar, that peace and joy become a more constant experience. As we do the work of forgiveness, we open up to the truth of what Jesus is telling us here.

We need to be reminded of the truth often. In our minds is the memory of God's perfect Love, which is the symbol of the Holy Spirit. He is the reflection of the truth that resides in our right minds. We cannot change, and have not changed, this truth about ourselves. Yet we need these Lessons because we don't believe that we are these beautiful, magnificent souls created by Love, untainted by anything we have ever done. Instead, we identify with the stranger we have invited into our pristine home and allowed to possess us. We actually believe that the fear, guilt, and anger we experience, defines who we are.

When we identify with all these emotions, the truth about ourselves is what seems like an illusion to us. Yet Jesus assures us, "**There is no dream these words will not dispel; no thought of sin and no illusion which the dream contains that will not fade away before their might.**" (W.162.2.3) No matter what we think we have done, what guilt and shame we carry, nor what problems beset us, there truly is no order of difficulty in miracles. Everything we thought we have done must be illusory if the only truth is that we are, and remain forever, as God created us. When we experience the miracle, our perception shifts from what we think we have made of ourselves to a glimpse of the perfection of our Being as the Christ Self.

The Atonement principle is God's assurance that no matter what thoughts we hold about ourselves, the only truth is that we still remain as we were created and can't change our reality. This is why, when we accept this single thought---I am as God created me---as the truth, what we think we have made of ourselves disappears. We can be unaware of our true reality as we were created, but we can't change our reality. It is such an important thought in the Course that it comes up in three other Lessons: (94, 110 and 162) and again in Lessons 210-220, where we remind ourselves daily, "**I am still as God created me.**" We do this, again and again, to allow it to become part of our whole thought system. We are opening our minds to the truth of this statement. The whole Course is focused on getting this thought into our minds as an experience. Acceptance of this thought can bring us back to ourselves. What beliefs, values, thoughts, and concepts are we allowing to stand in the way of our acceptance of this truth?

I received an email today, through David Hoffmeister, from someone in Spain who addressed the question of what it is that is keeping people from knowing the love they are. She itemized seven things, noted here with some editing on my part: 1) The more we hold onto personal preferences, the less we will recognize the love we are. 2) When we hold personal preferences, they interfere with our inner peace. Therefore, we must refine our ability to see how these preferences operate in our lives and let them go. 3) It is important to recognize we do not know our own best interests. 4) We need to recognize we give everything all the meaning it has for us. 5) Ultimately, nothing that seems to be happening is real, and if it does seem real, then it can be used as a prompt to release the feelings about it. 6) When the feelings of not being deserving enough, or good enough, or loveable enough, are there, then the evidence for them shows up in our world, which reinforces this false idea about ourselves. Therefore, it is important to recognize the mind as the cause. It is therefore in the mind that the work must be done to release the blocks to the awareness of the

love we are. 7) Gratitude for everything that shows up is a helpful way through any situation when we are willing to see everything as a classroom for the undoing of the blocks to the presence of love.

In the Text, we learned that when we know any part of truth, we know it all. When we say, "**I am as God created me,**" (W.162) this implies that there is no sin, which in turn implies that I am not the thoughts I seem to think, which implies that I am not a body, which implies that the world is an illusion, which implies that I am still in the Mind of God, as ideas leave not their source. When we get this one truth, stated in these mighty sacred words, it is a springboard to take us beyond them to the experience of Oneness.

"Holy indeed is he who makes these words his own. . ." (W.162.3.1) Jesus urges us to keep these words in our minds all day. Wake with them, recall them throughout the day, and go to sleep with this thought in our mind. My experience is that when I bring the power of this kind of thought into my nighttime dreaming, I actually find I am practicing the idea even in my sleep, and I wake with it in my awareness. It fundamentally changes the way I experience sleep, as well as awakening. There truly is amazing power in doing this practice consistently.

Today, accept your perfection and recognize that there is nothing you have ever done, no matter how shameful you think it may be, that has changed your reality in the slightest. There is no reason for guilt. You are still innocent. By keeping these words in our minds, our dreams are happy, our rest secure, our safety certain, our body healed, and the world is saved because we give the gifts we have received. Our experience of joy and peace affects everyone because we are One Mind. That is the power of the miracle, which is unlimited. As our minds are changed, we become channels for God's Love. Now, we have access to the treasury where it is all stored in our minds and is **"increased in giving."** (W.162.4.3) Any thoughts we are holding that negate the truth can be released. We must be willing to look at the interferences to the truth in our minds and be willing to release them.

As we practice the Workbook Lessons more and more without making any exceptions by excluding anyone from our love, and as we delve deeper into our purpose and accept our **"right to perfect holiness,"** (W.162.5.2) we reflect God's Love in this world, which is forgiveness. We are given honor today, says Jesus, for our acceptance of the truth and for extending salvation and blessing to the world through our acceptance of our reality. Yet knowing the words and having the experience are not the same at all. Accepting the truth about ourselves is what is required. We can't make ourselves holy. It is our reality. We can't change that reality. Seeking to become holy is counterproductive. We just need to accept the truth of what we are by releasing all that stands in the way. There is nothing we can do to make ourselves into what we already are. Despair, grief, misery, and loss are conditions we have made and cherish, which make no sense when **"perfect joy is yours."** (W.162.5.4) The remedy for all our suffering has been laid out for us. It is the source of hope that we can offer to our brothers, as we learn to become a demonstration of God's Love in the world. We show them that they can make the same choice we have made, not through any teaching or preaching, but only by our very presence as an example of having made the choice for truth.

The purpose of studying the Course is not to give us an improved theology or more "knowledge" about the nature of truth, but to bring us into the actual experience of Divine Love. It requires that we apply these teachings to our day-to-day experiences and allow our thought system to be changed. It starts with a willingness and a motivation to learn. It requires great willingness to let go of all scraps of illusion and thoughts of guilt, shame, unworthiness, and fear, which serve no purpose; and instead, we allow our minds to be completely retrained from fearful thoughts to

acceptance of peace and joy through forgiveness. Applying the teachings of the Course fully and consistently (with the help of the Holy Spirit) will clear our minds of duality and bring them back to their original awareness, where all is One.

"You are as God created you." (W.162.6.3) "Holy indeed is he who makes these words his own; arising with them in his mind, recalling them throughout the day, at night bringing them with him as he goes to sleep." (W.162.3.1) "You are as God created you. These words dispel the night, and darkness is no more." (W.162.6.3-4) Today, let us move to a deeper level of acceptance of the truth of this. It is a complete and total remedy for any despair, grief, misery, and loss, which is replaced by joy. It certainly motivates me not to hold onto thoughts that hurt me and to recognize that if I do continue to hold these thoughts, it is simply a decision to be miserable. When we are miserable, we are holding someone responsible for our condition. Why would we want to do this? Quite simply, we are still attached to our individual, separate self, and when we do this, someone is always to blame. Our fear of God's love keeps us in resistance.

Throughout the day, I choose to stay attentive to conflicts, judgments, pain, anger, distress, expectations, demands, and requirements that I am holding onto, and I remind myself that I have been mistaken in my choice for the ego, and in that choice, I have forgotten who I am. The only truth is ---we are as God created us. When we forget today, we can ask for help to be willing to let our untrue thoughts go so we can know the truth about ourselves. Only insanity keeps us in this hell. We have the ability to choose again, to see it all through the sanity in our right minds.

Love and blessings, Sarah
huemmert@shaw.ca

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