

ACIM Edmonton - Sarah's Reflections



LESSON 175 Review V ~ Lesson 159 and Lesson 160

Sarah's Commentary:

[159] I give the miracles I have received.

[160] I am at home. Fear is the stranger here.

I looked again at the plea Jesus makes to us in this Lesson Review in which he says, **"Help me now to lead you back to where the journey was begun, to make another choice with me."** (W.RV.7.5) He wants to comfort us and to support us every step of the way. All he asks is for our willingness on behalf of our own well-being. It is not that he wants something *from* us, but something *for* us. He has already made the journey we are now making and understands our tribulations, even though he knows that they have no meaning. **"Yet a savior must remain with those he teaches, seeing what they see, but still retaining in his mind the way that led him out, and now will lead you out with him."** (W.RV.6.5)

What a comfort it is to take that in and just give up the fight. What is that fight? It is to hold onto what we think and believe. It is our desire to be right about our judgments. It is to invest in our specialness, even though our self-serving ways always end in pain and disillusionment. Jesus knows that, to us, the trials are real and painful. We can all attest to the pain that comes with difficulties in our lives. He assures us that the world of pain and loss is really all just an illusion---a bad dream. From above this battleground, looking with him, we can smile at it all. But in order to do that, we have to see the unreality of it.

To us, so often it is nothing to smile about, but when we look with Jesus, who helps us to look without judgment, we can see it as a movie with characters playing their parts just as we are. As I write this and as I feel the power of the words, I take great comfort in knowing that we truly have such powerful support reinforcing every step we take. There is value in these trials, as Jesus reminds us when he says, **"Trials are but lessons that you failed to learn presented once again, so where you made a faulty choice before you now can make a better one, and thus escape all pain that what you chose before has brought to you."** (T.31.VIII.3.1) (ACIM OE T.31.87)

This is a collaborative venture that we are on. We are not alone. I feel deeply assured by his presence, which we will only recognize when we release our resistance. Not everyone is comfortable with Jesus. He acknowledges this himself in the Course when he says he only offered brotherly love, yet history twisted him into a cruel idol. I know that, for me, it took a long time to even say his name, let alone to think of him as an elder brother and friend, supporting my journey back to my Self.

For many of us, there is a lot of healing we need to do in allowing his support to be felt. Unlike some teachers that we have been exposed to, he wants and needs no adulation nor gifts of any kind. He only asks that we give him our pain and lay our guilt and sorrow at his feet. He wants to help us, as we cannot undo what we have made. We need his help.

In the Review, he says, "**My resurrection comes again each time I lead a brother safely to the place at which the journey ends and is forgot.**" (W.RV.7.1) Just as his resurrection comes as a result of each brother safely being led home, we each experience a kind of resurrection every time any brother takes a step forward. We delight in the experience of sharing and celebrating when we see someone opening up, moving forward, and "seeing the light." It is a gift to us all. "**I give the miracles I have received.**" (W.175 [159]) "**God is but Love, and therefore so am I.**" (W.175)

When we remember, even for an instant, that we are at home with God, we bring back to the world our new and changed perception. With the help of the Holy Spirit, we release the fear that has made its home in us. We made fear welcome and thus believe this stranger (fear) is who we are. In our identification with this stranger, we have become strangers to ourselves. We will only know the love we are when we see in everyone the love they are. "**But you will not remember Him until you look on all [your brothers] as He does.**" (W.160.10.4) We really cannot know ourselves as love except as we extend the love to everyone we meet.

Lesson 159 reminds us that to give to our brothers requires that we open the storehouse of our minds where the miracles are. There are lilies of forgiveness in that storehouse that we give to our brothers, and only in this way can we know that we are forgiven and recognize the truth of our One Self. This is the central thought that supports the two Lessons in this review. If God is Love, we must be as well, and when we connect to that love through our willingness to forgive, it extends through us to our brothers.

Thus, we know that we are love and not this homeless stranger that seems to have wandered into our pristine home and made itself at home in us. Moment by moment, we look at the fearful thoughts that belong to this stranger, and we bring them to awareness. That is all we need do. We need to look at our thoughts calmly and without judging them. It is our agreement not to look at these thoughts, but to keep them hidden from awareness, that protects them and makes them unavailable for healing.

When we are willing to look, we take the first step in forgiveness. This takes great honesty and courage. The ego will resist our efforts, warning us of the danger of looking within and telling us that all is dark there. It tells us to keep the sentinels in place and not to look within, but Jesus assures us that the light is there and has never left. The sentinels are barriers we erected to keep ourselves safe from the memory of God. "**What is kept apart from Love cannot share Its healing power, because it has been separated off and kept in darkness. The sentinels of darkness watch over it carefully, and you who made these guardians of illusion out of nothing are now afraid of them.**" (T.14.VI.2.4-5) (ACIM OE T.14.III.17)

Whatever we are not willing to let go of will not be taken from us. If we truly want to be free of fear, we are the ones that need to bring our dark and fearful thoughts to the Holy Spirit. In other words, we must not hide these thoughts but expose them so they can be seen for what they are. They have no power. They are just thoughts that have no meaning. "**We must open all doors and let the Light come streaming through.**" (T.14.VI.8.5) (ACIM OE T.14.III.23) It is the Holy Spirit that shines away the darkness when we give it over to Him. It is not for us to try to

fix ourselves. That will never work, but we must be willing to go through this darkness to come to the light. He assures us that he goes with us, carrying the lamp for us so we don't need to go there alone. We have powerful help when we choose to avail ourselves of it.

Love and blessings, Sarah
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