



LESSON 179

Review V ~ Lesson 167 and Lesson 168

[167] There is one life, and that I share with God.

[168] Your grace is given me. I claim it now.

Sarah's Commentary:

Following this Review, we move to the next Section, which covers Lessons 181-200 as a prelude to Part II of the Workbook. We have been invited to give more effort and time to the Review. If we are not sufficiently motivated to do this, it is not a reason for guilt. This will come with time and renewed intention and commitment. But if we are ready to dedicate ourselves more fully to the Lessons, we can now firm up our purpose to stay focused on our goal of peace. Given daily attention, the words we are provided in these Lessons are helpful and supportive when used in the midst of any kind of loss of peace. We are encouraged not to use the Lessons in a rote or ritualistic way, but we are to think about the meaning behind the words. We are encouraged to turn our minds toward these thoughts at times when we are tempted to get upset about anything.

Taking passages that resonate deeply, contemplating the meaning of the words, and applying them in situations where we are tempted to listen to the voice of the ego, will change the way we live in the world. This process can effectively break the power of the ego thoughts, which produce fear and anxiety. They are obsessive thoughts, going around and around in our minds in well-worn paths, creating fear and anxiety. What these Lessons offer is a way to break out of these patterns in our thinking. **"That you *do* listen to the voice of your ego is demonstrated by your attitudes, your feelings and your behavior."** (T.4.IV.1.2) (ACIM OE T.4.V.56) When we change our thoughts, we change our lives because everything follows from thought. **"I [Jesus] have said that you cannot change your mind by changing your behavior, but I have also said, and many times, that you *can* change your mind."** (T.4.IV.2.1) (ACIM T.4.V.57)

It is a process of taking the words from the head to the heart. What this means to me is that I must put the words into practice, so I can experience the deep resonance in my heart of the meaning behind the words. I find it interesting when people feel that they have to move away from the Course, believing it is "too intellectual." Without question, the Course takes a level of intellectual understanding, but for me, it has been a form of cognitive therapy, which is based on the theory that much of how we feel is determined by what we think. Thus, our feelings follow our thoughts. Yes, it takes contemplation and reflection to understand what is being said, and it requires us to take time with the reading. The ego mind is often confounded by the wording of the Course, but I believe that the thoughts offered by Jesus, to a great extent, bypass our thinking mind and reach a place of inner knowing in us.

I love the way a friend of mine put it when he wrote, "Do not allow the lack of intellectual understanding stop you from completing the Course. All the understanding you need will be given you precisely when it will serve you best. What the ego understands is largely illusion. It is to the realm of the soul that a Course in Miracles calls us. The Text will heal you before you understand it. ACIM communicates more at the level of the heart than the mind. The intellectual concepts are the candy to keep your mind occupied while the course transforms you."

When Jesus reminds us, "**There is one life, and that I share with God,**" (W.179 [167]) he is saying that there is no death because life has no opposite. What we call life and death in the world is all illusory. The life we seem to be living in this world might be seen as a stage play---a dream---where events come and go, characters show up in this drama we chose, and we can learn to observe it more and engage in it less and less. When we look at it all without judgment from above the battleground and observe its unreality, we engage the observer. When we look from the perspective of the dreamer, rather than from that of the character in the dream, we can see that nothing here is serious. Yes, it is serious for the characters in the dream, but the reality is that nothing here is true.

Anytime we are anything less than joyful, we acknowledge death in some form. Our one life, which we share with God, is perfectly at peace and in a state of joy where it has always been. In other words, there is only one life. The lifetimes that we seem to have lived are all dream states. As Jesus says in the Manual for Teachers, "**In the ultimate sense, reincarnation is impossible. There is no past or future, and the idea of birth into a body has no meaning either once or many times. Reincarnation cannot then be true in any real sense.**" (M.24.1.1-3)

We are created perfect. "**As we were, so are we now and will forever be.**" (W.167.12.2) When we glimpse our own perfection in the experience of it, we will know the truth of our Being. The gift that God has given us is ours now. It does not wait on time but only on our readiness and willingness. His gift is in our hearts, simply waiting to be acknowledged. This Lesson reminds us that we are still in God's Mind because ideas leave not their source. Given this, our nature is like that of God. His Creations cannot have attributes that are not of the Creator. While our experience is that our emotions alternate throughout the day, depending on seemingly external circumstances, our reality is unchangeable. Our emotional state is attributed to events, people, and situations outside ourselves that we blame for how we are feeling. The truth is that we have set up specifics in our lives to address our need to have something or someone to blame instead of taking responsibility for how we feel.

We can choose to change our minds about the way we see the circumstances of our lives, and instead, "**His holy home we strive to keep today as He established it, and wills it be forever and forever.**" (W.167.11.1) In other words, we can bring our mistaken perceptions, that someone "out there" is upsetting us, back to our own minds. As we bring our projections back, we can see that any conflict seemingly external to the mind is our own inner conflict projected onto the world. Instead of trying to solve it out there where it cannot be solved, we are invited to bring our conflicted thoughts to the inner altar, where they are healed. This is the Atonement. It is the undoing of fear. Yet nothing can be undone for which we will not take responsibility. This is not to say that there is no conflict going on in the world, but when we choose peace, we see the external situations as neutral. In other words, we give them no meaning, and thus they do not trigger a reaction in us.

"Your grace is given me. I claim it now. Father, I come to You. And You will come to me who ask. I am the Son You love." (W.168.6.5-9) These are the words we can pray as we spend our time today with God in silence. **"God speaks to us. Shall we not speak to Him?"** (W.168.1.1-2) Today, we return to the quiet place in our minds where we are in the Presence of God. That place is always available to us. God is not distant. His presence is the stillness within the mind where all is well.

Love and blessings, Sarah
huemmert@shaw.ca

Published in DAILY LESSON MAILING by <http://www.jcim.net>
JOIN MAILING LIST HERE: <http://bitly.com/CIMSMailingList-Signup>