

## ACIM Edmonton - Sarah's Reflections



### LESSON 215 ~ Review VI [195] Love is the way I walk in gratitude.

#### Sarah's Commentary:

We continue today with the importance of building on a foundation of trust, which means we do not rely on our own past experience to guide us because it is a very poor guide. Relying on our own past experience means we can never discern with any certainty what is best for everyone in every situation. Only the Holy Spirit can know that, and so we need to turn to Him. He can show us the way to be helpful in any and every situation.

***"I am here only to be truly helpful.  
I am here to represent Him who sent me.  
I do not have to worry about what to say or what  
to do because He Who sent me will direct me.  
I am content to be wherever He wishes knowing  
He goes there with me.  
I will be healed as I let Him teach me to heal."***

(T.2.V.A.18.(8).2-6) (ACIM OE T.4.IX.106)

When a brother shows up for me and offers what I perceive as difficult lessons, my job is to look at my own mind, rather than to blame or try to change his. **"Only the self-accused condemn. As you prepare to make a choice that will result in different outcomes, there is first one thing that must be overlearned. It must become a habit of response so typical of everything you do that it becomes your first response to all temptation, and to every situation that occurs. Learn this, and learn it well, for it is here delay of happiness is shortened by a span of time you cannot realize."** (T.31.III.1.1-4) (ACIM OE T.31.III.26)

Jesus tells us that we must over-learn that **"You never hate your brother for his sins, but only for your own."** (T.31.III.1.5) (ACIM OE T.31.III.26) We believe his sins are actually our own. Thus, we judge ourselves so harshly for how we believe we have sinned that we want to get rid of these perceived sins by seeing them in our brothers. But we can be grateful to our brothers for being a mirror for us to see our sins in them, as only by seeing them can they be forgiven.

It is a process. What the process involves is surrender. We cannot wake up from this dream unless we are willing to let go of what we think we know and understand. How does this happen? It happens moment by moment, and it takes a lot of practice. What are we surrendering? We surrender the temptation to make up a story about a situation. We surrender our opinions and our need to be right. We surrender our need to speak when nothing needs to be said. We surrender our need to blame, to attack, to justify, and to explain. We surrender our need to accomplish and achieve, and so much more. How does this look? Perhaps you want to blame someone, and then

you choose not to. You step back and look within at what you want to accuse your brother of. Perhaps you already have yelled at your brother, but in a saner moment, you step back. You look within to see what you are accusing your brother of, which is a projection from your own mind. As you take responsibility for it, without judgment of yourself, you ask for help for healing your misperceptions.

This can take great willingness. It is a process and it takes discipline. The ego does not give up easily, but with each moment that we take to step back and willingly surrender our way, our views, our thoughts, and our opinions, the ego is slowly being undone. The intent here is not to keep the spiritual journey going. To do so is to take up a new concept of spiritual seeker. Our part is to choose peace in every moment. It is to stay motivated to listen and follow guidance in each moment. Where is peace on your list of priorities? If it is important and you really want it, then you need to apply discipline daily. No teacher, no guru, and no book can accomplish for us what we need to do for ourselves, and we do it by our willingness to listen to the inner Voice of Truth, which is always guiding us. We will hear Him when we set our ego aside.

Yesterday, Don said he would wash my car. He had driven some distance and it was covered with bugs. Today, as we were driving, I noted to myself that it was not washed, and I felt a twinge of annoyance that he had not kept his commitment. I thought to say something but Holy Spirit put in my mind to be still and not to correct my brother. The temptation was still there to say something but again the Holy Spirit asked me, "Do you want to be right or do you want peace?" I stayed quiet, moved out of the ego, and joined Spirit and all was well. This may seem insignificant to you, and it is. But it is an example of a moment where a choice is made for war or peace, hell or Heaven, and we are making these kinds of decisions all day long.

Jesus acknowledges that we may still judge ourselves unworthy of peace and substitute other gifts we think will satisfy us, but he invites us to consider that there are no gifts we give ourselves that will ever bring us peace. **"You are free to try as many as you wish, but you will be content only in magnitude, which is your home."** (T.15.III.2.5) (ACIM T.15.IV.23) He also acknowledges that this deep responsibility we owe ourselves must be remembered all the time, but that is the hard part. **"The lesson may seem hard at first, but you will learn to love it when you realize that it is true and is but a tribute to your power."** (T.15.III.3.2) (ACIM T.15.IV.24)

Today, I am grateful that this Course has found me and has taken a hold in my life. I am grateful that I can use every situation for learning, for release, for the miracle, and for the correction of my self-condemning thoughts. I am learning to be increasingly willing to undo the thought system of the ego that has kept me from knowing my true reality. I am even willing to look at where I am unwilling to let go of grievances and to ask for help. There is a better way. I am learning to see my own secret wishes for specialness. Don't we all want everyone in our lives to serve these wishes and the needs we perceive in ourselves? Initially, it can be painful to recognize the way the ego shows up in our lives, but only in this recognition can the release come. We truly do not know our own best interests. In following the ego program, we only invite more pain as we pursue what we think will bring pleasure.

We have a Guide we can trust. Our past experiences, no matter how much they have helped us to manage in the world, are still not sufficient to give us perfect judgment. We simply can never know all the variables; but when guidance is sought, and we put the future in the Hands of God, we can walk in perfect trust. Recognizing that we do not know is an important step. How do I know what

experience is right for me or for you? How can I judge what is good or what is bad? How can I determine what is the best action to take that will benefit everyone?

This morning I was reading Chapter 5.III (ACIM OE T.5.V), "**The Guide to Salvation**," which again was a reminder that there is a call for love and for understanding in all seeming attacks coming from anyone. Everyone I am seeing is myself reflected back to me. It is my own guilt I put onto others and judge it there when I choose not to take responsibility for it in myself. "**See him through the Holy Spirit in his mind, and you will recognize Him in yours. What you acknowledge in your brother you are acknowledging in yourself, and what you share you strengthen.**" (T.5.III.3.4-5) (ACIM OE T.5.V.34)

The reason we need to share it is to strengthen the Voice of the Holy Spirit in us. It is not something we do alone. "**It is impossible to hear It [the Voice] in yourself while It is so weak in your mind. It is not weak in Itself, but It is limited by your unwillingness to hear It.**" (T.5.III.4.4-5) (ACIM OE T.5.V.35) If we want to strengthen our ability to hear guidance, we need to see all seeming attack as a call for love. All guidance comes from the right mind. When we only hear one Voice, we will naturally always be coming from a place of love. We affirm the truth of what we are as Love by seeing the Christ Self in our brother. "**If you make the mistake of looking for the Holy Spirit in yourself alone your thoughts will frighten you because, by adopting the ego's viewpoint, you are undertaking an ego-alien journey with the ego as guide. This is bound to produce fear.**" (T.5.III.4.6-7) (ACIM OE T.5.V.35)

If I give my thoughts to the Holy Spirit, He will reinterpret them and bring me out of the guilt of the past and the fear of the future. I just need to be willing to offer my thoughts to Him. "**His ability to deal with symbols enables Him to work with the ego's beliefs in its own language.**" (T.5.III.7.2) (ACIM OE T.5.V.38) He takes us beyond these symbols to show us the light, truth, and magnitude in us. He reminds us of the Self we are, so we can truly walk the path of love in gratitude for His presence in us.

No matter how I am feeling and no matter what mistakes I have made, they can all be undone by bringing them to His healing light, which is in me now. As I do, I increasingly trust that "**I need do nothing.**" (T.18.VII) (ACIM OE T.18.VIII) I get out of the way and allow His guidance to take me where I need to be, who I need to be with, what to say, and what to do, and to release all investment in the outcome.

Today, we affirm, "**The Holy Spirit is my only Guide. He walks with me in love. And I give thanks to Him for showing me the way to go.**" (W.215.1.2-4)

Love and blessings, Sarah  
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