

ACIM Edmonton - Sarah's Reflections



LESSON 253 My Self is ruler of the universe.

Sarah's Commentary:

The Self that is the ruler of the universe is the Christ Self, and the universe is that of the spirit, not the physical universe. Yet, **"Even in this world, it is I who rule my destiny."** (W.253.1.2) This is because the world reflects what I hold in my mind. What this looks like is that, at some level, we have invited everything that happens. It is all part of the script, all for our learning, and thus, all helpful. We might wonder why we would invite abuse, betrayal, or judgment in our dream? One reason is so we can see our projections and thus see the false self. We project our self-attacking thoughts we hold in the mind. We prefer to see others guilty and blame them, instead of taking responsibility for these self-attacking thoughts based on the guilt we hold in the mind. The problem is that projection never works. We think we are getting rid of the guilt in the mind, but what we are seeing are the judgments we hold against ourselves reflected back at us. By projecting them on others, we think we can stay safe and protected. We think we can claim our innocence while proclaiming others guilty.

We have chosen everything that seems to be happening to us. When we refuse to take responsibility, we conveniently blame everyone and everything outside ourselves. The problem with this is that we are now helpless in the face of what seems to be done to us. When we accept responsibility, we realize we are the ones who have the power within us to change the way we see things. When we are willing to take responsibility for our judgments, our unworthiness, and our lack of trust and accept ourselves, the healing process can start. It is very empowering to come to recognize we are the creators of our world. We resist this idea only because we have falsely learned that we are the victims of outside circumstances. The fact is, no one but us is responsible for our happiness, or unhappiness. It all comes from the choice that we make in our own minds to perceive with the ego, or the Holy Spirit. Will I choose to see what seems to be happening, as an opportunity for healing, or decide to blame and to crucify? This is always the choice in front of us.

Our minds are the cause and the world is the effect, and not the other way around. A good beginning to understanding this Lesson is provided to us in Chapter 21.II.2.3-5 (ACIM OE CH. 21.III.15) **"Responsibility for Sight."** Jesus says we need to remember, **"I am responsible for what I see. I choose the feelings I experience, and I decide upon the goal I would achieve. And everything that seems to happen to me I ask for, and receive as I have asked."** This is reiterated in this Lesson, **"What happens is what I desire."** (W.253.1.3) How can this be, we may wonder? Is it really possible that I have invited everything that seems to be happening to me?

It is not an easy concept to embrace. It is because the idea of victimhood is so firmly held in our minds. Jesus says, **"Deceive yourself no longer that you are helpless in the face of what is done to you."** (T.21.II.2.6) (ACIM OE T.21. III.16) **"It is impossible the Son of God be merely driven by events outside of him. It is impossible that happenings that come**

to him were not his choice. His power of decision is the determiner of every situation in which he seems to find himself by chance or accident. No accident nor chance is possible within the universe as God created it, outside of which is nothing. Suffer, and you decided sin was your goal. Be happy and you gave the power of decision to Him Who must decide for God for you." (T.21.II.3.1-6) (ACIM OE T.21.III.17)

It is all about accepting the truth that there is no cause outside of our own minds. While the script for our lives has already been written and the circumstances that show up have already happened, how we respond to them is now up to us. The only choice we can make is to ask, "Which teacher will I follow today?" "Will I let the ego be my guide today, or will I choose the Holy Spirit, Who knows how to exchange separation for salvation?" What we see depends on our interpretation, and our interpretation depends on which teacher we choose—the ego or the Holy Spirit. The Holy Spirit shows us that every brother is all brothers. We are all the same. He shows us that everything we see in the world is love, or a call for love. When we fight what we perceive in the world, we suffer. With acceptance and appreciation of the fact that we are dreaming this dream and all of it is coming from our own consciousness, the dream can now be given another interpretation. Jesus reminds us that we have the power to dominate all things and are not at the mercy of outside circumstances.

I am one with my brother. When I try to prove otherwise, I deny my own reality. We do this constantly when we prefer to see differences and see ourselves innocent, while seeing our brothers as guilty. I am not, nor is my brother, independent of my Source. The Self that is the ruler of the universe is the Self I am in truth, One with my Creator, sharing His Will. It has nothing to do with the little self I identify with as a body living in this world.

Our minds are powerful, and we can indeed manifest what we think we want in the world. However, manifesting anything from the ego will not bring true peace and happiness. Yes, we may achieve temporary happiness, but because we don't know our own best interests, we can't know what serves our highest good. Using the power of the mind to manifest what we think we want, as discussed in "The Secret," can be an important stepping-stone in helping us recognize the power of the mind. As Jesus says, **"Why is it strange to you that faith can move mountains? This is indeed a little feat for such a power."** (T.21.III.3) (ACIM OE T.21.IV.31)

Only by choosing with the Holy Spirit is any real and lasting happiness available. To choose with the Holy Spirit is to ask in everything, "How would you have me see this situation?" "What would you have me do?" "What would you have me say, and to whom?" Today, instead of seeking whatever keeps us bound to the world, we can instead turn to the truth within. This is where we hear the loving and gentle Voice for God remind us of His Love. We decide for Heaven, or for hell, in every moment, in every decision, and in every circumstance.

When I have a disagreement with anyone, I notice how I go through a process in my mind as to whether I will choose to join with my brother, or to punish him for his indiscretions as I perceive them. When I think he "deserves" punishment and my anger is justified, I find it challenging to choose forgiveness. Yet only by doing so can I know the truth of who I am. As long as I choose the ego, I stay stuck in my anger and grievances.

What keeps me there and keeps me from my happiness is only my own decision! When I refuse to use this opportunity for healing, I am literally refusing to accept the healing power of the Holy Spirit in my mind. It is my choice to suffer or be happy. Is that really a choice? Every step we take to join with a brother, and every decision we make with the Holy Spirit, is a decision against our exile as separate egos, separate personalities, and separate selves. **"My Self is holy beyond all thoughts of holiness of which I now conceive."** (W.252.1) In other words, any idea we hold

about what holiness is as shimmering, perfect purity, far beyond the brilliant light and limitless love can only be experienced, and the experience comes when we commit to forgiveness.

Jesus says that **"What happens is what I desire. What does not occur is what I do not want to happen."** (W.253.1.3-4) This thought can bring self-recrimination, where we blame ourselves for the state of our lives. This is how the ego turns what is a powerful truth against us. It is just another way the ego tries to keep us trapped in false identity. But it is only the interpretation we give an event that hurts us, rather than the event itself which is neutral. It is all a classroom for the undoing of egoic thinking. Nothing that shows up is good or bad. The Holy Spirit uses all events and circumstances in our lives for healing when we let Him. With desire and willingness, we are **"led past this world."** (W.253.1.6)

It is important to accept ourselves, regardless of what is currently happening in our lives. It is not helpful to use Lessons such as this to judge ourselves when we are experiencing divorce, financial lack, loneliness, or sickness. We don't know what gift of healing is being presented in every circumstance. The important thing is to be gentle and compassionate with ourselves in this human journey until we come to accept our true state of peace and joy.

What we see in the world is a projection of what is in the mind. Thus, our lives are a perfect reflection of our relationship with ourselves. If we are experiencing a lack in our external world, we are feeling a lack in ourselves. If our relationships are distant, we have a distant relationship with ourselves. Anything that is less than satisfactory in the external experience is another opportunity to look within. There is no need to change anything, only to recognize the power available to us to transform any situation with the help of the Holy Spirit.

Love and blessings, Sarah
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