

## ACIM Edmonton - Sarah's Reflections



### LESSON 274

#### **Today belongs to Love. Let me not fear.**

#### **Sarah's Commentary:**

Are we ready for a day that belongs entirely to love—a day that belongs to God? If not, can we be content and satisfied to be on this learning journey where Jesus shows us how such a day can be achieved? On our own, with the ego as a guide, we place our body in its service. We think we know what we need for our happiness and send the body off on hopeless missions in pursuit of trivial goals. We don't know our own best interests. We are confused about what is painful and what is pleasurable. The ego wants it that way so it keeps us looking for what cannot be found. As we turn more and more to the only Teacher, who does know, we are given guidance on where to go, what to do, what to say, and to who. This requires asking, listening, and following in everything we do.

To have a day where love prevails requires that we learn to walk this path with our brother, extending **"the love of brother to his brother and his Friend."** (W.274.1.1) In other words, as we see the Christ in our brother, we come to know our own innocence as well. We are One. We have no separate interests. There is only love and nothing else. Only in this recognition do we remember our reality. Thus, we experience the stillness and the peace within us. Our decision to listen to the voice of the ego blocks this experience from awareness, but we can decide we have been wrong and make another choice. As we start to recognize that there is another way of looking at everything, we become willing to ask for the miracle in the face of any problem we seem to encounter.

A day of undisturbed tranquility may not be feasible yet because we may not be ready. In other words, our fear is still too prevalent. We may not yet be sufficiently motivated to turn to the Holy Spirit in every moment. God may not yet be our only undivided goal. This is not a reason for self-judgment or discouragement, as Jesus continually reminds us that the events of our lives are a perfect classroom for the undoing of the wrong mind. He tells us that consistent peace and tranquility are always available in each moment when we are ready for it. The outcome of our journey on this path to enlightenment is guaranteed. It is certain we will achieve perfect peace because it has already been accomplished and has only been awaiting our acceptance. We just need to continue to do our part. We need not compare ourselves with anyone or use anyone as a measuring stick for our own progress. To do so is merely to focus on our perceived lacks and needs and to crucify ourselves. Thus, we pray: **"Father, today I would let all things be as You created them,..."** (W.274.1.1) We let all things be exactly as they are. Where we are in our journey is what we are currently ready for. There is no reason for self-recrimination or guilt, which is the ego's response to our perceived lack of progress on this path. It is important to remember that Jesus says we are incapable of judging our gains from our retreats. What I call a setback may be where I have made the greatest gain. Thus, we can be content that all is perfectly orchestrated for our highest good.

We achieve a day of quietness, stillness, and peace by learning to dismiss our disturbances throughout the day. What are these disturbances? They are nothing but our own thoughts in relation to the meaning we give to events and situations that come up in our day. And when these thoughts come up, what are we to do? The most helpful thing we can do in the moment is to stop, step back, take a breath, and turn to Spirit. And when feelings come up, take time to be with them and inquire as to their source. The source of our feelings is always thoughts we are holding in the mind based on beliefs. What are you holding as a belief for these feelings to arise? What are you projecting on others? Realize that whatever the judgments you put on your brother, there is some form of self-condemnation. We are being invited to accept responsibility for our reactions and judgments as having their origin in our own unhealed minds. Now we come to a place of acceptance of everything as helpful for our healing. With a willingness to see we have been wrong in our interpretations, we ask for the help of the Holy Spirit to give us His interpretation. Only my own mind gives strength and power to the thoughts I am holding. We remind ourselves today, with each disturbing situation, **"Today belongs to love. Let me not fear."** (W.274)

We may wonder how is it possible to see innocence in our brothers, who seem to betray us, hurt us, make demands on us, or attack us? How can we see them with the eyes of Christ, which is to see their purity? Ultimately, we start by recognizing it is our own self-judgments that we lay on our brothers for their sins. Everything we project onto them originates in our own minds. Thus, to continue to hold judgments against anyone is to hurt ourselves. We only see in others our own self-judgment and self-attack. Love sees only innocence regardless of the behaviors exhibited, and when we see guilt, it is our own projected guilt. Yet, with each blessing we give a brother, instead of judgment, we take a step in the direction of truly seeing who he is and thus claiming our own sinlessness.

Why do we not know the truth about ourselves now? The truth is unknown because we have chained ourselves to our specialness. In other words, we are hostage to the ego rather than host to God. We are hostage to our obsessive thoughts. Specialness seems like a good thing in the world, but Jesus takes a different perspective on it. Specialness not only sets us apart, but it sets us above our brothers. It is winning at someone's expense. It is a thought system of "one or the other." This thought system is what established our separate identities by the belief we annihilated God. It is a thought system where the Son of God waged war against His Father. It is a thought system of win or lose. God had to lose for us to win our separate identity. Now we bring this thought system into every encounter and when we do, we put our own needs ahead of our brother's. It is all about bargaining to get our needs met.

None of this makes us guilty. Jesus says, all that has happened is we have failed to gain. **"Here is deception doubled, for the one who is deceived will not perceive that he has merely failed to gain."** (W.133.9.3) In other words, we want to keep the guilt and to suffer as a way to keep our separate identity and our specialness. This is what we think we gained in the separation from God. When we see we have just made a mistake and are willing to take responsibility by withdrawing all blame from our brother, we become willing to see our own mind as the cause of our experience. Now we can make a different choice. We can use every situation for healing. We can allow all things to be exactly as they are. By honoring our brothers, we see our equality with them, and with each joining with a brother, we heal the belief we are separate beings in competition with each other. With every opportunity we have to bring our misperceptions of our brother back to our own minds for healing, we reclaim the Oneness which is reflected in this world as sameness.

Our way to God is by extending love, blessings, and, yes, honor to our brothers. We give them the appreciation they deserve because of who they are in their creation. With love, there can be no fear. The choice for love casts out all fear. At the core of our identity, and the identity of all our brothers, is divine innocence, which is the love of a brother for a brother in recognition of our sameness and the recognition of our Friend. To love God is to love our brother. Thus, when we devote a day to God, we are devoting it to our brothers. When we give a day committed to forgiveness, which is a reflection of God's Love, we experience peace, joy, patience, gentleness, and contentment, which is our inheritance. Our self-absorption with our problems and with our uniqueness and specialness is what keeps us from extending love because our needs and issues are at the forefront of the mind. When we see that our brother's interests are the same as our own, we join the ranks of teachers of God.

Today, our goal is to make space for blessings to extend through us. Set your intention to give this day to God, and whenever fear thoughts come up, or any feelings of dismay, discouragement, or depression, allow them to be given over so that the Holy Spirit can pull the plug on them. Remind yourself that Love is your goal today and thus, "**Let me not fear.**" (W.274) Fear is a sign that we have chosen against the love we are. It is a sign we have turned to the ego as our teacher. Yet, what is wonderful is how easily we can choose to correct our mistake and return to love. It does not matter how long it takes as long as we are using time for its intended purpose for healing the mind. Ultimately, we start to experience so much joy that is not based on getting anything we think will satisfy us. We remember our purpose. We remember why we came here. And everything we previously thought was important starts to fall away.

Love and blessings, Sarah  
[huemmert@shaw.ca](mailto:huemmert@shaw.ca)

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