

## ACIM Edmonton - Sarah's Reflections



### LESSON 298 I love You, Father, and I love Your Son.

#### Sarah's Commentary:

This Lesson is about the pain and suffering we experience in our daily lives when the love we are is kept from awareness through the many distractions of our lives, which we choose as a way to defend against the love. The way we are restored to our reality is by allowing love back into our awareness, which can only be done by looking at how we currently block it. Now we can say and mean, **"I accept instead what God establishes as mine, sure that in that alone I will be saved."** (W.298.1.5) In order to do that, I need to **"go through fear to meet my Love."** (W.298.1.5) This is why, initially, it feels like things get worse as we journey through this Course. We will probably feel even more guilty because we are becoming more aware of the thoughts that were previously not seen even though they were always there.

This is a Lesson in gratitude. Just as we saw in Lessons 234, 239, and 292, respectively: **"We thank You, Father, that we cannot lose the memory of You and of Your Love."** (W.234.2.1) **"We thank you, Father, for the light that shines forever in us."** (W.239.2.1) **"We thank You, Father, for Your guarantee of only happy outcomes in the end."** (W.292.2.1) Only our interference brings anything other than happy outcomes. We interfere when we decide how things should be and plan and strategize accordingly, and thus we continue in the ego's loop of sin, guilt and fear. We interfere when we try to stay in control instead of being willing to surrender and allow the flow to be what it is. When we hold onto goals that lead us on more senseless journeys, mad careers, and artificial values, we interfere with the divine flow. We pursue goals that deliver nothing. This is so beautifully illustrated in the book I read some time ago called, *One Again* by Linda Jean McNabb. It is the story of her life—a story of undoing a past of abuse, alcoholism, and prostitution through forgiveness and trust. It is always so encouraging to read about those who have overcome so much trauma and experienced such profound healing.

Trust is the primary attribute of the Teacher of God as stated in the Manual for Teachers. We fear love because its acceptance puts an end to the ego's dominance and is a threat to our independent will. Why is gratitude such an important aspect of our restoration? **"Through your gratitude you come to know your brother, and one moment of real recognition makes everyone your brother because each of them is of your Father."** (T.4.VI.7.5) (ACIM OE T.4.VII.90) It is a moment of seeing our brother as ourself. We recognize we have been wrong, in our judgments and we are grateful. We are grateful to see that our brother is not as we have defined him, but as our Father tells us he is. In fact, we recognize we have been wrong about everything we have thought. In this recognition, we humbly welcome being taught.

We learn of the importance of a grateful heart and thankful mind as a foundation for remembering God's love. Jesus reminds us we need not remain **"deaf to all the hymns of gratitude the world is singing underneath the sounds of fear."** (W.293.2.2) What is essential to our happiness is to be open to the experience of God's Love, which surrounds us all the time. His Love for us has not wavered. He has given us the Holy Spirit as an inner Call—the light within us that is the Christ, the true Self. **"Today we offer thanks that Christ has come to search the world for what belongs to Him."** (W.160.9.1) What belongs to Him is the part of the mind that has never left God and calls to us to return to where we already are.

To love our Father is to love His Son. It is to love everyone with no exception. What this means is when the content of the mind is love, we see that same love in everyone. When we see "others" who we do not love, we are seeing parts of ourselves we reject. This offers us another forgiveness opportunity, which is to look at the aspects of the self we project on others. When we condemn them and blame them, we are reflecting our own self-condemnation and self-attack. We are accusing ourselves of what we see in our brothers and have denied in ourselves. Excluding anyone from love is not to know love. It is important that we look at all the hatred we project on others, recognize it is our own self-hatred, and then take full responsibility for it. All this self-hatred intrudes on our holy sight. **"All that intruded on my holy sight forgiveness takes away."** (W.298.1.3)

When any relationship brings up anger and hatred in us, our immediate tendency is to think that our reactions come about because of what the other person appears to be doing to us. We think that if they changed, we would not have to be upset. Jesus reminds us that this is not so. He reminds us, **"Beware of the temptation to perceive yourself unfairly treated."** (T.26.X.4.1) (ACIM OE T.26.VI.88) We are simply using the other person to make them responsible for the hateful thoughts that are in our wrong mind. We are called to use any difficult situation or relationship for healing our unhealed guilt. We can be grateful that our brothers have revealed to us what we cannot see otherwise. **"My gratitude permits my love to be accepted without fear."** (W.298.1.1) I can be truly grateful that my way of seeing has been wrong because now there is a way for me to heal my wrong-minded perspective. **"Now hear God speak to you, through Him Who is His Voice and yours as well, reminding you that it is not your will to hate and be a prisoner to fear, a slave to death, a little creature with a little life."** (T.30.II.3.3) (ACIM OE T.30.III.35)

We can't bypass our fearful thoughts with nice sounding spiritual platitudes. We must look at them. We are fearful of letting go of all that we have made including our constructs, beliefs, self-concepts, expectations, values, uniqueness, and specialness. We are afraid of what we will lose and, most important, we fear the loss of our individual self, so we put up defenses. Yet we are nearing **"the end of senseless journeys, mad careers and artificial values."** (W.298.1.4) Now we have become more willing to find another way that brings us the certainty, joy, and happiness we seek. If we think there is still something to strive for in this world, we have our feet in both camps—that of the ego and that of the Holy Spirit. In straddling two thought systems, we experience more and more conflict until our motivation for healing becomes the entire focus of our lives. It is not something that can be forced. Devotion to healing simply becomes a more appealing choice.

As we pray, **"Father, I come to You today, because I would not follow any way but Yours,"** (W.298.2.1) we are making a commitment and dedication that reflects our deep desire

for the end of suffering. We affirm, once again, we will not follow any way but His because His way is certain. And being forever grateful for God's holy gifts to us, we can be assured of a certain sanctuary where we are eternally safe. ***"You are beside me. Certain is Your way. And I am grateful for Your holy gifts of certain sanctuary, and escape from everything that would obscure my love for God my Father and His holy Son."*** (W.298.2.2-4)

When we express love and gratitude to our brothers, we are expressing it to God. When we offer our brother guilt, we do not experience the love of our Father. In other words, if I love God, it follows that I would be loving toward everyone else. If I don't love everyone else, I must be saying that I don't love God. I can't reach God and hate my brothers. If I say I want peace and attack my brother, I am taking a step away from it.

Our fear of being vulnerable with our brothers and joining with them is a fear of God. We fear being vulnerable because our perception of God is that of a big, powerful force outside of our own mind. We wonder what will happen if we open to the immense love we are? We fear the end of control. We fear annihilation. As we read in Chapter 13, **"You have built your whole insane belief system because you think you would be helpless in God's Presence, and you would save yourself from His Love because you think it would crush you into nothingness."** (T.13.III.4.1) (ACIM OE T.12.III.14) Be grateful that you are wrong.

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

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