

ACIM Edmonton - Sarah's Reflections



Lesson 346

**Today the peace of God envelops me,
And I forget all things except His Love.**

Sarah's Commentary:

What a great way to wake up with this reminder that the peace of God envelops us in each moment. All we must do to have this peace is to remember that miracles are always available to us and only depend on our willingness to bring the blocks to love for healing. Today, no matter what happens in our day, we choose to see it all for our good. We turn every misperception over to the Holy Spirit for His interpretation so we can see it all serves our healing. We can be a passerby today—not letting anything interfere with our peace, overlooking all that is false. ***"I do not seek the things of time, and so I will not look upon them."*** (W.346.1.3)

When we seek the things of time, we seek what we think will make us happy in the illusion. We seek to be right in our opinions and to affirm the beliefs we hold about ourselves and others. We believe our perceptions and argue for their correctness. With this, our focus is on the things of the world we think serve the body and the image we hold of ourselves. When we come to the realization that the things we pursue in the world don't bring peace but more suffering, they drop away. Our interest in the things of time increasingly diminishes until our entire focus is on the truth.

To abide in the peace of God is a decision we make today. We have been given everything. Nothing is lacking. We can't be alone. We can only be unaware of the peace and love that surround us in every moment. Today, we let go of the temptation to engage in arguments, dismiss thoughts of worry and feelings of anxiety, and stay vigilant for God and His Kingdom. Each time something comes up to disturb our peace, we take the time to step back and rest the mind, accept what we see, and trust that all is as it needs to be. (Rest, Accept, and Trust) ***"And [in that process] I would find the peace which You created for Your Son, forgetting all the foolish toys I made as I behold Your glory and my own."*** (W.346.1.7) The foolish toys we made are simply our ideas of what we think we need to be happy. They are the sharp-edged children's toys of sin and guilt that are called toys because we still are attached to them and don't completely understand that they bring nothing but more suffering and loss. As our holy minds are occupied by these trivial goals, our inherent glory is obscured.

At any time throughout the day, we can "begin again," just as Jesus tells us in Chapter 30 **"Rules for Decision."** He acknowledges that it is much easier to start the day right in the first place, but we can still accept the Correction anywhere along the way when we get off track. Our true desire is for peace, but this desire can be so quickly replaced by our perceived needs, desires, and temptations. We are tempted to throw away peace in the face of perceived difficulties. When we decide that our purpose for the day is only peace, everything becomes a perfect opportunity to learn it. Nothing is wrong. Everything is perfectly orchestrated for our good as we come to realize that all things work together for good no matter what it looks like. It is not the way the ego sees it.

With the ego, the day unfolds and then we decide whether we liked what happened whereas with the Holy Spirit we set the goal at the beginning of the day and then everything that happens is seen to be for our highest good. It is all a witness to our state of mind.

“In any situation in which you are uncertain, the first thing to consider, very simply, is "What do I want to come of this? What is it *for*?" The clarification of the goal belongs at the beginning, for it is this which will determine the outcome. In the ego's procedure this is reversed. The situation becomes the determiner of the outcome, which can be anything. The reason for this disorganized approach is evident. The ego does not know what it wants to come of the situation. It is aware of what it does not want, but only that. It has no positive goal at all.” (T.17.VI.2)

When we make it about our specialness instead, we forget who we are, and we lose awareness of His Ever-present Love. When everything in the day is used for forgiveness, the world takes on a new purpose and everything is helpful for awakening. It becomes a perfect classroom, with optimum karmic opportunity in every situation. I love how Eckhart Tolle puts it when he encourages us to accept whatever the present moment contains as if we had chosen it as this perspective will miraculously transform our lives. There is no reason not to be a happy learner when everything that has been chosen is used for forgiveness.

"The new beginning now becomes the focus of the curriculum. The goal is clear, but now you need specific methods for attaining it. The speed by which it can be reached depends on this one thing alone; your willingness to practice every step. Each one will help a little, every time it is attempted. And together will these steps lead you from dreams of judgment to forgiving dreams and out of pain and fear. They are not new to you, but they are more ideas than rules of thought to you as yet. So now we need to practice them awhile, until they are the rules by which you live. We seek to make them habits now, so you will have them ready for whatever need." (T.30.IN.1.1-8) (ACIM OE T.30.I.1)

We forget God's love every time we judge and project guilt on others. When we see the world as just a place to satisfy our needs for specialness and use others for that purpose, we forget God's love for us. But now we choose to use every situation as an opportunity for undoing the ego thought system. It is a question of purpose. Why am I here? Is it to focus on finding my way back to my Self or is it to satisfy every desire? Today, we practice the holy instant to help us remember that there is another way of looking at the world.

Everything starts with what we truly want. It is all about our desire. **"Your practice must therefore rest upon your willingness to let all littleness go. The instant in which magnitude dawns upon you is but as far away as your desire for it. As long as you desire it not and cherish littleness instead, by so much is it far from you. By so much as you want it will you bring it nearer. Think not that you can find salvation in your own way and have it. Give over every plan you have made for your salvation in exchange for God's. His will content you, and nothing else can bring you peace. For peace is of God, and no one beside him "** (T.15.IV.2.1-8) (ACIM OE T.15.V.36)

Christmas can serve as a great backdrop for looking at our conditioned responses. I find that over the years things have shifted for me around this event. I no longer spend a lot of time on decorating my home, buying gifts, baking up a storm, attending events, or shopping. Again, there is nothing wrong with any of these activities. In fact, they can serve as a great backdrop for watching whatever is coming up in the mind. We are not asked to stop engaging in any activity only to

continue to focus on our purpose. For me certain activities around Christmas were no longer compelling and just dropped away.

Purpose is everything, so we are reminded to ask in everything, "What is it for?" "Will this bind me more deeply to the illusion or will it serve to bring me closer to truth?" It is not what we do but with whom we do it—the Holy Spirit or the ego? In everything we do, it is important to ask, "Am I aligned with Love or with fear in this moment?" It takes a lot of vigilance to stay focused on watching the mind.

This does not mean we don't attend to what is to be done, but whatever we do we focus on coming from a place of peace. **"This quiet center, in which you do nothing, will remain with you, giving you rest in the midst of every busy doing on which you are sent."** (T.18.VII.8.3) (ACIM OE T.18.VIII.70) It is not at all what we do, but with what mindset we do it. Is the guidance coming from the ego or the Holy Spirit? We do not have to withdraw from any activity, whether it is going to movies, watching TV, participating in sports, or any other kind of entertainment; but we ask ourselves, what is the activity used for? What does matter throughout the day is that we remember to smile gently at the silliness of the ego and take ourselves lightly.

"And when the evening comes today, we will remember nothing but the peace of God. For we will learn today what peace is ours, when we forget all things except God's Love." (W.346.2.1-2)

This is when we step outside the dream and recognize we are the dreamer. Everything is orchestrated by our own minds, and we receive everything we have asked for.

"Everyone will receive what he requests. But he can be confused indeed about the things he wants; the state he would attain." (W.339.1.5-6)

The holy instant is a moment outside of time. It is where peace awaits us. Thus, we accept everything in our day as another opportunity to learn that we are here to be released from fear and to remember the love we are. The means are given us that this may be accomplished as we are reminded once again, **"Today the peace of God envelops me, and I forget all things except His Love."** (W.346) That is the experience of the holy instant, where the activities of the day move into the background, and the focus becomes one of recognizing that our reality is outside of time and space.

Love and blessings, Sarah
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