



LESSON 44
God is the Light in which I see.

Sarah's Commentary:

We are getting in touch here with real seeing called vision. Vision comes from right-minded thought and has nothing to do with the external world. Jesus is talking about spiritual sight and not what we call seeing. Rather, it is about connecting to the light within. In other words, it is to connect with the right mind where God's love is reflected in us by the presence of the Holy Spirit a symbol of His love. It is an inner seeing. **"You are a mirror of truth, in which God Himself shines in perfect light."** (T.4.IV.9.1) (ACIM OE T.4.V.65) What this means is, it is not something we have to seek. What we are doing in our practice, with this and every other Lesson, is attempting to reach the light within us. God is the Source of our seeing. If we truly want to connect with this inner light and with vision, we must make contact with our Source, because it is His light that makes our seeing possible. We don't make this light. It is not something that comes from without nor is it part of our separated self. This kind of seeing has nothing to do with **"the equipment for seeing,"** (W.44.2.2) which relates to our sensory organs.

What we now think of as light is not light at all, and what we currently think of as seeing is not seeing at all. This seems like an affront to everything we currently believe about our lives and the world. We do believe we think, see, and perceive correctly because we are the ones who made it all up, and we want to be right about what we made. We see it, so we believe it is real. Again, the light we are trying to reach is not physical. It is our spiritual light. It is the light we see when we are illuminated by spiritual sight. **"In order to see, you must recognize that light is within, not without."** (W.44.2.1) To reach that light is of **"inestimable value"** to us. (W.44.8.1) If we want to find God, we must let go of our identification with the darkness, symbolized by the ego thought system. The way to reach the light, which is just a symbol of the thought system of the Holy Spirit, is to go past our thoughts to the light within.

We are still at the beginning of our mind training. As such, Jesus recognizes the difficulty we will have with the form of this exercise today. It is hard for us to remember God throughout the day. It is difficult for us since we are still not sufficiently motivated because of our resistance to the truth. We are very much attached to our own judgments, opinions, and values. Our minds are, as yet, undisciplined, and our motivation shaky, but with each Lesson that we apply as outlined, we are developing the discipline required to stay vigilant. When we bring our thoughts to the light, they are reinterpreted by the Holy Spirit. Jesus recognizes our resistance and is patient and gentle with us. He knows we have over-learned the lessons given by the ego. He knows our minds are conditioned by past learning and our addiction to the ego is strong. He knows we will forget to do the lesson as prescribed throughout the day but he does not want this to induce more guilt in us. It is helpful for us to see how much we do forget as long as we just observe ourselves without judgment rather than beat up on ourselves.

It is helpful for us to recognize why we have so much resistance. We say we want peace and joy in our lives. We say we want to know our own innocence. We say we want a deeper connection to our Source, yet we resist the practice of undoing the blocks. Why? Jesus says, **"The reason is very simple. While you practice in this way, you leave behind everything that you now believe, and all the thoughts that you have made up. Properly speaking, this is the release from hell. Yet perceived through the ego's eyes, it is loss of identity and a descent into hell."** (W.44.5.3-6) We are clearly attached to the self we think we are, so we protect and defend our individual identity. Think about how you defend what you think and what you believe and how difficult it is to change your mind. We love our own thoughts and opinions. They seem to define who we think we are. While Jesus tells us that his teaching is our release from the hell we have made, loss of our identity is a threat to us. The self-concept we have established and defend so vigorously is the identity we think of as ourselves. If we allow this teaching to take hold, the image of who we think we are would start to crumble, and to the ego, this would be **"a descent into hell."** (W.44.5.6) We still don't recognize that the guilt currently in our minds is, in fact, the experience of hell.

Jesus reminds us, **". . . its opposition and its fears are meaningless."** (W.44.6.1) He speaks to the fear in us which comes from the belief we can't do this, and to our resistance, which is that we don't really want to do it. He helps us see that if we can **"stand aside from the ego by ever so little,"** (W.44.6.1) we will see these fears are meaningless. To do so is to be the watcher from above the battleground, and from this place, we can actually smile at the silliness of the ego thoughts we hold, even in the grimmest of situations.

I remember so clearly when my husband died, and I was alone, feeling the grief of my loss. Then for a moment came the question from within, "How much longer do you need to cry?" The question was very gentle and supportive and not at all demanding. In that moment, I realized that in answering the question I was speaking to the thought of grief in my mind, and thus stepping aside from it for an instant. The idea seemed strange, yet funny in a way, as I searched for an answer to that question. The answer that came to me was that I needed another ten minutes to weep. The whole thing seemed so absurd that I could no longer carry on with the weeping. Instead, I burst into gentle laughter at the whole scenario of myself as the character in the dream 'I' was witnessing. The witness is the awareness behind the character. To me, this was an example of standing aside from the ego and looking at myself through the gentle eyes of Jesus. To look from that vantage point is to look with the light of truth beside us. This light brings no judgment. Space was thus made for the miracle to shine forth. The grief dissolved completely in that moment of laughter. I had put away what Jesus calls these **"sharp edged children's toys."** (W.P.II.Q4.5.2)

We choose to do these Lessons because we are motivated to escape from the guilt and pain of our lives. The drama no longer interests us. We are no longer indulging the ego. **"Salvation is your happiest accomplishment. It is also the only one that has any meaning, because it is the only one that has any real use to you at all."** (W.44.8.2-3) We are realizing we no longer want the suffering in our lives. **"The Son of God may play he has become a body, prey to evil and to guilt, with but a little life that ends in death. But all the while his Father shines on him, and loves him with an everlasting Love which his pretenses cannot change at all."** (W.P.II.Q4.4.3-4)

I love his encouragement in this Lesson, that we are attempting something very holy here as we sink into our minds, recognizing if we don't stop them, our minds are just taking their natural course. We are trying to slip by the thoughts of this world and enter into this place of light, into this place of limitlessness, and into the home of holiness. He recognizes this is still difficult for us and urges us to be determined and not forget the Lesson throughout the day. When we have had

even the slightest experience of the peace and joy that comes from being lifted out of the body and the world, we will want more of this experience. Our egoic thoughts bring stress and suffering and keep us from peace. He is showing us the way out of this hell right now. We need not wait for some future time as there is no future time. Healing is only available in the present moment.

This teaching is still foreign to us and we may feel awkward and yes, even fearful. To the extent this teaching has reached us, there will be fear because we are recognizing we leave behind everything we now hold as true. But we also leave behind all the suffering and that is such a gift.

Love and blessings, Sarah
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