

ACIM Edmonton - Sarah's Reflections



LESSON 41 God goes with me wherever I go.

Sarah's Commentary:

Yesterday's Lesson was a beautiful reminder. The truth is in our minds. Jesus was telling us we can't go anywhere God doesn't go. He is with us, a part of us wherever we are and wherever we go, because He is in our minds. Another way to say this is we are in Him. All of our problems, all worry, anxiety, sense of helplessness, the deepest misery, loneliness, abandonment, depression, intense fear of loss, and all difficulties we experience come from the belief in separation and the guilt from our unloving thoughts. We spend our lives trying to overcome these problems by things we do in the world, yet Jesus is showing us this will never work. There is nothing we can do to alleviate our problems, no matter how hard we try nor how determined we are. When we solve one problem, the next one shows up soon after and so on. Oh yes, the "cures" may alleviate symptoms, but they will never solve the problems because the only real problem is the belief in separation. In fact, the self-attacking thoughts in our minds are the cause of all of the distress we experience. The only place to address our problems is in our minds. The only thing we need to recognize is God has never left us. The only "cure" is to see the problems we think we have are not real. The only cure is to reconnect to our Source. Problems of any kind are just the effects of our thoughts, and thoughts can be changed.

In the world, we seem to have many "cures" we apply to try to fix our own problems or those we see around us. We spend a lot of time trying to "figure it all out," but Jesus tells us none of these problems are real. They are just effects of our thinking, which arose when we thought we had separated from God. There is nothing to figure out. Yes, symptoms of the problems can be alleviated, but the source of our problems continues in our minds. The answer is in looking at our thoughts and releasing them through forgiveness. Only then will we know the peace and joy always available to us in our creation. When problems seem to arise in our experience, we are given an opportunity to look at our reactions to them and turn to the Holy Spirit for his help to reinterpret our thoughts about them. We are reminded over and over it takes great honesty to acknowledge our thoughts and take responsibility for them.

Of course, there is no question about the pain our perceived problems create in our experience and that of others. It is not about dismissing our distress as just illusionary since there are often drastic consequences in the dream. Our teacher acknowledges these problems take many serious and tragic forms, yet despite this acknowledgment, he refers to the whole drama as nothing but foolishness. He calls them sharp-edged children's toys. Having said that, he clearly says, "**We understand that you do not believe all of this.**" (W.41.5.1) And we don't, do we? It does not matter if we do not believe it. We are in the beginning phases of our work with the Course, and we can just continue to do the practice. This is about faith. This is about acknowledging deep within us everything is perfect. But that perfection is hidden from us by our insane thoughts. These insane thoughts produce the world we see.

"Deep within you is everything that is perfect, ready to radiate through you and out into the world. It will cure all sorrow and pain and fear and loss because it will heal the mind that thought these things were real, and suffered out of its allegiance to them." (W.41.3.1-2) We carry the real cure for our disease deep within us. This cure heals not by overcoming the "illness", but by healing our belief in the reality of the illness. God is always with us. How could we ever, in any way, be separate from the Infinite? How could we ever be apart from All That Is? The very idea is insane and impossible.

Isn't it reassuring to know this perfection of who we are has never left us, will never leave us and is part of us wherever we go? It is the light we are. It is the source of all joy. It can't be destroyed, no matter how evil,

flawed, or depressed we believe we are. Deep within, everything is perfect. That is where the cure to our problems lies. Deep within! We can't find it anywhere else. There is no other cure we can invent. That is why he tells us we **"can indeed afford to laugh at fear thoughts."** (W.10.1) We have forgotten to laugh at the foolishness of our dramas. This gentle laugh reminds us of the truth of who we are. Only from outside of the dream, above the battleground can we experience this drama as untrue. There is a light in us residing in our right minds that holds our radiance, and when we make space for it by releasing our blocks, a whole new world will emerge before us. We will see with Christ's vision. Holding onto our dramas simply keeps us in the story. Nothing can change until we let the story go.

We take our Self, God, our light, our joy, and our innocence wherever we go because our Mighty Companions are always with us. Let this thought offer you assurance today that you are never alone. Take the longer practice period to go past the heavy dark clouds of your insane thoughts to reach this still, quiet place in you that is always there. This is the first meditation in the Course. Jesus is teaching us a form of Course-based meditation that starts by repeating the thought for the day, quieting the mind, turning inward deep within our minds, and sinking down and inward away from the thoughts of the world.

The Lesson really asks us to **"Think about what you are saying; What the words mean,"** (W.41.9.2) Remember who walks with you. His is the **"unfailing companionship that is yours."** (W.41.9.3) His total commitment to us and His total protection of us is always there. Be comforted by the thought that you are never alone. I know how much I rely on this. We truly can rest today in the knowledge of His presence. Can you just let yourself take that into yourself and know you don't have to wish for anything to be different? We won't find any answers "out there," no matter how hard we try. To look for them "out there" is to be in a state of continual frustration. There is no perfect job, perfect relationship, or anything that will fix us or fulfill us in a world of impermanence and change. There is no permanence on the level of form. But there is perfect protection for us in our faith in Him.

"Be quiet in your faith in Him Who loves you, and would lead you out of insanity. Madness may be your choice, but not your reality. Never forget the Love of God, Who has remembered you. For it is quite impossible that He could ever let His Son drop from the loving Mind wherein he was created, and where his abode was fixed in perfect peace forever."
(T.14.III.15.5-8)(ACIM OE T.13.VIII. 79)

Love and blessings, Sarah

huemmert@telus.net

Published in DAILY LESSON MAILING by <http://www.jcim.net>

JOIN MAILING LIST HERE: <http://bitly.com/CIMSMailingList-Signup>