

## ACIM Edmonton - Sarah's Reflections



### LESSON 45 God is the Mind with which I think.

#### Sarah's Commentary:

Beneath what we think we think are our real thoughts. Our only real thoughts are those we think with God. What goes on in our day-to-day thinking diminishes the quality of our lives and relationships and limits our joy, success and happiness because these are thoughts based on sin, guilt and fear, which translate as past, present and future. We believe we did something wrong in the past, hold guilt in the present and now fear punishment in the future. These thoughts are the cause of our unhappiness because we are holding onto painful memories and unhealed conflicts from the past or we are consumed with concerns, plans, and worries regarding the future. Our mind is cluttered with all kinds of senseless thoughts and mad ideas. They are about beliefs we hold, judgments we have, grievances, plans, fantasies, hopes, dreams, memories, interpretations, opinions, viewpoints, reactions, emotions, all conditioned by the past and attributed to our upbringing, culture, and family background, but all based on our belief in sin.

This belief in sin is based on the ego's myth accepted into the mind, which is the unconscious belief we have left God, destroyed our home in Heaven, gone off on our own, and now we will be punished. We mostly aren't aware of all these thoughts, which translate into a constant feeling of unworthiness. However, we can't heal anything we don't bring to awareness. This is where mind watching becomes so important. Paying attention to our thoughts is the only way healing can happen. Otherwise, they keep running in the background and keep us invested in the world. The essence of forgiveness is to bring our untrue thoughts to what is real in us, which is God's Love in our right minds. We are essentially being asked to expose our thoughts and see them as having no reality. Jesus says, **"There is no relationship between what is real and what you think is real."** (W.45.1.3) What we think is real is our thoughts about the world, our relationships, how we define who people are, and our difficulties, but all of this is part of the dream. It is all illusion. If I think someone in my life has hurt me, I am not seeing correctly. To see as God sees is to see this one is His Son who has forgotten who he is, just as I have. He is a brother calling for understanding and love, just as I am. Thus, my responsibility is to bring my judgments of my brother for healing, so I can know myself by seeing my brother as God sees him. This is what forgiveness is.

Yes, it can be challenging. This morning I felt attacked when my partner reacted very negatively to a reminder of what he had to accomplish today. In my mind it was a gentle reminder, but it elicited a very angry response from him. The first thought I had was how unfairly I was being treated by him. But as I went into the silence, I realized that under my seemingly kind and helpful remarks was an underlying judgment. It seemed very subtle, but it was clear that if I was getting such an angry response, something in me needed to be looked at. To exhumate our judgments takes great self honesty as they can be deeply hidden in the mind. The reaction of my brother was my invitation to look more deeply. Initially we may resist, decrying our own innocence yet we can't heal what we keep hidden from ourselves.

Jesus is reminding us we are still one with God because **"thoughts do not leave their source,"** (W.45.2.5) and we are a thought in the Mind of God. What that means is we have never left God's Mind. In other words, the separation never happened. We are still with God, dreaming of exile in this body and this world. **"Therefore, your thoughts are in the Mind of God, as you are."** (W.45.2.6) We think we have separated from God, yet His thoughts can still be reflected here in this world because His thoughts are still in our minds **"A blindfold can indeed obscure your sight, but cannot make the way itself grow dark. And He Who travels with you has the light."** (T.31.II.11.8-9)(ACIM OE T.31.II.25) In order to connect to the real thoughts in our minds, our job is to become aware of our dark thoughts, and bring them to the light. These are fearful thoughts, thoughts of self-hatred and unworthiness, grievances and anger, but they do not reflect who we are. They are not our true thoughts.

Even though we believe we have left God, the reflection of His Love is still available to us in this dream. While we believe we are here in this world, the truth is we have never left the Mind of God. **"Therefore, your thoughts are in the Mind of God, as you are. They are in your mind as well, where He is."** (W.45.2.6-7) But the world is not real. It is a projection of the guilt in our minds, so now it seems ideas in the Mind of God have left their Source. Now we seem to be separate from God in a world of separate parts. **"Each one peoples his world with figures from his individual past, and it is because of this that private worlds differ. Yet the figures that he sees were never real, for they are made up only of his reactions to his brothers, and do not include their reactions to him. Therefore, he does not see he made them, and that they are not whole. For these figures have no witnesses, being perceived in one separate mind only."** (T.13.V.2.1-4)(ACIM OE T.12.V.34) **"It is through these strange and shadowy figures that the insane relate to their insane world."** (T.13.V.3.1)(ACIM OE T.12.V.35)

Our thoughts are fear-based, frantic, anxious, changeable, senseless, obsessive, and clutter up our minds. They are what keep us from the awareness that we are indeed in constant communication with our Source, One with God. The thoughts we are thinking are therefore unworthy of who we are as God's Son. They keep us from awareness of our holiness. Jesus tells us to reach our real thoughts is an exercise in holiness. It may seem challenging right now to reach the truth of who we are as an idea in the mind of God. Changeless foundation is already part of us, in us, and can be readily reached with willingness, practice, effort and confidence.

Why should we be so confident? Jesus gives us the following reasons. 1) **"What God would have us do is what we want to do."** 2) **"We cannot fail in doing what He would have us do."** 3) **"There is every reason to feel confident that we will succeed today."** 4) **"It is the Will of God."** (W.45.5.1-4) If God Wills it and we want it, what can stop us? What can stop us is the thought we aren't very good at this, aren't worth the effort and won't succeed. Further, we also drag our feet because of our fear and resistance of waking up from this dream. On the other hand, we are doing these Lessons because part of us wants to learn what Jesus is teaching us on behalf of our own peace and happiness. When we acknowledge how miserable we really are, we will be highly motivated to do these Lessons. We are still One with God and have not left His Mind. We have just become unaware of our reality. As we apply these Lessons to our lives, we experience more of the constancy, harmony, peace, benevolence, and stability of our true Self.

In the Lesson yesterday, we were told we don't see, and now we are told we don't think. We must begin to recognize, however dimly, we are totally delusional. There is not much to hold onto in the world! We have been told our eyes don't see, our minds don't think, and our entire experience in the world is one of hallucination! It is all insanity. None of it is real, yet to us it is the known, so we have made an adjustment to it all. As you go through the undoing of the thought system of the ego, it is not unusual to experience some disorientation. Jesus is constantly reminding us our current state does not bring us the happiness and peace we seek.

What are these thoughts we think with God? Jesus tells us, **"The Thought God holds of you is like a star, unchangeable in an eternal sky."** (T.30.III.8.4)(ACIM OE T.30.IV.45) This is the thought we also share with God about our reality, and in this thought we think with God, we will know **"the truth in you remains as radiant as a star, as pure as light, as innocent as love itself."** (T.31.VI.7.4)(ACIM OE T.31.VI.67) This is the Atonement Principle, which is our assurance we have not changed ourselves. We are still the radiant, eternal, innocent, and pristine Son of God. We can only block the awareness of this truth from our experience, which is exactly what we have done.

While we yearn for the peace of God, we still have a lot of fear and resistance about what will happen to who we think we are. Clearly, we all want to escape from the frantic thoughts that occupy our minds and our experiences, but we don't want to let go of our separate identity, which is defined by the thoughts we hold. Thus, we want to alleviate our suffering, but still keep our self-concept. We can recognize this tension, and remember that no one will be hurled into Heaven, so there is no need for fear. We can go as slowly or quickly as our fear will allow. We are in charge of this process. The power is in our own minds to choose.

The practice today is all about making space for our real thoughts. They are still in our right minds. God has not changed His Mind about His Son, even if we have forgotten who we are. By doing our practice daily in watching our thoughts and bringing them to the light of Truth within, we are taking steps toward increased peace and joy. A sure sign we are listening to the ego is when we are not at peace. When this is the case, we can decide, **"Perhaps there is another way to look at this. What can I lose by asking?"**

(T.30.I.12.3-4)(ACIM OE T.30.II.26) There is always an answer within when we turn to the Holy Spirit. The answer is always some form of peace.

Once more, as we did yesterday, we practice the quiet sinking down, going past all the unreal thoughts that cover the truth in our minds, and reaching to the eternal within us. This is a holy endeavor and one we should take very seriously, although not somberly for it is a joyous experience. Within me there is a place that never changes, a place always at peace, always brilliant with love's shining glow. And today, O God, yes today, I want to find that place! Today I want to touch that solid foundation at the core of my Being and know its stability. Today I want to find my Self.

My experience with this meditation has had profound results. I see my thoughts as dark dense clouds. As a thought stops me, I remind myself I want to let it go. With each thought that comes up, I stay detached. I try not to engage with it. If I get off track, I remind myself my mind can hold only what I think with God. After a while, a peace descends, which is like a beautiful, gentle, warm, and welcoming light. When another thought draws me back into the world, I remind myself I don't want it, and so I can let it go. I express gratitude for the peace and that I can return to it with His help. I feel the power of the support that is available every step of the way. Jesus says, if it helps us, we could ask to take his hand on this journey through the obscuring clouds. I find it does help me to let all the problems go. I choose to disconnect myself from the worries and concerns of the day. Let us take the time necessary today for this work. We are worth it.

Repeat the idea as you close your eyes, adding 4-5 related thoughts (remember the instruction in letting related thoughts come that you received in Lessons 42 and 43). Repeat the idea again and say: ***"My real thoughts are in my mind. I would like to find them."*** (W.45.6.4)

If it feels good, express gratitude in whatever way is meaningful to you. God's Thoughts are with you and He has never left you. He shares His mind with you, shares His thoughts of your loveliness and innocence, knows you are a spotless mind never apart from Him.

Love and blessings, Sarah

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