



## LESSON 142 Review IV Lessons 123 and Lessons 124

### Sarah's Commentary:

When coming to a review, some have a harder time staying with the Lessons because there is no commentary provided. We just have two lines for each Lesson, introduced by the statement: "**My mind holds only what I think with God.**" On the other hand, it can be a time of deeper reflection, with only a few words that point to the truth. In our time of contemplation and extended silence, we can experience a profound communion with God.

This is part of the preparation for the second part of the Course, where we will no longer have the detailed instructions for the practice, but instead, it is a time of listening, communion, prayer, and really opening our hearts to experience joy. There is no longer any prescribed amount of time given for the practice. We are continuing to learn how we can apply the Lessons and this teaching to our lives with regard to the situations, people, and circumstances that we encounter. It is all about watching our minds and letting go of interfering, unforgiving thoughts.

Our distracted monkey-minds, full of random thoughts, seem not to be easily brought to stillness. We need a lot of mind training, staying very vigilant with regard to our thoughts. The theme we are given for this practice is, "**My mind holds only what I think with God.**"

It is not a thought to be practiced as a mantra. We are not being asked to force our minds to drive out opposing thoughts; we need to bring consistent awareness to our thoughts and recognize that they come from the false self and have no reality. The only real thoughts are those we think with God. While they are referred to as thoughts, in my understanding, they are more of a state of love, of peace, and of a deep connection with Source. All our other thoughts, except those we think with God, mean that we are not really thinking at all. Jesus says that when we think we are thinking thoughts other than those we think with God, our minds are actually blank. Our own thoughts are just noise in the mind, keeping us feeling anxious, angry, fearful, frustrated, and distracted. These are all basically hallucinations of the egoic mind, which increase our guilt and fear.

We recognize some thoughts as attacking and judgmental, while we deceive ourselves about our intentions with the thoughts we believe are good, nice, kind, and helpful. We may see them as well intended, but they may actually cover over the deep fear in the deceived mind. Therefore, they can be characterized as unforgiving in that they block our remembrance of our Oneness with God. While our thoughts keep the Voice for God at bay, they nevertheless do not change our reality any more than the sticks the child throws in the ocean change the ocean. We are still as God created us. We are still innocent and whole.

A common theme among almost everyone I know, and I include myself in that, is how very busy we are in our lives. A high level of activity seems much more acceptable in our world than to affirm the value of quiet and rest. As a friend of mine often says after we have spent time in some activity, "It was a wonderful way to kill some time." The ego makes judgments about quietness as boring

or as an unproductive use of time. As David Hawkins says, the ego needs constant experience. It keeps us distracted with activity and "to-do lists" that make us feel that we are important. Consider giving up your "to-do list" for a day and watch what happens. What we think needs our attention may not need it at all.

Jesus says that we need to stay busy because of our fear of redemption. **"Under the ego's dark foundation is the memory of God, and it is of this that you are really afraid."** (T.13.III.2.1) (ACIM OE T.12.III.11) The ego throws in all kinds of tricks and games to distract us from the pain we hold in our minds; these tricks and games are the offerings that distract us from recognizing our deep desire for God. While the mind weeps, we throw money, sex, status, work, and fame at it. We give it anything that will keep it preoccupied with the things of the world. It has actually made us believe that we have lost our beautiful divine nature. **"How long, O Son of God, will you maintain the game of sin? Shall we not put away these sharp-edged children's toys? How soon will you be ready to come home? Perhaps today? There is no sin. Creation is unchanged. Would you still hold return to Heaven back? How long, O holy Son of God, how long?"** (W.PII.Q4.What is Sin.5.1-8) This is a very poignant question. These questions are there not to increase our guilt but to have us look more deeply at our purpose as to what we really want from this life. **"Our emphasis is not on giving up the world, but on exchanging it for what is far more satisfying, filled with joy, and capable of offering you peace."** (W.129.1.3)

I have a friend who recently inherited a huge sum of money but could not even think about letting go of the crazy work-life that consumes him. How would it feel simply to experience your life as a quiet, peaceful existence? For some, this can be exceedingly threatening. **"In peace he needed nothing and asked for nothing. In war he demanded everything and found nothing."** (T.13.III.11.1-2) (ACIM OE T.12.III.21) Yet how do we empty our minds of all the distracting thoughts if we never stop to take a look at what is driving us? Isn't this what the ego wants? It is happy to see us just keep going and going, like the energizer bunny, so we don't notice that its purpose is its own existence and not our happiness.

Today, let's take the time to express our gratitude to our Father for His gifts to us and to remember that we are one with Him. We are asked today to receive His gratitude. **"And as you give your mind to the ideas for the day again before you sleep, His gratitude surrounds you in the peace wherein He wills you be forever, and are learning now to claim again as your inheritance."** (W.RIV.IN.10.2) (ACIM OE RIV.12) The self that we made can offer us nothing of value, nothing eternal, and nothing that can deliver anything but pain. Only love is eternal and that is my Father's gift to me. That is why I feel this deep gratitude in being told that this world is not my reality and that I am eternally loved and blessed. I remind myself of who I really am as a divine being. When truth dawns on my mind, even briefly, the light in me shines forth and blesses everyone in my life in ways I cannot even fathom. I am not personally responsible for anyone. I give them over for His care.

We must allow all interferences to be released as they show up. He urges us, **"Do not hide suffering from His sight, but bring it gladly to Him. Lay before His eternal sanity all your hurt, and let Him heal you. Do not leave any spot of pain hidden from His light, and search your mind carefully for any thoughts you may fear to uncover. For He will heal every little thought you have kept to hurt you and cleanse it of its littleness, restoring it to the magnitude of God."** (T.13.III.7.3-6) (ACIM OE T.12.III.17) Today, I will release all meaningless anxieties and will not doubt His protection and care for me. **"As we deny our separation from our Father, it is healed along with us."** (W.124.7.7)

Remember, we are already awake in God. When we accept the perfection of the orchestration of our lives, we see that nothing is wrong with what is happening. It is all for our awakening. Any frustration we feel is a demand or expectation that something be different than it is right now. Yet everything is perfect for our highest good, in this moment. If God could reach out and lay His Hands on us and zap us into seeing our own Divinity, He would be making us a victim, showing us there is a power outside of our own minds that could bring us something we don't already have. This would mean God made us a captive rather than a free soul, capable of making our own choices and decisions. To choose is our one remaining freedom in this world. Right now, aspects of the dream are still attractive to us, even if they bring pain. We have been given the freedom to choose those aspects until we see that we don't want them any longer.

We are God's Child, and as such, we can do whatever we choose. We came here to experience, and that is what we will do until we find that it no longer serves our deeper need. As long as we still believe that there is pleasure to be found here, we will pursue it. Until we realize that when we reach for what we think will bring us pleasure, we are actually reaching for more pain, we will not be completely motivated to give it up. Whatever specialness still attracts us can be used by the Holy Spirit. and so, we need not avoid the attraction it has for us.

On this journey that we take to God, we still have desires for things in this world. We still want our independence, our individuality, and our special unique selves. We still fear our surrender to God and what it might entail. We are now learning to turn those desires over for a deeper desire---our desire for awakening to the truth of who we are. Father, help me to remember today what I truly want. Thank you for giving me the Holy Spirit in this dream. Thank you for my Brother Jesus, who has shown me the way and stays with me to help me in the undoing of this dream. Thank you for reminding me that only what is of God has power, and what is not of Him has no power to do anything.

There is a gift in each painful situation that we seem to experience. It is up to us as to when we will choose to receive this gift. The gift is the miracle. When we feel that we have lost our connection with love, or when we have any negative feelings, we can ask for help, recognizing we have chosen with the ego. Now we have another choice that we could make. We could call on the Holy Spirit to help us look at our difficulties with compassion for ourselves. There is no need for guilt. He reminds us that we have not sinned. We can now look at our painful feelings with His Love beside us, reminding us who we are. He tells us nothing of importance has happened. It is just a momentary dream. We are still God's creation. Having negative feelings does not change who we are.

Jesus tells us that if we are still asking: "What am I, what is the meaning of life, and what is my purpose here?" we are actually demonstrating our refusal to accept the truth in our right minds. The answer is given. It is just a question of its acceptance. Let us stay focused today on our goal. The means have been given us to reach it. This Course is not about rote learning but a deep willingness for communion with God and our openness to hear His message of love and completion, which is given here. We change the nature of our day entirely when we change the nature of our thoughts and allow our mind to hold only what we think with God. When we do, everyone we meet and every situation we encounter brings a message of His Love for us. Let us remember to be grateful throughout the day and as the evening comes.

Love and blessings, Sarah  
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