

## ACIM Edmonton - Sarah's Reflections



### LESSON 175 Review V ~ Lesson 159 and Lesson 160

#### Sarah's Commentary:

**[159] I give the miracles I have received.**

**[160] I am at home. Fear is the stranger here.**

Let's look again at the plea by Jesus in the Review where he says, "**Help me now to lead you back to where the journey was begun, to make another choice with me.**" (W.RV.7.5) He is there to comfort and support us every step of the way. All he asks is for our willingness on behalf of our own well-being. It is not that he wants something *from* us, but something *for* us. He has already made the journey we now make and understands our tribulations, even though he knows that they have no meaning. "**Yet a savior must remain with those he teaches, seeing what they see, but still retaining in his mind the way that led him out, and now will lead you out with him.**" (W.RV.6.5)

What a comfort it is to accept the truth of that and just give up the fight. What is the fight? It is to tenaciously hold on to what we think and believe, cherishing our false identity and clinging to it. It is our desire to be right about our judgments and perceptions. It is investment in our specialness. But we learn that our self-serving ways always end in pain and disillusionment. Jesus knows that the trials and tribulations of this world are real and painful to us. We can all attest to the pain that comes with difficulties and challenges we experience. Nevertheless he assures us that the world of pain and loss is really all a bad dream and has no reality. From above this battleground, looking with him, we can smile at it all, but in order to do that, we have to see the unreality of this world.

How we do this is with willingness to know our innocence by seeing it in our brothers. It is to forgive what has not happened because it is all illusion. It is to see that the only thing to forgive are the beliefs we hold in the mind. That is the only way transfer of training can take place. We do not forgive individual people but forgive the beliefs we hold in the mind about the reality of attack, betrayal, rejection, unworthiness so that if someone triggers these beliefs in us we do not forgive them but instead release the beliefs in the mind. Now instead of asking for help to forgive a person we ask for help to release the beliefs in the mind so this can apply to every situation and person we encounter.

We fear leaving the ego's world. The illusion of special love still holds attraction for us as does holding onto grievances. This is a defense against the love that we are. It is our resistance that makes the journey seem long. Every event or situation in our lives is another opportunity to see that the problems we experience are not in the world but in the mind. There is no point in trying

to change anything or anyone, yet when we change our minds, the way we see the world and other people changes.

Our difficulties do not feel like anything to smile about, but when we look with Jesus, who helps us look without judgment, we can see it all as a movie with characters playing their parts just as we are. As I write this and as I feel the power of the words, I take great comfort in knowing that we have such powerful support reinforcing every step we take. There is value in these trials, as they provide us with another opportunity to choose for our highest good. **"Trials are but lessons that you failed to learn presented once again, so where you made a faulty choice before you now can make a better one, and thus escape all pain that what you chose before has brought to you."** (T.31.VIII.3.1) (ACIM OE T.31.87)

This is a collaborative venture that we are on. We are not alone. I feel deeply assured by his presence, as well as my mighty companions who walk this journey with me. Not everyone is comfortable with the symbol of Jesus. He acknowledges this himself in the Course when he says he only offered brotherly love, yet history twisted him into a cruel idol. I know that, for me, it took a long time to even say his name, let alone to think of him as an elder brother and friend, supporting my journey back to my Self.

For many of us, there is a lot of healing we need to do in allowing his support to be felt. Unlike some teachers, he wants and needs no adulation nor gifts of any kind. He only asks that we give him our pain and lay our guilt and sorrow at his feet. He wants to help us, as we cannot undo what we have made without help from outside of our matrix. But the symbol for you may be the Holy Spirit, Buddha, God, Love, it does not matter. What is important is the assurance that we have mighty support always available to us that we can call on.

In the Review, Jesus says, **"My resurrection comes again each time I lead a brother safely to the place at which the journey ends and is forgot."** (W.RV.7.1) Just as his resurrection comes as a result of each brother safely being led home, we each experience a kind of resurrection every time any brother takes a step forward. We delight in the experience of sharing and celebrating when we see someone opening up, moving forward, and "seeing the light." It is a gift to us all. **"I give the miracles I have received."** (W.175 [159]) **"God is but Love, and therefore so am I."** (W.175)

When we remember, even for an instant, that we are at home with God, we bring back to the world our new and changed perception. With the help of the Holy Spirit, we release the fear that has made its home in us. We made fear welcome and thus believe this stranger (fear) is who we are. In our identification with this stranger, we have become strangers to ourselves. We will only know the love we are when we see in everyone the love they are. **"But you will not remember Him until you look on all [your brothers] as He does."** (W.160.10.4) We really cannot know ourselves as love except as we extend the love to everyone we meet.

Lesson 159 reminds us that to give requires we access the storehouse in the mind which is the home of miracles. There are lilies of forgiveness in that storehouse that we give to our brothers, and only in this way can we know that we are forgiven and recognize the truth of our One Self. This is the central thought that supports the two Lessons in this review. If God is Love, we must be as well, and when we connect to that love through our willingness to forgive, it extends through us to our brothers.

Thus, we know that we are love and not this homeless stranger who seems to have wandered into our pristine home and made himself at home in us. Moment by moment, we look at the fearful thoughts that belong to this stranger, and we bring them to awareness. That is all we need do. We need to look at our thoughts calmly without judgment. It is our agreement not to look at these thoughts, but to keep them hidden from awareness, that protects them and makes them unavailable for healing.

When we are willing to look, we take the first step in forgiveness. This takes great honesty and courage. The ego will resist our efforts, warning us of the danger of looking within and telling us that all is dark there. It tells us to keep the sentinels of darkness in place and not to look within, but Jesus assures us that the light is there and has never left. The sentinels are barriers we erected to keep ourselves safe from the memory of God. **"What is kept apart from Love cannot share Its healing power, because it has been separated off and kept in darkness. The sentinels of darkness watch over it carefully, and you who made these guardians of illusion out of nothing are now afraid of them."** (T.14.VI.2.4-5) (ACIM OE T.14.III.17)

Whatever we are not willing to let go will not be taken from us. If we truly want to be free of fear, we are the ones that need to bring our dark and fearful thoughts and beliefs to the Holy Spirit. In other words, we must not hide these beliefs but expose them so they can be seen for what they are. They have no power. They are just thoughts we have given meaning which they don't have. They are just neutral thoughts. **"We must open all doors and let the Light come streaming through."** (T.14.VI.8.5) (ACIM OE T.14.III.23) It is the Holy Spirit that shines away the darkness when we give it over to Him. It is not for us to try to fix ourselves. That will never work, but we must be willing to go through the darkness to come to the light. Jesus assures us he goes with us, carrying the lamp for us so we don't need to go there alone. We have powerful help when we choose to avail ourselves of it.

Love and blessings, Sarah  
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