

ACIM Edmonton - Sarah's Reflections



LESSON 202 ~ Review VI

[182] I will be still an instant* and go home.

Sarah's Commentary:

What a beautiful focus for this day to choose stillness within. Our minds are restless when in the service of the ego, constantly searching for satisfaction in the world; but today, we are called to rest in God. It is the place within us where all is quiet, where we truly are at home, and at peace. This is a place where the world cannot enter. It is where the Holy Child can breathe pure sweet air. It is where we hear the Voice for God calling us to our home.

This aging body is not my home. This world is not my home. I am at home in God, dreaming of exile. Thank you, Father, for your Voice—for the Call You have placed in my mind so I can remember What I am as One with You. There is nothing in the world that can fulfill me. The moment the choice was made for the separation, Your Answer was given in that same instant. Nothing has happened. We are still at home in God, dreaming of another existence. We now have the power to choose to awaken from this dream. We can choose to remember who we are as eternal beings of light and love. We can dream of separation, but we can't change who we are as we were created. We can only choose to block the truth from our awareness.

The Holy Spirit is now showing us the way home. The bridge we crossed into this world seemed to be detonated by the ego so we would not remember what we are; but, the memory of our home has not left us. It is still in the mind, instilled in us by God. It is the Call to return to the Self. Jesus helps us by clearly laying out what our decision for the ego and the separation has given us.

We are not victims of the events of our lives. We are the creators of everything that shows up in our script. We change our minds about maintaining separation when we see how peace and happiness can never be found with the ego. We can then see what the ego offers is not in our best interests because it only brings more misery and suffering. **"The Holy Spirit does not demand you sacrifice the hope of the body's pleasure; it *has* no hope of pleasure."** (T.19.IV.B.3.5) (ACIM OE T.19.V.b.62) When we align with the ego, happiness will always elude us. When we acknowledge the truth of this, we become highly motivated to choose against it.

I am so thankful to have found this path that leads me home. There is nowhere else to look. There is nothing in this world to find. All paths here lead nowhere. We choose to connect with our inner Guide and listen to His Voice. Why not *now*? It is all about choice. No one, not even Jesus, will ever interfere with our decision. The power is in our own minds, and when we turn within, we find that the truth is there. It has never left us. It is our inner Guide we turn to, and we ask in everything: ***"What would You have me do? Where would You have me go? What would You have me say, and to whom?"*** (W.71.9.3-5)

I take time today to set my intention for the kind of day I want. With every temptation to get invested in things of this world and to lose my peace, I will remember to be still an instant and go home. With every apparent attack and every seeming worry, I will remember this is not my home. I choose instead the peace of God. I will remember my reality is not a body. I can be free of my belief this body and the world are my reality anytime I choose. **"I will be still an instant and go home."** (W.202 Review 182)

Today in meditation repeat the idea and then, with eyes closed, focus on releasing the mental activity going on in your mind and sit in silent readiness to experience God's Love. It does not mean you have no thoughts, only that you gently pass them by without attaching to them. Be the watcher of those thoughts. Your reality is the observer behind the thoughts. You are the dreamer of this dream, not the figure in the dream. Offer your practice period to Him with desire and passion for the truth and simply be open to the experience of the holy instant where there is no time and no body. If wandering thoughts intrude, watch them go by and willingly let them go. Recognize these thoughts you do not want, but choose instead the idea for the day.

Remind yourself of the truth throughout the day and, if temptations arise today, where you get upset and lose your peace, proclaim your freedom by saying, **"This thought I do not want, I choose instead,** (W.RVI.6.2) **'I will be still an instant and go home'.**" (W.202.REVIEW W.182)

Love and blessings, Sarah
huenmert@shaw.ca

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