

ACIM Edmonton - Sarah's Reflections



LESSON 205 ~ Review VI [185] I want the peace of God.

Sarah's Commentary:

There are many things we still think we want in this world, but what we truly want, behind all these things, is joy, peace, and love which can only come from connecting with the Self we are. All the drama in our lives, and the image we try to create of ourselves, hides the truth of our reality from awareness. The ego has tried to convince us that we can find peace and joy in what it offers including its most boasted gift—the special relationship. And we have fallen for its offerings, pursuing all the things we think we need to be happy. Yet it is precisely the distractions of the ego that keep us from the happiness we seek. When we realize this, we may become disillusioned about our lives and our effort to find peace and joy in the world. Ultimately, this is a good thing, even though it does not feel that way to us. Most of us get started on the spiritual path when we become disillusioned and our strategies for trying to find happiness no longer work.

No matter how hard I tried to fix my life, I kept coming to the same dead end. I realized that there were no more answers available for me in all the things I had tried. Despite worldly success, I felt empty and alone. It was at this low point in my life, I found the Course. Put more accurately, the Course found me, and I was ready for it. Until I got on this path, I had no idea that what I was looking for was already in me. It is a path devoted to removing the blocks to the awareness of our magnificent Self. It is a path of purification. The peace, love, and joy we keep seeking in the world are already in us. It is our inheritance blocked by the conditioning of the world that we have accepted. Everything we have learned must now be unlearned.

Although disillusionment brings disruption and conflict, it is, nevertheless, a motivator that takes us on a search for a better way. Precisely when everything seems to be going wrong in our world, the invitation is there to go in a new direction. When we become motivated to give up our way, which no longer works for us, we are ready to open to another way. Thus, we allow the shifts that come with a new direction. Instead of lamenting our condition, this is a time for faith and trust. Without disillusionment and the disruptions in our lives, we would not necessarily seek the truth. It is not unlike what we are told in Chapter 17 (T.17.V.3) (ACIM OE T.17.VI.45) about the disruption that happens when a special relationship is given over for healing so it can become holy. The goal for the relationship is changed quickly and thus the relationship can seem very disjointed. When we make a decision to heal a special relationship, the purpose is changed, and we feel a major disruption in it. Now the ego may counsel that we should leave the relationship. Yet the only real solution is to align the relationship with the new goal. Faith then takes us through the distress we encounter along the way, and the less we resist, the easier it gets.

The transition is generally experienced as difficult because there is no longer the familiarity of our old ego programming and nothing to hang onto that we previously understood. When this happened to me, I kept reminding myself to see it as a blessing and allow the process to unfold. I

leaned on Jesus, rather than my own understanding. It was a time of deep trust. This helped me to stay committed to the promised transformation from specialness to holiness in the relationship and now its purpose was all for healing the mind.

Jesus tells us that the temptation is to find a new relationship to suit the old goal of specialness. Yet he says that there is no point in making another substitution and repeating the patterns of the past. Jesus simply asks that we have faith and trust during what can be a difficult transition. It is a time to focus on the goal set for us. It is a process that seems to take time, yet he assures us that infinite patience produces immediate results. In other words, I put my faith and certainty on the goal set for my relationship for healing.

While impatience arose in me during this time and I reverted at times to manipulation and attempts to control the situation, it was clear to me that these strategies had not worked in the past and would not work now. Dr. Wayne Dyer uses the analogy of a tomato seed and says that if the shoot is pulled out too early, before it is finished growing, it will never manifest as a healthy tomato plant with ripe tomatoes. In other words, we try to push this process along. For me, after the goal of the relationship was shifted, it took another two years before there was evidence of miracles reflected in a much-changed relationship where strife was replaced by more and more peace. My part was to keep dismissing the ego's perspectives and observations and keep turning my thoughts over to the Holy Spirit.

The peace of God will never come through the counsel of the ego. The voice of the ego is insistent and obsessive, offering us advice on how to solve our problems in our own way. Turning to the ego for advice on what to do results in confusion, as there is no certainty with the ego. To follow the ego's counsel is never about solving problems, but about keeping them. Problems are only solved through the release of guilt. Guilt is the source of every problem we seem to have. The way to peace is offered us in the Workbook, where day by day we turn to the Holy Spirit to give us a new interpretation of every situation we encounter. Yes, there will be resistance because this path means change and it is not always comfortable. Fear will come up, and we may be tempted to return to the ego's counsel. That is why every step we take on this path is so firmly reinforced.

It seems that everyone talks about wanting peace and yet the world was made to keep peace out. The search for peace in the world always seems to be about fighting for it. In fact, conflict generally becomes the way chosen to resolve difficult situations in the belief that war will bring peace. Peace will not come by changing external circumstances. We will only know peace when we experience it internally. That is why it is so important to set our goal in advance and take the time each day to go within. Any temptation during the day to give up peace is a beautiful invitation to take a moment, step back and apply the Lesson for the day.

When someone seems to be attacking, we can remember to see it as a call for love and it is actually our own call. It is an opportunity to offer a blessing instead of attacking and defending. Each time we can respond from love, we experience the blessings we give. Each time we respond to the temptation to become angry and distressed, we experience more guilt. When we join in love and gratitude with our brother, we see him as our savior who offers us many opportunities to bless instead of curse. Our "enemies" really are the teachers of peace. They trigger our unhealed issues so they can be seen and acknowledged.

Today, we walk in faith, trust, and certainty that everything is perfect for our healing and awakening. The Holy Spirit guides our way and leads when we ask in everything and listen and follow. With readiness, willingness, and a passion for knowing the truth, we can make great

strides today. The perfect teachers of peace have been given us and are in our lives right now. They are our saviors.

Remember today, ***"The peace of God is everything I want. The peace of God is my one goal; the aim of all my living here, the end I seek, my purpose and my function and my life, while I abide where I am not at home."*** (W.205.1.2) We are not at home. We all feel like aliens here; although for some, this reality may be pushed further from awareness than for others. I know I often go about distracted with various activities and don't think much about the fact that this is not meant to be my home. Some time ago, I was at a function with Latvian athletes who were here for the Masters Games. I enjoyed meeting people though struggled with remembering my Latvian language which I had not used much since my teens. At some point in the evening the Latvian National Anthem was sung, and my heart cracked open, and the tears started to flow unabated. Much as I tried to gain some control, I was helpless to stop the deep emotions and was anxious to escape as I was completely losing control and feeling a lot of embarrassment. We went out to the car and as I sat and cried and cried, I realized I was not crying for my birth country but for that insistent call for my home in God. This experience was similar to the emotions that came up for me years ago when I saw the movie, "Trip to Bountiful," also about the pull to go home. The movie ends with the song, "Softly and Gently Jesus is Calling," calling us all to come home.

In Lesson 182, Jesus speaks to us very poignantly about this pull to go home. **"Perhaps you think it is your childhood home that you would find again."** (W.182.4.1) **"It is this child in you your Father knows as His Own Son."** (W.182.5.1) **"He desires to go home so deeply, so unceasingly, His voice cries unto you to let Him rest a while."** (W.182.5.3) He reminds us over and over that our home is not here. We think that here is the only home we know. Lesson 166 reminds us. **"He does not realize that it is here he is afraid indeed, and homeless, too; an outcast wandering so far from home, so long away, he does not realize he has forgotten where he came from, where he goes, and even who he really is."** (W.166.4.4) **"This world you seem to live in is not home to you."** (W.182.1.1) **"A memory of home keeps haunting you, as if there were a place that called you to return, although you do not recognize the voice, nor what it is the voice reminds you of."** (W.182.1.3)

Lesson 200 invites us simply to "come home," but what does this mean in the context of today's Lesson? It means that we can only come home when we connect to the peace of God and ultimately remember who we are. It calls to us from deep within. It is only here, within the quiet of the mind, that we can experience the feeling of home and connect to the deep peace within. Searching for anything outside of ourselves is a futile search. There is no happiness in the world. There is no real contentment here. There is no home that can shelter us anywhere in this world. **"You who are part of God are not at home except in His peace. If peace is eternal, you are at home only in eternity."** (T.5.III.10.7-8) (ACIM OE T.5.V.42) In Chapter 19, (T.19.IV.A.2.1) (ACIM OE T.19.V.a.40) Jesus asks us, why we would want peace homeless; and homeless it is until we realize, **"Those who offer peace to everyone have found a home in Heaven the world cannot destroy."** (T.25.IV.4.9) (ACIM OE T.25.V.35)

This Lesson is clear in reminding us that the body is not our home. In Chapter 4, Jesus says, **"The ego has built a shabby and unsheltering home for you, because it cannot build otherwise. Do not try to make this impoverished house stand. Its weakness is your strength. Only God could make a home that is worthy of His creations, who have chosen to leave it empty by their own dispossession. Yet His home will stand**

forever, and is ready for you when you choose to enter it." (T.4.I.11.1-5) (ACIM OE T.4.II.18) And we are told in Chapter 20, **"Your home has called to you since time began, nor have you ever failed entirely to hear."** (T.20.II.8.5) (ACIM OE T.20. III.12)

Only in God can we find peace. Nothing in this world will ever content us, but while we seem to be here, Holy Spirit can use everything in this world that the ego has made as a classroom for our awakening. Powerful healing can take place through our relationships when we turn them over to the Holy Spirit.

Love and blessings, Sarah
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