

## ACIM Edmonton - Sarah's Reflections



### **LESSON 231** **Father, I will but to remember You.**

#### **Sarah's Commentary:**

Clearly, at the deepest level of the mind, Jesus says that the only thing we truly want is to remember God and to know His Love. **"This is your will, my brother. And you share this will with me [Jesus talking] and with the One as well Who is our Father."** (W.231.2.1)

Jesus is aware that we do not necessarily think this is completely true for us. We still think there are other things we want. We still fear that God demands sacrifice. Our fear is that if we completely choose His Will, we will be annihilated. Our fear creates an obstacle to complete acceptance of His love. Jesus recognizes our fear. He knows we still search for happiness in the world. **"Perhaps I think I seek for something else; a something I have called by many names."** (W.231.1.2)

It may be fame, fortune, romance, security, family, a good time, a career, or anything we think we currently lack. They are all forms of specialness through which we seek the love we believe we don't have in us. Whatever the forms we seek in the world, Jesus reminds us there is no need to feel guilty when we seek for happiness, as we define it. We came here to have this experience, and we will do what we came here to do. Yet when we seek for substitutes, we seek for happiness where it can't be found. It is only when we look within, where happiness already exists, we come to know we already have everything we seek. Love, joy, and peace are what we want and what we have been given in our Creation.

In the movie, *Bedazzled*, the character Elliot, played by Brendon Fraser, thinks he knows what he needs and makes a pact with the devil to receive his wishes only to find there is no true happiness, peace, contentment, joy, nor anything of lasting value when he gets what he wants. His wishes are granted by the devil, but there is always a malevolent element to each wish that he did not expect. We too find that when we get what we think we want it is still not deeply satisfying. So why do we still cling to our desires, trying one more time to find happiness in the things of the world. Only when we recognize that the search is pointless and we don't know our own best interests, do we come to acknowledge that our will is only to remember God where our happiness resides. It is to accept ourselves as magnificent beings of light and love.

We increasingly see that the things of the world ultimately have not brought us peace, joy, nor a sense of wholeness. There have perhaps been moments or even periods of pleasure in our lives, but they have no lasting effect and, ultimately, end in more suffering. Only when we reconnect to our Source can we experience fulfillment. We are not asked to sacrifice any of our perceived pleasures while we still believe in their value. We learn, over time, that they are very fleeting and

our interest in them as a source of love and joy simply falls away. Increasingly, we find that true and lasting joy is the outcome of continually bringing our mistaken perspectives to the Light. It is when we see the false as false.

As each layer of misperception is healed, deeper layers of the mind are revealed for healing. While this may bring resistance and potentially more conflict, returning to the thought system of the ego is not an option. Yes, it takes courage to go into the darkness, but it is the only way to discover the light that has always been there, which is experienced when guilt and fear are released. Sin, guilt, and fear are the source of every difficulty we experience in our lives and any problem we perceive. Until we became immersed in this teaching, we were not aware that the thoughts we hold in the mind are the cause of all our difficulties. We had believed, instead, that our difficulties mostly came from problems that seemed to be imposed on us from the world. We reversed cause and effect, believing that the world was the cause of our problems, rather than the thoughts we give attention to. Trying to solve problems in form will never address the real problem, which is our choice for separation, and with it, the thought system of the ego based on sin, guilt, and fear.

All these Lessons keep pointing to the same thing, which is that we have been mistaken in listening to the ego and now we can make another choice and turn to another Teacher in the right mind. Jesus shows us that this is the only way out of despair. It is about letting go of our way and putting trust in His way. What we have sought in the world has not, and will not, work to bring true and lasting peace and joy. It will never bring us the deep peace that is our inheritance because our peace is covered over with the deep sleep of amnesia.

We now have a new "What is?" section, and again we read this section for ten days as we do each Lesson, starting today with **"What Is Salvation?"** (W.PII.Q2) We are offered a definition that is a clear departure from the Christian perspective. To be saved in traditional Christian thinking, we must suffer and sacrifice, just like Jesus was perceived to have done through his crucifixion. It is all about atoning for our sins. Jesus tells us that all we are saved from is the belief we have sinned and are guilty. As a result of our decision to believe the myth of the ego that we killed God and left our home in Heaven, we now feel tremendous guilt. Therefore, the only thing we need to be saved from is our mistaken choice for the ego thought system. Clearly, who we really are does not need salvation.

We save ourselves by taking responsibility for our dark thoughts and bringing them to the Holy Spirit. When we desire the truth and want it above all else the means are given us for our awakening. It is to resist our desire to defend and recognize that our safety lies in defenselessness. We must be willing to be vulnerable, to trust in guidance, to give up thinking we know anything, and to be radically self-honest. There is no one outside of ourselves to save us. The light is within us. The Holy Spirit is a symbol of that light and is part of our own mind. We have chosen the wrong mind where the ego rules, but we have a right mind, which is home to the Holy Spirit. Now we know we have a choice. The healing light of the Holy Spirit is what saves us from the domination of the ego when we are willing to turn over our unhealed thoughts. In other words, we choose forgiveness, or the miracle. It is a decision to remember what we are in truth by being willing to surrender the blocks to love and place them on the inner altar where healing happens.

**"Salvation is a promise, made by God, that you would find your way to Him at last."** (W.PII.Q2.1.1) It is no idle promise, but a certainty. **"It cannot but be kept. It guarantees that time will have an end"** (W.PII.Q2.1.2-3) and all thoughts of conflict will end and be

replaced by **"the Thought of peace."** (W.PII.Q2.1.4) We can be certain of this because we are already saved. In this very moment, we are already home in God, but in our sleeping state, we are not aware of this fact. We need not get discouraged because our reality is assured. We are given assurance that we have never left God's Mind and are still One with Him. We experience our reality in the holy instant when we let illusions go.

What His promise establishes is the Atonement Principle, which is that we have never left God and have never changed ourselves into these human beings who strive ceaselessly for the "goodies" of this world. We are still One with God, dreaming of exile. So how could the promise not hold true when it is already the truth about us? We are simply unaware of it. Through forgiveness, we open space in the mind for truth to enter. Through forgiveness, the mistaken choice for the ego is undone. This is what salvation offers. The power to undertake the undoing process comes from our own decision.

We will never be thrust into awakening. The process is gentle. We determine how quickly we go. As Jesus reminds us, **"My salvation comes from me."** (W.70) All guilt is solely an invention of the mind. While it is tempting to lay blame elsewhere, which would make me a victim of outside forces, it also keeps me locked in the ego dream. As we recognize that we share God's Will for happiness and accept His promise fully, we are born again in Christ. In the undoing of all that interferes with awareness of the Christ Self, all thoughts of conflict are replaced with the Thought of Peace.

Love and blessings, Sarah  
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