



LESSON 239
The glory of my Father is my own.

Sarah's Commentary:

This is a beautiful reminder of who we are and who are brothers are as One with us. **"Can we see in those with whom He shares His glory any trace of sin and guilt?"** (W.239.1.3) We do see sin and guilt in others, but it is not the truth of who they are. Certainly, we are unaware of this truth because we have bought into the ego story that we have sinned and are now guilty and deserve to be punished. We see ourselves as body identities and hide out from God because of our unconscious belief that He is the ultimate judge of our sin. Jesus urges us not to let, **"the truth about ourselves today be hidden by a false humility."** (W.239.1.1) To the ego, accepting ourselves as guilty sinners is humble, but Jesus tells us this is arrogance. In this arrogance, we defy **"the gifts our Father gave us"** (W.239.1.2) when we decide we are guilty sinners, instead of accepting His gifts in gratitude. **"A major tenet in the ego's insane religion is that sin is not error but truth, and it is innocence that would deceive. Purity is seen as arrogance, and the acceptance of the self as sinful is perceived as holiness."** (T.19.II.4.1-2) (ACIM OE T.19.III.20) We insist that we are right about the terrible things we have done and that we must continue to punish ourselves for our sins.

Our belief in our unworthiness comes from the belief that we have destroyed our home and stolen our identity from God. Thus, we feel undeserving of His Love. But Jesus reminds us that God created us sinless. We share all of God's attributes. We are divine, eternal, holy Beings of light, and love. In our false humility, we are choosing to decide otherwise. Who is right? Is it God or me? When I believe in my separate identity, I am choosing to be right, and in that choice, I am declaring my arrogance. **"Would you not rather that all this is nothing more than a mistake, entirely correctable, and so easily escaped from that its whole correction is like walking through a mist into the sun? For that is all it is. Perhaps you would be tempted to agree with the ego that it is far better to be sinful than mistaken. Yet think you carefully before you allow yourself to make this choice. Approach it not lightly, for it is the choice of hell or Heaven."** (T.19.II.8.1-5) (ACIM OE T.19.III.24)

We can be truly grateful for the gifts our Father has given us. When we accept the truth about ourselves, we accept the Atonement, which has made it impossible for us to ever change ourselves. In the acceptance of our innocence, there is no more conflict in the mind. **"Innocence is strength, and nothing else is strong. The sinless cannot fear, for sin of any kind is weakness."** (T.23.IN.1.2-3) (ACIM OE T.23.I.1) As a result of holding the belief in our frailty, we attack, which is a show of strength to cover our weakness, but Jesus assures us, **"No one is strong who has an enemy, and no one can attack unless he thinks he has."** (T.23.IN.1.5) (ACIM OE T.23.I.1) When we recognize in ourselves the gifts our Father has given us and we are grateful for them, we see only the innocence of our brothers. As we become willing to see their innocence, we strengthen the acceptance of our own sinless state.

Our focus continues to be on the promise God made to us---that we would find our way to Him at last. All that is required is our cooperation and our willingness. We need to continue to bring all the doubts, fears, sadness, judgment, guilt, arrogance, specialness, conflict, and sacrifice, as well as feelings of unworthiness, before the feet of Holiness to be dissolved into the nothingness they are. We also need to remember that what we see in our brothers is a projection of the guilt and fear in ourselves. As we take responsibility for our projections and release them to the Holy Spirit, we can indeed experience our own glory.

In our daily practice with this Lesson, we continue with the same instruction to read "What is salvation?" and pray the prayer with conviction and sincerity, adding whatever thoughts come up related to this reading. We do what is necessary for this reading to be experienced as deep, sincere, and meaningful. We do the morning and evening meditation and remember to apply forgiveness throughout the day when we are triggered by anything, or anyone. Today, claim your glory and your divine radiance, set aside all false humility, and be willing to see the innocence in everyone you meet, or even think about. Willingness is the key---the willingness to look behind our defenses and realize that we are all united with each other and with God.

Remember, the ego wants to elevate itself in any way it can. It will happily set off on the spiritual path because it enjoys the feeling that it is becoming more spiritual. It loves spiritual knowledge and power. It will continue on the path as long as it continues to accumulate more spiritual knowledge and power. In other words, the ego is becoming spiritualized, which is most unhelpful for one who is truly committed to awakening. Our function here is to overcome the ego and not to spiritualize it. The ego loves to affirm that it is God. This Lesson clearly states otherwise. God's glory is given us in our creation. It is His gift to us. It comes in our creation.

Nouk Sanchez has written about some signs we might look for as part of the spiritual ego. It includes things like refusing to look honestly at the ego in ourselves, not being willing to be vulnerable and transparent, lacking in self-awareness, taking an intellectual approach to the teachings, becoming spiritually righteous and proud, feeling spiritually superior to others, resistance to feedback from others, maintaining a mask of positivity, engaging in spiritual debates, and lacking in gratitude to others. Are we willing to question who is the one speaking---ego or Spirit? Am I listening deeply to others? Am I joining with my brother in true empathy and humility, or am I waiting to make my point that is already formulated in my own mind?

We can only know the answer when we recognize that we have been wrong about everything and are willing to surrender our way, our will, our self-concepts, and our control. How willing are we to let our self-concepts fall apart, to give up our story of who we are and how we got that way, to release our need to be liked, and to not defend who we think we are in the face of something being said about us that we do not like? Instead, can we watch what comes up in the face of seeming attack? Yes, fear will arise, but we have mighty help. Can we stay with the feelings that emerge instead of going into the story? That is what healing is about, and we need to do this work if we are to experience the truth about ourselves.

Love and blessings, Sarah
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