

ACIM Edmonton - Sarah's Reflections



LESSON 253 My Self is ruler of the universe.

Sarah's Commentary:

The Self that is the ruler of the universe is the Christ Self, and the universe is that of the spirit, not the physical universe. But, **"Even in this world, it is I who rule my destiny."** (W.253.1.2) This is because the world reflects what I hold in my mind. What this looks like is that, at some level, we have invited everything that happens. It is all part of the script, all for our learning, and thus, all helpful. We might wonder why we would invite abuse, betrayal, or judgment in our dream? The reason is so we can see our projections and thus see the false self. We project onto others the self-attacking thoughts we hold in our own minds. We prefer to see others guilty and blame them, instead of taking responsibility for our own attack thoughts. The problem is that projection never works. We think we are getting rid of our guilt, but what we are seeing are the judgments we hold against ourselves reflected back at us. By projecting them onto others, we think we can stay safe and protected. We think we can claim our innocence while proclaiming others guilty.

We have chosen everything that seems to be happening to us. When we refuse to take responsibility, we conveniently blame everyone and everything outside of ourselves. The problem with this is that we are now helpless in the face of what seems to be done to us. When we accept responsibility, we realize that we are the ones who have the power within us to change the way we see things. When we are willing to take responsibility for our judgments, our unworthiness, and our lack of trust and acceptance of ourselves, the healing process can start. It is very empowering to come to recognize that we are the creators of our world. We resist this idea only because we have falsely learned that we are the victims of outside circumstances. The fact is, no one but ourselves is responsible for our happiness, or unhappiness. It all comes from the choice that we make in our own minds to perceive with the ego, or the Holy Spirit. Will I choose to see what seems to be happening, as an opportunity for healing my mind, or decide to blame and to crucify? This is always the choice in front of us.

Our minds are the cause and the world is the effect, and not the other way around. A good beginning to understanding this Lesson is provided to us in Chapter 21.II.2.3-5 (ACIM OE CH. 21.III.15) **"Responsibility for Sight."** Jesus tells us that we need to affirm: **"I am responsible for what I see. I choose the feelings I experience, and I decide upon the goal I would achieve. And everything that seems to happen to me I ask for, and receive as I have asked."** This reflects what he tells us in this Lesson, **"What happens is what I desire."** (W.253.1.3) How can this be, we may wonder? Is it really possible that I have brought about everything that seems to be happening to me?

It is not an easy concept for us to embrace. It is because the idea of victimhood is so firmly held in our minds. Jesus says, **"Deceive yourself no longer that you are helpless in the face of what is done to you."** (T.21.II.2.6) (ACIM OE T.21. III.16) **"It is impossible the Son of God**

be merely driven by events outside of him. It is impossible that happenings that come to him were not his choice. His power of decision is the determiner of every situation in which he seems to find himself by chance or accident. No accident nor chance is possible within the universe as God created it, outside of which is nothing. Suffer, and you decided sin was your goal. Be happy and you gave the power of decision to Him Who must decide for God for you." (T.21.II.3.1-6) (ACIM OE T.21.III.17)

It is all about our choice in accepting that there is no cause outside of our own minds. While the script for our lives has already been written and the circumstances that show up have already happened, how we respond to them is now up to us. Now our only choice is to ask, "Which teacher will I follow today?" "Will I let the ego be my guide today, or will I choose the Holy Spirit, Who knows how to exchange separation for salvation?" What we see depends on our interpretation, and our interpretation depends on which teacher we choose---the ego or the Holy Spirit. The Holy Spirit shows us that every brother is all brothers. We are all the same. He shows us that everything we see in the world is love, or a call for love. When we fight what we perceive in the world, we suffer. With acceptance and appreciation of the fact that we are dreaming this dream and all of it is coming from our own consciousness, the dream can now be given another interpretation. Clearly, Jesus reminds us that we have the power to dominate all things and are not at the mercy of outside circumstances.

I am one with my brother. If I look to prove otherwise, I am denying my own reality. We do this constantly when we prefer to see differences and see ourselves as innocent, while seeing our brothers as the guilty ones. I am not, nor is my brother, independent of our Source. The Self that is the ruler of the universe is the Self I am in truth, one with my Creator, and one that shares His Will. It has nothing to do with the little self I identify with as a body living in this world.

Our minds are powerful, and we can indeed manifest what we think we want in the world. However, manifesting anything from the ego will not bring us true peace and happiness. Yes, we may achieve temporary happiness, but because we don't know our own best interests, we can't know what serves our highest good. Using the power of the mind by manifesting what we think we want, as discussed in "The Secret," can be an important stepping-stone in bringing to us the awareness that we *do* have the power to manifest. As Jesus says, **"Why is it strange to you that faith can move mountains? This is indeed a little feat for such a power."** (T.21.III.3) (ACIM OE T.21.IV.31)

Only by choosing with the Holy Spirit will any real and lasting happiness be available to us. To choose with the Holy Spirit is to ask in everything, "How would you have me see this situation?" "What would you have me do?" "What would you have me say, and to whom?" Today, instead of seeking that which continues to keep us bound to the world, we can choose to turn to the truth within. This is where we can hear the loving and gentle Voice for God remind us of His Love. We make a decision for Heaven, or for hell, in every moment, in every decision, and in every circumstance.

When I have a disagreement with anyone, I notice how I go through a process in my own mind as to whether I will choose to join with my brother, or to punish him for his indiscretions as I perceive them. When I think he "deserves" punishment and my anger is justified, I find it challenging to choose forgiveness. Only by doing so can I know the truth of who I am. As long as I choose the ego, I stay stuck in my anger and grievances.

What keeps me there and keeps me from my happiness? Only my own decision! In that moment, I am literally refusing to accept the healing power of the Holy Spirit in my mind. It is up to me whether I choose to suffer, or choose happiness. Is that really a choice? Every step we take to join

with a brother, and every decision we make with the Holy Spirit, is a decision against our exile as separate egos, separate personalities, and separate selves. This seeming existence is not the truth of our reality. We are an extension of God. **"My Self is holy beyond all thoughts of holiness of which I now conceive."** (W.252.1) In other words, any idea of holiness does not match the shimmering, perfect purity, far beyond the brilliant light and limitless love that we are. Yet this can only be experienced, and the experience comes when we commit to forgiveness.

The ideas that are given here: **"What happens is what I desire. What does not occur is what I do not want to happen,"** (W.253.1.3-4) can bring about self-recrimination, where we blame ourselves for the state of our lives. This is how the ego turns powerful truth against us. It is just another way the ego tries to keep us trapped in the false identity. When we recognize that it is the interpretation we put on any event that hurts us, rather than the event itself, we will not judge anything that shows up as good or bad. Instead, we will recognize that the Holy Spirit uses all events and circumstances in our lives for healing when we let Him. With desire and willingness, we are **"led past this world."** (W.253.1.6)

It is important to accept ourselves, regardless of what is currently happening in our lives. It is not helpful to use Lessons such as this to judge ourselves when we are experiencing divorce, financial lack, loneliness, or sickness. We don't know what gift of healing is being presented in every circumstance. The important thing is to be gentle and compassionate with ourselves in this human journey back to the love we are.

We continue to read these Lessons in the context of the teaching, "What is Sin?" We are reminded in this section that we have come to think of ourselves as sinful, evil, and corrupted beings, who have taken the perfection of our creation and made a mockery of it. We feel so guilty about what we have done---that we have come here to hide from God in this illusory world. We are now afraid of God and afraid of our true Self, as an extension of God. And while we identify ourselves as these separate beings, living in the world of illusions, we look for substitutes for happiness, including special relationships, power, prestige, money, and status. Finally, when we realize our happiness is not found in any of these things and disillusionment sets in, we begin the awakening process offered through the Course. Through this journey, we recognize that nothing real has happened. We are still one with God, experiencing a dream of this world. Now we are committed to waking up from this dream, using the experiences of the world to assist us in this process. Thus, nothing is wrong with anything that seems to be happening since we have called it all forth for the purpose of awakening.

What we are seeing in the world is a projection of what is in the mind. Thus, our lives are a perfect reflection of our relationship with ourselves. If we are experiencing a lack in our external world, we are feeling a lack in ourselves. If our relationships are distant, we have a distant relationship with ourselves. Anything that is less than satisfactory in the external experience is another opportunity to look within. There is no need to change anything, but only to recognize that there is power within to transform ourselves with the help of the Holy Spirit.

Love and blessings, Sarah
hueimmert@shaw.ca

Published in DAILY LESSON MAILING by <http://www.jcim.net>
JOIN MAILING LIST HERE: <http://bitly.com/CIMSMailingList-Signup>