

ACIM Edmonton - Sarah's Reflections



Lesson 29 **God is in everything I see.**

Sarah's Commentary:

You might feel a high level of resistance with this Lesson because it may feel irreverent, senseless, and even objectionable to think God is in a piece of garbage. How do we know we are in resistance? We may find we "forget" to do the Lesson during the day, or we may think the Course is not for us. Resistance in various forms may go on for a long time because we are not going to give up our investment in the body and the world very readily. It is what we know and where our comfort is, even if we suffer. Resistance reflects our fear of Love and of God, even though we deny this and are not aware this is so. To us, the body and the world seem much more solid and substantial than what we are in our creation. To us, this Self feels much more fleeting and insubstantial, but it is the other way around. The body and the world are ever-changing, and our perceptions are not reliable and solid while what we are in truth is certain, consistent, unchanging, and unchangeable.

To be willing to be taught and stay open to what is being taught without putting your own spin on the Lesson is a challenge any student of the Course will face. However, a direct result of applying these Lessons daily is increasing peace and happiness. The Lessons teach us to become disciplined and are part of the mind training. Our minds are not currently disciplined and best described as "monkey minds," easily distracted, and going in all directions. Part of this training is to help us discern between the thought systems of the ego and of the Holy Spirit. It is to help us pivot from the false self to connect increasingly with the Christ Self where our happiness abides.

This is a good time to go back to the Introduction to the Workbook, which reminds us that we do not need to believe the ideas, accept them, or even welcome them. We can even actively resist them, *but* **"None of this will matter, or decrease their efficacy."** (W.IN.9.3) It is a time to trust the guidance provided in these Lessons. My approach to the Lessons is to "just do them." The results *will* be there. Our progress will be as fast or slow as our fear will allow. Whatever your level of progress, it is important not to fight yourself. Make whatever commitment you can, willingly, but not out of a sense of coercion. Remember in the Lesson yesterday, Jesus said we would be making a series of commitments, but at this point, we need not be concerned about whether we will keep them. He only asks for our willingness to take this first step in making a commitment for today. The rest will follow.

When we say, **"God is in everything I see,"** (W.29) it is not about what we see with our eyes. As Jesus says, **"Certainly God is not in a table, for example, as you see it,"** (W.29.2.3) but the way we are seeing now, with the body's eyes, actually obscures God. Our seeing is of the ego. It is designed to make us believe in the reality of the world of form. It is a material world that we have made real. **"Try then, today, to begin to learn how to look on all things with love, appreciation and open-mindedness."** (W.29.3.1) This is not how we see now. We see forms, which we deem as pretty, ugly, shiny, useful, broken, light, dark, square, round, soft, reflective, steel, wood, glass, dirty, enticing, or disturbing. These forms make up the world we think of as

reality. In fact, it is all an illusion. When we look with our eyes, we are not really seeing at all. We are projecting the thought system that is in our mind based on our past experience. We are actually hallucinating. It is all a shadow of the thought system that we hold within.

"The concept of the self stands like a shield, a silent barricade before the truth, and hides it from your sight. All things you see are images, because you look on them as through a barrier that dims your sight and warps your vision, so that you behold nothing with clarity. The light is kept from everything you see. At most, you glimpse a shadow of what lies beyond." (T.31.VII.7) (ACIM OE T.31.VII.74)

What we see now is a reflection of all our past understandings, which define and give meaning to our perceptions. Our range of seeing is very limited. Jesus reminds us, **"Nothing is as it appears to you."** (W.29.3.4) We can't see with our eyes. To see, we need vision, which is of the mind. This is where the practice is taking us. With vision, we can perceive beyond the forms. Our sight obscures meaning. This is exactly why, in the very first Lesson in this Course, we are told that **"Nothing I see in this room means anything."** (W.1) This is because what we see with our eyes is only the physical world that we have made up. The meaning is there, but we currently don't see it because it is obscured by our thoughts that are projected as images. This Lesson makes it clear that there is a whole other way of seeing. There is a whole other world we don't see now but will learn to see with the help of the Holy Spirit. It is a world lit up by holiness! When we see it, we will wonder why we couldn't see it before. We are surrounded by holiness, but we don't know it.

This is an important Lesson because Jesus tells us, **"Today's idea is the whole basis for vision."** (W.29.1.5) That is quite a statement, isn't it? Yet having said that, he says, **"You will probably find this idea very difficult to grasp at this point."** (W.29.2.1) What is important here is purpose. If our purpose is to wake up from the dream, then this world and everything in it can be used as a classroom for undoing the separation. **"Nothing is as it appears to you. Its holy purpose stands beyond your little range."** (W.29.3.4-5) The Holy Spirit's purpose is to use everything we have made that keeps us rooted in the world as an opportunity for learning that there is another way of seeing.

With spiritual sight, we can see God in everything. There is nowhere God is not when we **"... look on all things with love, appreciation and open-mindedness."** (W.29.3.1.1) To say God is in the various forms we see may seem ridiculous to us. The idea behind this exercise is that God is actually not in any of these forms because these forms don't even exist! There is only mind, which is abstract, and nothing else exists.

Everything we see shares the purpose of the universe and that purpose is forgiveness. What this means is that as we look at the meaning we give the various forms of this world and begin to recognize that we made it all up. We become more willing to accept that we may actually be seeing what is not there. It is about recognizing that the thoughts we hold about everything are a block to real vision. Forgiveness is the way to release these thoughts and choose the Holy Spirit, rather than the ego, as our Guide to seeing. Thus, we learn that nothing that we perceive about this world is real. The only reality is God/Love.

There are some forms in the world that we might see as sacred or holy, and we may be inclined to worship these forms. Yet, they too are meaningless forms just like everything else. When we say that God is in form, we remind ourselves that God is everywhere, all the time, and in everything because God is all there is. Jesus reminds us, **"The test of everything on earth is simply this; What is it for? The answer makes it what it is for you. It has no meaning of**

itself, yet you can give reality to it, according to the purpose that you serve." (T.24.VII.6.1) (ACIM OE T.24.VIII.67) My mind is projecting these images and giving them reality and thus blocking real vision. The reason I want to see this world and my body as real is because I give it value. All that really counts is God and His purpose, not the stuff around me. Today, with this Lesson, I let the ordinary forms around me remind me of His presence and His purpose. I find it helpful to use this Lesson with hearing and touch as well. God is in every sound I hear and everything I touch.

I have to admit to resistance when I do this Lesson. For me, Lesson 264, **"I am surrounded by the Love of God,"** (W.264) speaks more clearly about His presence where it says, **"You are in all the things I look upon, the sounds I hear, and every hand that reaches for my own."** (W.264.1.2) Yet each workbook Lesson is designed to undo our perceptions bit by bit, and we are asked simply to trust and do what is asked. Be aware of your reactions as they come up, and be willing to release them and simply cooperate with the process that is carefully laid out for us. It is important to recognize that our resistance is not really to the Lesson, but to leaving this world of illusion that we are invested in. Our investment in the self that we have invented, with its thoughts, beliefs, opinions, and perspectives, is what we still think we want. Jesus is gentle and patient with us. This undoing process invites daily discipline while still being gentle and patient with ourselves.

When resistance comes up, it is good to be aware of it and ask for help. To the extent possible, we are asked to stay open-minded and willing to be taught. Open-mindedness is the tenth characteristic of the Teacher of God talked about in the Manual for Teachers. It is not about being open to everything but only to keep our minds open to the truth.

In the practice periods today, we are asked to do six two-minute practices by repeating the Lesson, then applying it randomly by choosing subjects in our vicinity, naming each one specifically and letting go of our preconceptions of where we think God would be and where he would not be. **"Your list of subjects should therefore be as free of self-selection as possible."** (W.29.5.1)

There is an additional requirement where we repeat the idea at least once an hour, saying the words unhurriedly to ourselves. As we do this, we should experience a sense of restfulness. If we feel restful in doing this Lesson hourly, it is certainly a blessing.

Love and blessings, Sarah
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