

ACIM Edmonton - Sarah's Reflections



Lesson 30

God is in everything I see because God is in my mind.

Sarah's Commentary:

We are learning a kind of seeing that does not come from looking at the world with our eyes but instead seeing with vision. In fact, this Lesson says, "**The idea for today is the springboard for vision.**" (W.30.1.1) It is an important Lesson because "**From this idea will the world open up before you, and you will look upon it and see in it what you have never seen before.**" (W.30.1.2) If God is in everything I see because God is in my mind, then vision must come from getting in touch with the love of God in my mind. From this will come a new kind of seeing, which is not about the eyes at all. It is the love we are extending through us. Thus, one could expect there can be no vision with judgment because judgment blocks vision. With vision, our perception of everyone and everything reflects innocence and holiness.

In fact, it is "**a new kind of 'projection'**" (W.30.2.1) because rather than projecting the guilt in our minds, based on our judgments, love is projected or extended through us. Holding judgments against ourselves is painful. We project our self-attacking thoughts onto others, but what we don't recognize is that our minds are the cause of everything we see "out there." Everything we judge in the world starts with a judgment about ourselves. The ego knows we can't abide all this self-hate. Its counsel is to project our guilt onto others in order to be rid of it. The reality is that this is precisely how we keep it. What we project onto others we actually maintain in our own minds. We think we are getting rid of it, but it is actually concealed. We can see what is concealed in us by what we hate in others. When we feel abandoned, rejected, criticized, and controlled, we can be certain we have done this to ourselves but prefer to see it in others because of our reluctance to take responsibility for our own self-attacks.

Now, Jesus is talking about a new kind of projection, which later he calls extension. This is what vision leads us to. It is about looking within, and through forgiveness, connecting with the love we are, which is then extended and seen all around us. It can only come through us when the guilt in our own minds is given over for healing. There is no other way to connect with the love within us. To try to be loving while holding onto our guilt is an ego ploy. The ego does not know how to love. To put on a loving countenance, which covers over the guilt, is simply to do a spiritual bypass. To get to the light within, we must go through the darkness. We must do the forgiveness work of bringing our dark, judgmental thoughts to the light. Then the light and the love in our minds, which is currently hidden by our guilt, is seen everywhere. When we are in touch with the love we are, it is extended through us to everyone and everything. Now we are no longer "**... attempting to get rid of what we do not like by seeing it outside.**" (W.30.2.2) When we connect with the love we are, we see it all around us, even in situations cloaked in pain and fear where the call for love is heard by the Love within us.

We still resist the truth because of our investment in the separation. We project our guilt onto others out of our wish to see them as separate from us. What we see in the world is an

". . . outward picture of a wish; an image that you wanted to be true." (T.24.VII.8.10) (ACIM OE T.24.VIII.69) What we want to be true is for our guilt to be in our brother instead of in us. We justify why they are guilty and deserve to be punished. We share our stories of their guilt with others. All this does is cover over the love we fear to see. **"Instead, we are trying to see in the world what is in our minds, and what we want to recognize is there."** (W.30.2.3) We see it there because we want it to be there, but all we are seeing is what is in our own minds. We start the healing when we are willing to take responsibility for the guilt. **"Deceive yourself no longer that you are helpless in the face of what is done to you. Acknowledge but that you have been mistaken, and all effects of your mistakes will disappear."** (T.21.II.2.6-7) (ACIM OE T.21.III.16)

Vision sees that we are all the same. With vision, we know we are joined with our brothers and not separate from them. Our interests are now seen to be the same. **"Thus, we are trying to join with what we see, rather than keeping it apart from us. That is the fundamental difference between vision and the way you see."** (W.30.2.4-5) The way we see now is to keep everything separate from ourselves. With vision, we experience joining with all that is. We see our interests as the same and a reflection of our inherent Oneness. We don't see our interests as separate from anyone else's. This leads to healing, while with separate interests there is always conflict. When I was going through a divorce, there was an initial belief in needing to look after my interests. However, when I chose to let go of defenses and join with my brother, I experienced deep peace. I was not supported by friends in taking this stance. There seemed to be a loss, as the world saw it. But for me, the decision to remember the truth of who he was brought great rewards and great healing that was experienced before his death.

What is it you want? Do you want to see a world of separation? If you do, then seeing your brother guilty is how you maintain the separation and the differences. When we project guilt onto others, we make them responsible for our condition. That is the basis for all our stories of victimhood. Jesus asks us to beware of the temptation to see ourselves unfairly treated. **"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) When we choose with the Holy Spirit, we are saying we want to connect with the love we are and thus see it in everyone. Alternatively, we can see the call for love in them when they exhibit distressed behavior. It all starts with what we want. It all starts with our choice for the ego or the Holy Spirit in each situation. It all starts with our thoughts.

Jesus takes this a step further by saying, **"Real vision is not limited to concepts such as 'near' and 'far...'"** (W.30.4.1) Nor is it limited by space and distance and **". . . does not depend on the body's eyes at all."** (W.30.5.1) Vision depends on joining with the love within. It is actually a state of mind. Mind is the source and seeing is the effect. Another way to say this is that mind is the cause and the world we see is the effect. **"To aid in helping you to become more accustomed to this idea as well, devote several practice periods to applying today's idea with your eyes closed, using whatever subjects come to mind, and looking within rather than without. Today's idea applies equally to both."** (W.30.5.3-4)

Again, what we see out there is simply a projection of our thoughts. It all starts in our own minds, and then we can "see" there is nothing out there. Whether we see it within ourselves or what looks to be outside, it is all the same.

Love and blessings, Sarah
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