



LESSON 43
God is my Source.
I cannot see apart from Him.

Sarah's Commentary:

I believe what I am seeing is what is actually there, but we are told this is merely "image making." We are not really seeing. In fact, our eyes were made for the purpose of keeping our focus "out there," which simply keeps our minds distracted, which is what the ego wants. The ego is all about keeping us invested in this world of illusion. Perception is about making the separation from God real. It is an interpretation we give to what we see. Thus, while events are in themselves neutral, we give them meaning.

"Perception is not an attribute of God. His is the realm of knowledge." (W.43.1.1-2) In God/Knowledge, there is no separation between the subject and the object, or between the perceiver and the perceived. It is One with all there is. In essence, there is nothing but God. There is nothing but the Oneness of Heaven. Of course, that is not the truth for us, as our experience tells us this world exists and the separation really has happened. The purpose of the Course is to move us beyond the false perception of our image making to true perception or vision. The goal of the Course is peace. It is not knowledge because knowledge is the absolute and direct knowing of reality. It is the only truth there is. Everything else is illusion.

The world of illusion is a world that reflects our belief in separation from God. However, through forgiveness, we come to right-minded perception. It is still a world of perception, not knowledge, so it is still not the ultimate truth, but forgiveness reflects truth. Through healing of our wrong-minded perceptions, we experience the real world forgiveness shows us.

Both the wrong mind, which is the purview of the ego, and the right mind, where the memory of God resides, make the split mind. This is the mind in the realm of perception. The wrong mind reflects false perception, and the right mind reflects true perception. Knowledge is the condition of Heaven, where there is only Oneness, and thus there is no perception. **"Perception has no function in God, and does not exist."** (W.43.2.2)

The memory of God is in our right minds. The Holy Spirit is the mediator between our way of seeing, which is false perception, and true perception. Thus, the Holy Spirit is our bridge to knowledge. **"With this link with God, perception will become so changed and purified that it will lead to knowledge."** (W.43.1.5) Without the Holy Spirit, there would be no bridge, and we would be stuck in the world of perception forever. It would be like never waking up from a nighttime dream. Even though we made perception for an unholy purpose, **"perception has a mighty purpose."** (W.43.2.3) Why? Because **". . . it must become the means for the restoration of his [our] holiness to his [our] awareness."** (W.43.2.4) It is just like everything else made for an unholy purpose. It is restored when given over for the Holy Spirit. He will undo what never was, and this is what salvation is. It is **". . . the undoing of what never**

was." (W.43.2.3) What never was is also the separation, which never happened. Until our false perception is healed, "**perception has a mighty purpose.**" (W.43.2.3)

How does healing happen? It happens by allowing the Holy Spirit to give our perceptions His meaning. How do we allow Him to do that? We do it by bringing our unhealed perceptions to Him so He can shine them away. Our responsibility is to look at our judgments and our grievances and be willing to bring them to Him. This is how forgiveness works. By releasing our brothers from the judgments that we have laid on them, we release ourselves. We become aware of our own divinity when we do the forgiveness work. We learn to see our brothers beyond our false perceptions of them. We see beyond their behavior to the truth of who they are as the Christ. We overlook their errors. Thus, we come to know that peace and joy abide in us.

Sometimes, we get impatient with this process of watching our minds and doing these Lessons. We wonder why we can't just return to Knowledge, to God. Why can't we just go home? Why this struggle? Jesus reminds us to be content with healing. He tells us he needs happy learners. He tells us forgiveness is our function while we still believe in the reality of this world of time and space. He reminds us, "**You have chosen to create unlike Him, and have therefore made fear for yourself.**" (T.4.I.9.3) (ACIM OE T.4.II.16) When we experience fear and not peace, it is our responsibility to look at our investment in it. If I don't like the way I feel, I must be wrong in my interpretation of a situation. I am not willing to let go of my interpretation because I stubbornly insist I am right in the way I see the situation. Yet if I feel bad, why would I want to hold onto my way of seeing? Why would I not want to be wrong? To experience peace, which is what I say I want, I must be willing to be wrong, to surrender my way, and to allow my mind to be corrected.

"No force, except your own will is strong enough or worthy enough to guide you. In this you are as free as God, and must remain so forever." (T.4.III.6.1-2) (ACIM OE T.4.IV.51) No one will take our fear away. We are the ones who made fear, so we have the free will to choose to undo it whenever we are ready to do so. We are the ones who must make the choice to do the work of looking at our wrong perceptions. Jesus says, "**I will never forsake you any more than God will, but I must wait as long as you choose to forsake yourself.**" (T.4.III.7.8) (ACIM OE T.4.VI.53) Clearly, he will not interfere in our decisions. He respects the power of our minds to choose. In that way, he says we are exactly like him. All he needs is our willingness to change our minds and recognize there is another way of seeing every situation.

"The Holy Spirit knows your part in the redemption, and who are seeking you and where to find them. Knowledge is far beyond your individual concern. You who are part of it and all of it need only realize that it is of the Father, not of you. Your role in the redemption leads you to it by re-establishing its oneness in your mind." (T.13.VIII.7.3-6) (ACIM OE T.13.II.7)

While we may want to put our effort into seeking the direct experience of Knowledge, it will not accomplish the work of undoing our ego, which is undertaken with the Holy Spirit. Certainly, an experience of Knowledge or revelation is a motivating factor in our awakening. The focus of this Course is on forgiveness and extending miracles to achieve true perception. "**When you have seen your brothers as yourself you will be released to knowledge, having learned to free yourself through Him Who knows of freedom. Unite with me [says Jesus to us] under the holy banner of His teaching, and as we grow in strength the power of God's Son will move in us, and we will leave no one untouched and no one left alone. And suddenly time will be over, and we will all unite in the eternity of God the**

Father. The holy light you saw outside yourself, in every miracle you offered to your brothers, will be returned to you." (T.13.VIII.8.1-4) (ACIM OE T.13.II.8)

We are One with God and cannot be apart from Him. **"You cannot see apart from God because you cannot be apart from God."** (W.43.3.1) There is nothing we need do except recognize the truth of this. We are already part of Him in our creation, and nothing we have done or could do will change that truth. That is what the Atonement principle is all about.

We have come to believe in our own made-up version of what reality is, but it is all illusion. We have come to believe in this "reality," as if it were the truth, yet all of our senses were actually made to bring us information about the illusion and thus keep us in the dark. This is not about fighting our ego, which is like fighting the darkness. It is impossible. When we fight the ego, we are, in essence, saying it is real. In fact, it is nothing at all. Only our belief in it gives it power. We are given a process now of undoing it by spending time each day on the Lessons so we can remember the truth. We do this through forgiveness, which is our only function here. It is still an illusion, but it is the only illusion that ends all illusions and brings us to true perception.

We set aside three five-minute periods today. One as early and one as late as possible, at the most convenient and suitable times that circumstances and readiness permit. In doing this Lesson, we apply it to the specifics in our lives. In doing this, we see there is no hierarchy in illusions. All illusions are the same. All problems are the same. Some are not bigger or more difficult than others. They are all illusory and thus have no substance. This is also why there is no order of difficulty in miracles. **"One is not 'harder' or 'bigger' than another. They are all the same. All expressions of love are maximal."** (T.1.I.1.2-4) (ACIM OE T.1.I.1)

During the first phase of the exercise, repeat the idea to yourself with eyes open. Glance around you for a short time, applying the idea to what you see (4-5 subjects). Close your eyes and repeat the idea, but this time let related thoughts come to you. This is about letting thoughts come that are related but not those that contradict the main teaching. If your mind wanders or goes blank, repeat the Lesson. Related thoughts help to bring the intent of the message back to you in a deeper way. Don't force them. Let them come. This helps us to see that truth is already in our right minds.

Throughout the day, remind yourself of the Lesson frequently. It is important to stay vigilant in watching your thoughts. You can also become aware of your thoughts when you look at how you are feeling. Your feelings can inform you of what you must be thinking or believing in order to feel the way you do. This can come to you through inquiry. Recognize that thoughts you are holding onto are there because of your fear of the truth. Truth comes to the quiet mind.

Today, when you are with someone, remind yourself silently, **"God is my Source. I cannot see you apart from Him."** (W.43.7.3) If a difficult situation confronts you today, remind yourself, **"God is my Source. I cannot see this apart from Him."** (W.43.8.3) We are saying to the Holy Spirit, "Please help me to see this situation differently because I am not at peace." Do this with any distressing thought, no matter how mild or how severe it seems.

Love and blessings, Sarah
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