

## ACIM Edmonton - Sarah's Reflections



### **LESSON 59 ~ REVIEW I** **[Review Lessons 41-45]**

#### **Sarah's Commentary:**

These Review Lessons are all about not relying on our own strength but remembering Who goes with us, what the Source of our real strength is, and what reason we would ever have to be disturbed by anything when God is with us always. How could we feel lonely if we really got this? How can we suffer when we are surrounded by love and joy always? How can we be doubtful and unsure of ourselves when we have perfect certainty abiding in us?

We feel disturbed by things going on in our lives, and we feel lonely and suffer. If Jesus is right about suffering being an impossibility, why would we feel lonely and sad? Jesus gives us the answer, saying if we don't feel God's presence, His strength, and His support, we are cherishing illusions about ourselves instead. We are actually choosing against our own peace and happiness. If indeed we can choose happiness instead of suffering anytime we want it, why would we stubbornly resist this choice? It is because we want to be right about the way we see things based on our beliefs and conclusions we make. Is it possible we would rather be right than happy? And what is it we want to be right about? Mostly it is about who we are and what we believe. But in the end, who of us does not want peace and happiness?

When we feel attacked, we want to retaliate; yet when we do, we throw our peace away. When we try to hold others accountable for what they do to us, we keep ourselves in prison with them. The ego urges us to retaliate, but when we do, it tells us we should feel guilty for what we have done. This is the ego's game and as long as we engage in it, we are trapped in its game. When we stubbornly resist giving up our way of seeing we are choosing against the happiness available to us. When our minds are filled with our own cherished thoughts, we make no room for another interpretation of the situation. When we turn to the Holy Spirit He gives us another way of seeing.

The questions put to us in this review are meant to get us thinking about how it is indeed possible to be unhappy, distressed, worried, and lonely when **"love and joy surround me through Him."** (W.59.1.5) With love and joy surrounding us all the time, why would we ever be afraid and uncertain? We are never separate and alone because the Love of God is right here with us right now in our minds. We are assured by Jesus that we are continually making a choice, whether to draw on this Love, which is in us, or continue to rely on our own mistaken interpretations of everyone and everything. We are not asked to believe something some higher authority insists is the truth. We are in the process of checking it out for ourselves.

When we bring our mistaken perceptions to the truth, we experience the peace and joy that come through forgiveness. We are being encouraged to continue to apply each Lesson on a daily basis to whatever comes up in our day that disturbs us so we can let go of the disturbance. This Course is about application. Without applying the Lessons to our day, the words will be taken as intellectual concepts that will not help us. Daily, we are asked to look at our mistaken thoughts

with the light of the Holy Spirit, so they can be dismissed. This means we look at our thoughts with His Love beside us, so we don't judge ourselves for the hate we see in our minds.

When we are willing to ask for help to give up our cherished illusions about ourselves and look honestly at our judgments, we have started the process of healing. By not looking, our illusions are safely kept in obscurity. Thus, they are out of reach of healing. What are these cherished illusions? They are our perspectives, our self-concepts, our values, our opinions, our beliefs, and our perceptions. **"Let me not cherish illusions about myself."** (W.59.1.6) Help me to surrender and release all I think on my own. My own thoughts are of no value to me since they are thoughts about nothing. They keep me invested in the illusion. They keep me in a state of suffering and lack. The truth is that we have everything. Wait a minute! If I believe this, can I truly also feel alone and miserable and depressed? Jesus reminds me I can **"exchange my pitiful illusion of seeing for the vision that is given by God."** (W.59.2.4) Why would we hold onto our cherished illusions if this were the case?

**"His attraction for you remains unlimited, but because your power, being His, is as great as His, you can turn away from love."** (T.15.IX.6.3) (ACIM OE T.15.IX.90) Yes, it is our decision to turn away from love. It is an amazing thing to really appreciate the power of our minds to reject all these gifts! Our minds are as powerful as God's because they are a part of His Mind!

What that means is that nothing will convince me to choose love until I find the illusion intolerable. In the interview that Mel Gibson gave about his reason for doing the movie, *The Passion of Christ*, he confessed he had everything in the world—all the money, power, recognition, wife, children, everything the world had to offer—yet he was on the verge of suicide. Jim Carey said he hopes we get everything we want in the material world so we can see that our happiness is not there. The material world can all feel very meaningless. Behind all these worldly attractions, there is a strong pull in us for the real attraction. As we read in Lesson 231, ***"What can I seek for, Father, but Your Love? Perhaps I think I seek for something else; a something I have called by many names. Yet is Your Love the only thing I seek, or ever sought. For there is nothing else that I could ever really want to find."*** (W.231.1.1-4)

As we apply these teachings to our lives, we increasingly see that our happiness cannot be found in the world. It is then that our attachments to the things of the world start to fall away on their own. We are not asked to sacrifice anything to which we are attached. Eventually, we come to see that what we are giving up has no value. We increasingly recognize we have a bigger, more irresistible attraction to something much more meaningful. We increasingly recognize that the real Source of our strength, our happiness, and our peace is within.

**"I have no thoughts I do not share with God. I have no thoughts apart from Him, because I have no mind apart from His."** (W.59.5.2-3) The world arose from the idea that we could have thoughts separate from God. As we see that holding these thoughts brings misery, we become motivated to choose forgiveness. Thankfully, we have a way out of the hell we have made. We can choose peace with every decision we make. Time was made for the purpose of healing. That is all time is for. Yes, we will make a lot of mistakes, but they are not sins. They are simply opportunities to choose again. Choice is our one remaining freedom in this world. In each moment our choice is for truth or illusion, Heaven or hell, forgiveness or attack, the Holy Spirit or the ego. Our grievances and mistakes provide opportunities to choose again and again until there is no choice to be made when our minds are unified with the truth.

We can't come to this kind of healing in a pure environment. We do need the challenges and issues that come forth daily. They are our invitations to look at the ego and release the obstacles to the love we are. What are these obstacles? Only our own thoughts and beliefs! They are not real thoughts. They are thoughts in our minds, which we think are private. Yet our right mind is totally shared with the Mind of God. His Thoughts are not limited and cannot limit who we really are. Only the thoughts of the ego do that, and they are not true. We do not have to choose to listen to them as they are nothing but thoughts that don't belong to us.

God keeps no thoughts to Himself. His thoughts are in our right minds where the truth dwells. Our thoughts are given reality because we believe in them, but they originated with the separation and have no real cause. Thus, they are thoughts about nothing and have no meaning.

He truly is our strength, and vision is His gift to us. (W.59.2.1-2) He truly is our Source, and we cannot see apart from Him. (W.59.3.1-2) He truly is the light in which we see. (W.59.4.1) We ask that we may let this be the day in which we might experience the truth of what we are. We do that by setting the intention for the kind of day we want, how we want to feel and what we want to experience. (T.30.I.)

We can't see eternity with our physical eyes. With our eyes, we only see form. God has given us the gift of real seeing, of vision. Everything our eyes see will be gone at some point. When people have reported experiences of leaving the body and looking at it from above, obviously they see without their eyeballs, which are still in the body. In the same way, the brain does not think. When people report near death experiences, their brain is in the body they have left, but they still have perception of the experience and report it in great detail. It is clear the bodily senses are not the mind that thinks or the eyes that see. All we have is the illusion of seeing. We might enjoy seeing beautiful scenery and lovely sunsets, but in the end, it is just shape and color and has no eternal value. **"God is the light in which I see."** (W.59.4.1) In this recognition, I am free.

Love and blessings, Sarah  
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