

ACIM Edmonton - Sarah's Reflections



LESSON 60 ~ REVIEW I [Review Lessons 46-50]

Sarah's Commentary:

Today is the last review for another 20 days until we will come to Review II. Some of us absolutely love these reviews because we start to get some sense of integration of the thought system while others find it difficult because of the number of Lessons they believe they need to remember. Yet it is not about trying to remember all the Lessons but about finding the one or two Lessons that really speak to you the most and use them as well as letting related thoughts come to you. To let related thoughts come is to allow them to show up without effort. They come from the truth within the mind. **"Any thought related more or less directly to today's idea is suitable. The thoughts need not bear any obvious relationship to the idea, but they should not be in opposition to it."** (W.43.5.8-9) In other words, we are tuning into these thoughts by listening within.

Another way to do the review is to read all the Lessons at the beginning and end of the day and pick a Lesson for each hour of the day and spend time with that one Lesson on the hour, ending the day with all the Lessons. What is important is that you not make the practice about form or ritual by trying to do it right. It is much more about putting your attention on the content or meaning so the Lesson has deep resonance in your mind. Whatever works best for you is what you want to do so that you can deeply connect with the message.

Today's review encompasses the theme that God's strength and His love are there to get us through whatever seeming difficulties we experience. We can trust Him and rely on Him. We won't feel innocent as long as we hold onto guilt. Guilt shows up when we encounter people and situations in our lives where we get triggered. These are all opportunities to become aware of the guilt that is being held in the mind. Forgiveness is the means to clear away the guilt by looking at it with Jesus who does not judge what is seen. He is a symbol of the innocence in our right minds so that while we take responsibility for the error, we do not blame ourselves for it. To blame ourselves is to make the error real, and what we make real cannot be forgiven. Whether we judge ourselves or judge our brother is the same thing. When we blame ourselves, we put ourselves on the cross, and we suffer in the belief that suffering will exonerate us. To the ego, the bigger the mistake, the more it demands we must pay. There is no order of difficulty in the illusion. There are not bigger or smaller sins. They are just errors to be corrected. By investing our minds in sin, the ego keeps itself in business, telling us that some of our sins cannot be forgiven because they are too big.

When we judge and criticize ourselves, we project that judgment onto others. Now we expect their judgment in turn. This blocks the peace and joy in us. When we see how we attack and judge ourselves, we are given an opportunity place our self-attacking thoughts on the inner altar where the Holy Spirit shines them away. We must not be personally in charge of our healing, or we will become very frustrated. We cannot awaken ourselves. We need the help of the Holy Spirit. **"It is**

not my own strength through which I forgive. It is through the strength of God in me, which I am remembering as I forgive." (W.60.2.2-3) The ego will never undo itself. I need help from outside of this dream, and with that help, I ". . . **begin to remember the Love I chose to forget.**" (W.60.2.6) We have forgotten who we are. The problem is we keep choosing to condemn, which blocks us from remembering who we are. It seems insane—and it is—not to want to know ourselves as we were created. Judgment and condemnation keep the ego in business and maintain our identity as a body and personality to which we are attached.

"How safe the world will look to me when I can see it! It will not look anything like what I imagine I see now. Everyone and everything I see will lean toward me to bless me." (W.60.3.2-4) Everyone and everything will be included in our sense of safety when our minds are healed. The memory of our perfect safety abides in our right minds right now, but until we experience it, the world will not feel entirely safe. Everyone we meet is a witness to our inward condition. When we know that we are safe and know our own innocence, we see ourselves as blessed and receive that blessing through others. We experience our One Self when the guilt is released. Now we see with Christ's vision. When we go to this place of safety within, where the truth resides, the world becomes a reflection of the choice we have made. Again, it does not mean there are not people seemingly attacking us, only that we don't interpret their behavior as an attack but as a call for love and understanding and our own peace remains undisturbed. We see the beauty of a forgiven world. It can't be otherwise if, as Jesus teaches, ideas leave not their source. Therefore, if the mind is the source and only peace is apparent in the mind, there can be nothing to see except peace everywhere.

When we experience our innocence, we **"recognize in everyone my dearest Friend."** (W.60.3.5) What a beautiful thought! Now we see the beauty, which can only be seen through the eyes of holiness, coming from that place within us where Love abides. How beautiful it is to see the truth of our brothers, regardless of their perceived wrongdoings. This is how we come to know that love is who we are. We then see it shining in everyone because we see through the eyes of holiness! We exempt no one. With such love surrounding us, fear becomes impossible, and guilt is gone from our minds.

"Can you imagine how beautiful those you forgive will look to you? In no fantasy have you ever seen anything so lovely. Nothing you see here, sleeping or waking, comes near to such loveliness. And nothing will you value like unto this, nor hold so dear. Nothing that you remember that made your heart sing with joy has ever brought you even a little part of the happiness this sight will bring you. For you will see the Son of God. You will behold the beauty the Holy Spirit loves to look upon, and which He thanks the Father for. He was created to see this for you, until you learned to see it for yourself." (T.17.II.1.1-8) (ACIM OE T.17.III.7)

When we stay vigilant in our practice by watching our thoughts and releasing them with the help of the Holy Spirit, we learn to see with Christ's vision. The Holy Spirit is always there in our minds so that when we have judged someone, we can always turn to Him and ask for His help to see our brother differently. Whether our judgments and reactions show up as a result of a news story, TV show, movie, or because we feel someone has wronged us, these are all opportunities to recognize that the interpretations we give to events are just projections of our own guilt. When we turn to the Holy Spirit, He helps us see that nothing real has happened. Forgiveness is only necessary in the dream. **"God does not forgive because He has never condemned."** (W.60.1.2)

Movies can be very helpful in exposing our projections and using this experience to achieve peace, clarity of mind, and increased happiness. By watching movies, we can see where we are identifying

with the characters on the screen and where painful dramas from our own lives are being played out. Now, we can watch our reactions and bring them forward to be healed. They allow us to heal whatever our phobias might be, alleviate our anxieties, and help us to handle stressful situations in our own lives.

The motivation to stay vigilant with our thoughts throughout the day is reinforced when we see that forgiveness brings happiness. By looking at our dark thoughts and bringing them to the truth, Jesus assures us we can see a beautiful world that is safe, full of love, abundance, peace, and joy. This is the real world. What else would we rather have than this? Our only purpose in this world is for healing the mind. It is what time was made for. Our only responsibility is to recognize the barriers we have put up as a defense against the love we are. The only path to take in this world is the one that takes us to the truth. Every other path leads us nowhere.

Every crisis in our lives is a call for healing. Every problem is an opportunity to choose love instead of fear. Is it simple? Yes. Is it easy? Mostly it is not easy, but it can be if we don't resist the lesson and if we are ready and willing. It takes discipline, courage, honesty, humility, and great vigilance. And it takes calling on God's strength.

We will ultimately all awaken from this dream because Jesus keeps reminding us, the end is certain. How could it not be when the truth resides in us? There is nothing we need to do as we are already what we are seeking. We are still at home in God. We are all being called to remember who we are. God's Voice speaks to us ceaselessly, all through the day. We just need to stop the chatter in our own minds long enough to listen. When every barrier to love is removed with the help of the Holy Spirit, we will come to know the fullness of the love we are and will see a world that shines that love back at us. **"And as I look upon the world with the vision He has given me, I remember that I am His Son."** (W.60.5.5) This is our ultimate goal. Meanwhile, everything in our world becomes another opportunity for healing. We see what needs to be healed in us by what is being triggered in us. The world provides us with the perfect classroom for healing. Eckhart Tolle suggests we look at everything that seems to be happening to us as if we orchestrated it all perfectly for our highest good, and apparently, we did. The world and our experiences are our guru if we use them for healing.

Love and blessings, Sarah
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