



LESSON 81 Review II ~ Lesson 61 and Lesson 62

Sarah's Commentary:

Now we review the Lessons of the last twenty days. This time, we do one Lesson, "**I am the light of the world,**" (W.61) in the morning and the next Lesson, "**Forgiveness is my function as the light of the world,**" (W.62) in the afternoon. The focus of the review is to read the thoughts over slowly for three or four minutes, then close your eyes and listen "**quietly but attentively.**" (W.PartI.ReviewII.IN.3.1) We are asked to be confident that we will hear. Set your intention and determination to succeed in hearing the message that is waiting for you. "**Do not forget that your will has power over all fantasies and dreams.**" (W.PI.RII.IN.4.4) We are also asked to, "**Regard these practice periods as dedications to the way, the truth and the life. Refuse to be sidetracked into detours, illusions and thoughts of death.**" (W.PI.RII.IN.5.1-2) Each day we focus on our function of forgiveness.

Finally, he reminds us in our review of the comments that follow each idea for the day, "**It is not the particular words you use that matter.**" (W.PI.RII.6.4) This is important in that we are not trying to be good students who do what the teacher asks of us to the letter of the law. There are no tests to pass, and ritualistic study is not helpful. It is all about our devotion, dedication, and sincerity in how we approach these lessons. Our focus now is all about purpose.

Jesus says, "**It [the resurrection] is the relinquishment of all other purposes, all other interests, all other wishes and all other concerns.**" (M.28.1.9) This means it is important to clear away anything that distracts us from our purpose to know our Christ Self. Desire and devotion are what is important. If our desires are still for the things of this world, our attention will not be focused. So, to the extent we can, we recognize the importance of what we are doing and just keep our focus fixed on our goal of awakening. I recently read an account by a friend who said this process was like churning butter. It seems that in the process of churning, nothing is happening, but you keep doing the churning and one day all of a sudden you have butter.

In the morning, I remind myself, "**I am the light of the world.**" (W.61) This is what I want to demonstrate so everyone I encounter is made happier by my presence. The light can only shine through me when I am willing to see my blocks to love, take responsibility for them, and bring them forward for healing. In the Prayer of St. Francis, we read, "Make me a vessel of your peace; where there is darkness, let me bring light." Our own darkness keeps the light away. The light is always there behind our dark ego thoughts. The light shines through us when we focus daily on our function of forgiveness. It is our only reason to be here. "**How holy am I, who has been given the function of lighting up the world!**" (W.81.1.2) Then, "**Let me be still before my holiness.**" (W.81.1.3) It is like coming before a vision of a great spiritual being, yet it is our own holiness we come before with a sense of humility and receptiveness. This holiness shines its calm light and brings a deep peace within our own minds, where all conflicts we hold in the mind

disappear. From that place of truth within, we become a radiant reflection of God's Love in the world.

We are given, **"Some specific forms for applying this idea when difficulties seem to arise. . ."** (W.81.2.1) When difficulties arise, we often give them a lot of power, and this keeps us in hell. Yet we have been given a remedy here. We willingly bring our perceptions of darkness to the truth where they are shined away. Our interpretations of the situation will always be wrong and driven by the ego, but we are reminded they cannot obscure the light in us. They have no power when we choose the truth. Difficulties are illusions, and thus they are nothing unless we make them into something.

For the latter part of the day, we focus on the second Lesson, **"Forgiveness is my function as the light of the world."** (W.62) **"It is through accepting my function that I will see the light in me."** (W.81.3.2) Only by bringing illusions to the truth can we experience the light in our minds consistently. If we get distressed about anything today, we are reminded that every distress is just another opportunity to forgive. The world is our classroom to help us remember who we are. We can only do that when we bring the darkness in our minds to the light of truth. **"Realize that, whatever form such [distracting] thoughts may take, they have no meaning and no power."** (W.PI.RII.IN.4.2) We are asked to replace our distracting thoughts with our determination to succeed. The power of our minds is aligned with God's power. **"Do not forget that your will has power over all fantasies and dreams."** (W.PI.RII.IN 4.4) It is not our own power but the power of truth within us. Every irritation, every frustration, and every distraction is just another opportunity to forgive.

Although I do not understand forgiveness, **"Yet I will trust that, in the light, I will see it as it is."** (W.81.3.5) Meanwhile, we just need to look at every difficult situation in our lives, and let each one teach us what forgiveness is. We just keep doing the practice laid out in these lessons, and the light will dawn on our mind more and more. We don't really get forgiveness as described in the course because we think it means overlooking something real that someone has actually done or that we have done. We do not yet recognize that nothing real has happened, and we are only applying forgiveness to our own misperceptions of what we see and experience. When we experience the light and fully understand forgiveness based on the recognition that nothing is outside of our own minds, we will have made great progress in our awakening.

Jesus reminds us, **"You are still convinced that your understanding is a powerful contribution to the truth, and makes it what it is. Yet we have emphasized that you need understand nothing."** (T.18.IV.7.5-6) (ACIM OE T.18.V.39) He reminds us that not only do we not need to understand, but our attempts to do so can actually get in the way. **"Salvation is easy just because it asks nothing you cannot give right now."** (T.18.IV.7) (ACIM OE T.18.V.39) What we can give right now is our acceptance and appreciation of every event and circumstance in our lives as another opportunity to learn how to forgive. It is also to accept that nothing is outside of our own minds. The world is a witness to what is going on in us.

I was doing this Lesson some time ago when a situation came up that really brought this home for me. I got up very early for an appointment with the dentist, which I was really happy about as I was anxious to get the final stages of dental work done after having fallen and broken several teeth. I had gone through a long and arduous, not to mention expensive, process to get all the work done and was at my final appointment to have the temporary teeth replaced with implants; and this would conclude a seemingly long and difficult journey. It would have been like an anniversary, as I had fallen in April, three years prior. I got to the office but was kept waiting, which was very unusual. I started to sense something was wrong, and I was finally told that the

implants were not ready. Furthermore, I was told that I could not get another appointment until late May!

There was no explanation as to what the problem was nor why the delay. As the frustration arose in me, I remembered the Lesson, "**Let me recognize my problems have been solved.**" (W.8o) It did not feel that way at the moment, yet I was willing to accept that I was giving this situation my interpretation, and I really did not know what it was for. The chatter continued in my mind and anger arose at having had to get up so early, driving all the way downtown, paying for parking, and feeling very inconvenienced. I kept asking for help to see it another way, to just accept the situation and to let it go. I asked the Holy Spirit to help me see everything in the light of love and to extend that thought through me with whomever I might encounter in my day.

Having missed breakfast, I decided to go to a diner. I ordered breakfast and chatted with a lovely server and started to read Chapter 8 III (ACIM OE T.8.IV) "**The Holy Encounter.**" Shortly after ordering breakfast, a couple walked in whom I had not seen for perhaps 15 years or so. They are two practicing psychologists whom I dearly love. They wanted to know what I was doing these days. I mentioned the Course and the "Power of Clearing" sessions I do, and they wanted to know more and asked for my phone number so we could connect. It was a lovely encounter that I would have missed if my implants had been ready. I reminded myself of the many times I chose to stay in distress rather than choose to forgive and apply the Lesson immediately when I seemed to encounter difficulties. I wondered what the meaning of this encounter was and its importance, but I recognized I had no idea. Everything is in His hands. I don't need to try to figure it out. I just recognized the perfection of it all and my joy at having the opportunity to meet once again with my friends.

In every situation, we can choose to remember who we are and what our function is in this world. These are the kinds of events that give us the opportunities we need to practice remembering the truth and to enhance our motivation. What situations or difficulties do you face today that could be transformed in the light of truth? What expectations do you need to release in order to experience peace?

It is good to pick a time of day when you plan to start the second Review Lesson, or you might find the day just slips by and you haven't given it the attention it requires. We continue with the process we have been using in our practice periods so far where we take a longer practice period twice a day. Now we will be focusing one of our longer practice periods on the morning Lesson and the second one in the afternoon. Watch how your days go during this review period. Notice how often you forget, which is an indication of how much resistance there is in the mind, but don't judge yourself when you do forget. It is just another opportunity to notice your fear of awakening.

Love and blessings, Sarah
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