



LESSON 85 Review II ~ Lesson 69 and Lesson 70

Sarah's Commentary:

It is important to look at every Lesson in Review II as a response to anything that tempts us to throw away our peace. It means that when anything, anyone, or any situation tempts us to become angry or distressed, we could be applying the Lesson of the day. For example, when you are focusing on the Lesson, "**My grievances hide the light of the world in me,**" (W.85.1.1) you might respond with any of the three thoughts that follow in the Lesson.

If someone cuts you off in traffic, you could respond with the thought, "**Let me not use this as a block to sight.**" (W.85.2.2) Or if someone upsets you today with how they are behaving, you might hold the thought, "**I have no need for this. I want to see.**" (W.85.2.4) If another version of a thought suits you better, feel free to use it. Remind yourself that when you see someone do something you judge as inappropriate, you are making a decision to throw away your peace and thus stay blind to the truth. In effect, your judgment is based on something that is not even there and keeps you from vision. "**My grievances show me what is not there, and hide from me what I would see.**" (W.85.1.2) Grievances keep us from the light, but we have a choice we can make. "**The light of the world will shine all this away.**" (W.85.2.3)

Similarly, in our afternoon practice, we focus on the idea, "**My salvation comes from me,**" (W.85.3.1) meaning that nothing outside of us will ever bring us happiness. In fact, there is nothing outside of us. Only in uncovering the light in us and recognizing that we are not separated from our Source can we experience peace and joy.

What interferes with this recognition? The interference comes when we give our power to something from outside of our own minds that has seemingly taken our peace from us. Nothing outside of our own minds has that kind of power unless we choose to allow it. Our grievances come in the form of various judgments we make throughout the day. Try to go through the day, and with each temptation to give up your peace, respond with a thought such as, "**Let this not tempt me to look away from me for my salvation.**" (W.85.4.2)

If the words do not resonate for you, choose another of the phrases offered or change the words to suit you. If you stumble on words such as salvation, you can substitute words such as peace or happiness. Jesus tells us, "**Let us not forget, however, that words are but symbols of symbols. They are thus twice removed from reality.**" (M.21.1.9-10) If we stumble on the symbol, we can substitute something that resonates with us. The important thing to always remember is that if we don't apply this teaching to our daily lives, there will be no change. The words and ideas may resonate and feel good when we read them, but that is not enough. Application is essential.

In the text, Jesus tells us, **"I have made every effort to use words that are almost impossible to distort, but it is always possible to twist symbols around if you wish."** (T.3.I.3.11) (ACIM OE T.3.III.16) Notice how we even have grievances around words. We may, for example, get upset with the masculine terminology, or we hold negative views on the symbol of Jesus. We have negative connotations with words like salvation, atonement, forgiveness, last judgment, God, and many others. It is all part of our past conditioning. The words themselves are neutral. The meaning we give to that which is meaningless is what upsets us.

The only appropriate response to attack is forgiveness. It is our way through to the experience of peace and joy. It is not what the ego counsels us to do. The ego wants us to retaliate, which keeps us from the awareness of our divinity. Then when we follow its advice, it tells us that we should feel guilty for what we have done. This is the ego's vicious cycle that keeps us on the hamster wheel of sin, guilt, fear, and attack, which is mostly how life is experienced in this world. Yet we are not of this world, even though we seem to be in it.

Our morning practice is about the importance of releasing grievances so we can know the truth about ourselves as the light we are. **"Grievances and light cannot go together, but light and vision must be joined for me to see. To see, I must lay grievances aside."** (W.85.1.5-6) Grievances darken our minds and our sight so we become blind to the truth. Instead of seeing innocence in our brothers, we see their guilt, and thus we **"make of love an enemy."** (T.19.IV.D.13.8) (ACIM OE T.19. V.d.102) Now we are being motivated to make a choice by declaring, **"I want to see, and this will be the means by which I will succeed."** (W.85.1.7)

In the afternoon practice, we are reminded, **"It (my salvation) is in me because its Source is there."** (W.85.3.3) What is there to look for outside of ourselves? We keep thinking there is an answer out there in some new book, another workshop, or another guru. Yet the answers are all within. There is no one who can save us and no one to look to outside of ourselves. Similarly, there is nothing we need outside of ourselves as God is in our minds. We look outside all the time for our happiness, yet it is not there. When you are tempted today to look for something from a situation that does not seem to be delivering what you want, remember to affirm, **"This has no power to remove salvation from me."** (W.85.4.4) In fact, nothing outside of us has that power. It is all within.

There is a part of our minds that really does want the truth, but we still have resistance, as another part of the mind is afraid of the truth. Increasingly, as we do these Lessons, we become aware of our split mind where part of us wants God and another part does not want to wake up. We are always making a choice as to which teacher we turn to---the ego or the Holy Spirit. If we look for salvation outside of ourselves for our happiness, we are giving our power away. If we get triggered by what someone says or does, there is a place in us where we are attacking ourselves. Nothing outside of the mind can bring pain or suffering or even true happiness. Everything rests on the power of our minds to choose the Holy Spirit where our happiness resides, rather than in anything external.

Love and blessings, Sarah
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