

ACIM Edmonton - Sarah's Reflections



LESSON 56 ~ REVIEW I [Review Lessons 26-30]

Sarah's Commentary:

"I have tried to give my inheritance away in exchange for the world I see. But God has kept my inheritance safe for me." (W.56.1.6-7) That inheritance is **"perfect security and complete fulfillment."** (W.56.1.5) In order to know perfect security and to feel fulfilled, we need to be willing to look at what we have made of ourselves in our determination to be self-reliant, independent, and a unique individual. The word "individual" reflects the duality of our lives. It contains the very nature of our problem, which is the separation from Oneness. In that separation, a veil was drawn over the face of Christ but **"its light remains undimmed."** (W.56.4.3) In spite of the fact that we seem to have thrown away our inheritance, the light of God's love still shines in us. We are still united with the Will of our Father (W.56.4.4), though we have chosen instead our insane wishes and forgotten who we are. Now we are reclaiming our inheritance because, while it is forgotten, it is not lost and that is such a relief.

We think we have left our pristine home and cannot return. We are like the Prodigal Son who believed when he left his home he could never return because he had squandered his father's treasure and feared the punishment he thought he had coming to him. Yet when he decided to beg his Father's forgiveness and return home, he was welcomed and embraced and was told *he* was his Father's treasure. In the same way, we are afraid to turn to God in the belief that we will be punished. Now we no longer trust our Father, forgetting, just as the Prodigal Son did that our Father's Love awaits us on our return and we will be welcomed Home with open arms.

What keeps us from this place of peace, truth, vision, safety, joy, and love always present in our right minds? How do we sabotage ourselves? What dirge are we singing to ourselves every day? **"Healing occurs as a patient begins to hear the dirge he sings, and questions its validity."** (Psychotherapy Pamphlet.2.VI.1.5) What do we believe about ourselves, life, our existence, and this world? Jesus talks about this dirge of sorrow we sing to ourselves when he says, **"God is everywhere, and His Son is in Him with everything. Can he sing the dirge of sorrow when this is true?"** (T. 14.II.8.7-8) (ACIM OE T.13.VII.63) And yet we do!

We try so desperately to be in control. We work so hard to build our self-image and hold onto our self-concepts. We see ourselves constantly under attack. **"Pain, illness, loss, age and death seem to threaten me."** (W.56.1.3) That is what we have received in trade by blocking our inheritance given us by God in our creation. It does seem crazy and it is. So now what do we do to claim our inheritance? This Lesson tells us quite a bit about that.

It all starts with willingness. No one, not even God, the Holy Spirit, or Jesus, will change our minds for us. My agreement is that **"I would let the door behind this world be opened for me, that I may look past it to the world that reflects the Love of God."** (W.56.3.4) It is there for us to experience if we just allow it. We need to be willing to let our resistance go. When we

keep insisting we are not ready to claim the truth, and we will perhaps get there someday in the future, we keep ourselves in hell. The truth is only available to us in this moment and awaits our acceptance. There is only NOW. There is no future time in which we can accept the truth. The truth is in our minds at this very moment.

To experience the truth about ourselves we need to become aware of the insanity of our thoughts, bring them to awareness, and be with them until we are ready to release them by placing them on our inner altar in the mind. Guilt is dissolved when it is brought to forgiveness. We don't need to pry the door open to move through the circle of fear. It is not about fighting ourselves but by surrendering. In fact, our efforts to try to fix ourselves will never work. Nor is it about trying to make ourselves holy. We need do nothing. The portal to the truth is already open and the invitation is there to walk through it.

So often I feel the invitation from the Holy to give up my anger, my impatience, my desire to be right, but I stubbornly hold onto my perspectives. Yet to step back from them and say yes to God, is to find the happiness I say I want. We already are what we are searching for. There is nothing to seek. It is about letting go and surrendering our way. The events and circumstances of our lives reveal our thoughts and feelings to us, reflecting back to us what is in our minds. All we need do is to take responsibility for what is reflected and recognize it is coming from our own minds. We are responsible for everything that seems to be happening to us, but we are not to blame. Responsibility without self-blame is challenging but very necessary for our healing. As long as we keep blaming ourselves, the ego is in business. It promotes retaliation and then tells us we are guilty for what we have done. Thus, it has us coming and going. When we see its game, we can more readily choose against it.

We have forgotten who we are. Those people in our lives who seem to torture us, who seem to challenge us, and with whom we engage in power struggles, are the ones who are our saviors in this process. They mirror to us the insane thoughts in our minds. No one has done anything to us that we haven't asked for. Astounding as this may sound, our minds are the only cause of what seems to happen to us. We have the power to change the beliefs we hold that others are the persecutors and betrayers. We are the ones persecuting ourselves as a result of the attack thoughts we hold in the mind. We bring persecution into our lives by holding onto our self-attacking perceptions. We are actually holding onto an image of ourselves that is false based on beliefs in unworthiness, self-hate and lack. We will draw to ourselves the reflections of these beliefs.

"The ego always speaks first." (T.5.VI.3-5) (ACIM OE T.5.VIII.73) This means that the first thought we have in any situation is always a judgment or an opinion to which the Holy Spirit willingly gives us His interpretation when we turn to Him and ask. When we choose His answer, which is the miracle, vision replaces judgment and allows us to see a world of peace and love regardless of appearances.

Today, I remind myself that anger is never justified. It seems it is justified by what I see happening "outside", but it all comes from my mind. It all starts with my own attack thoughts. Attack thoughts I hold show me a false and vulnerable self that deserves attack in return. The good thing is when I recognize that my anger keeps me from peace, I am more willing to consider the possibility that I made it all up. **"Above all else I want to see differently."** (W.56.3.1) My greatest need is vision. It is a greater need than the needs I think I have. I think I need recognition, power, control, money, my home, family, and physical comforts, yet Jesus really speaks to our deep hunger for vision, which is to know our invulnerable selves as we were created. To have vision, I have to let go of the image I have made of myself.

Of course, the purpose of this world is to keep this image intact. **"The learning of the world is built upon a concept of the self adjusted to the world's reality."** (T.31.V.1.1) (ACIM OE T.31.V.43) Jesus tells us, **"The building of a concept of the self is what the learning of the world is for."** (T.31.V.1.5) (ACIM OE T.31.V.43) Now we are called to question it. As long as we are trying to perfect the self-concept, we will not be willing to look at the **"treachery it hides."** (T.31.V.5.2) (ACIM OE T.31.V.47) Only by looking at the false thoughts we have made up about ourselves can we release them and see what they hide, which is the love we are. **"Behind every image I have made, the truth remains unchanged."** (W.56.4.2) **"God is still everywhere and in everything forever. And we who are part of Him will yet look past all appearances, and recognize the truth beyond them all."** (W.56.4.5-6)

Today, we remember that God's Love is ever present in our minds. There is nothing we can do or have done, that can change the truth in us. The Holy Spirit is the memory of God and His love for us and is held in our right minds. It is held there until we recognize it has always been there behind our dark thoughts. **"God is in everything I see because God is in my mind."** (W.56.5.1) He is fully present to us in this moment, now.

Love and blessings, Sarah
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