

## ACIM Edmonton - Sarah's Reflections



### LESSON 87 Review II ~ Lesson 73 and Lesson 74

#### Sarah's Commentary:

We believe we have a will, which is our own and separate from God's. This is not the truth. Our will is God's Will. This Course is about releasing the belief that we have a will separate from God's Will, and now we are called to join with His Will so we can be happy and know we are secure in His Love. **"I can become afraid only when I believe there is another will."** (W.87.3.3) And when we are afraid, we attack. When we align with God's Will, we know that we are safe. **"I am safe because there is no will but God's."** (W.87.3.6)

We don't know our own best interests. How can we when we don't know who we are? We have chosen independence and willfulness and assumed authority over our own lives. Our willfulness has gotten us into a lot of trouble. Isn't this true? I know mine has. I get very stubborn about my point of view, having things go my way, being in control, thinking I can determine my future, plan my way through life, develop strategies for my success, make judgments of others, hold opinions and believe I am right. In fact, being successful in the world may be the biggest obstacle to awakening. When life seems to be working for us, it keeps us invested in the illusion. However, the outcome of relying solely on ourselves is that we can never be certain of anything, and this ultimately results in fear, anxiety, and insecurity. If things don't work the way we expect, and we don't get what we want, we blame others for our failures, or we judge and blame ourselves and ultimately get disillusioned and depressed.

We always use something or someone, or some circumstance or event, to justify our attacks. We hold grievances, we manipulate, we demand, we seduce, and we try to extract something from the person or situation for our benefit. All these are forms of attack, and with attack comes more fear because now we expect retaliation. We expect others to betray us, to manipulate us, or demand something from us. The world becomes a threatening, fearful place where we feel jeopardized. **"It is not my will to grope about in darkness, fearful of shadows and afraid of things unseen and unreal."** (W.87.1.3) The will that appears to be functioning in the world is part of the illusion. It is not real, and it brings us nothing but more guilt and fear.

In making the decision to **". . . use the power of my will today,"** (W.87.1.2) I choose to exercise the power of my mind by turning away from the will that I have substituted for God's Will. Instead of choosing to listen to the ego, I remind myself I can choose to see any situation differently when I turn to the Holy Spirit to give me His interpretation. Someone may have said something unkind today, but I have a choice in how to perceive it. I can decide that, **"Light shall be my guide today. I will follow it where it leads me, and I will look only on what it shows me."** (W.87.1.4-5)

We all feel vulnerable and afraid when in our wrong mind, and we project these fears onto the world. We become fearful of what the world will do to us, so we build defenses that create even more fear. The world of separation is the result of the projection of the guilt and fear in our minds. When the mind is freed of sin and guilt through forgiveness, the world becomes a reflection of innocence. We are all here to wake up from this dream, and when we choose the Holy Spirit as

our Teacher, He helps us see every situation without judgment. Now we have no more stories. We live in a state of awareness in the right mind. Anger is no longer justified, and all is seen as love or a call for love.

In our day-to-day lives, we grope about in darkness, afraid of things not even there, unseen and unreal. It is a fearful state where there is no peace in our everyday condition—a condition of fear, doubt, and uncertainty. Only in the light of awareness where there is true perception can we experience peace. How can we know where we are going when we are in a state of confusion and uncertainty? But now we know we can make another choice. We can choose to step out of the battlefield and watch the mind and release the judgments and grievances that show up. To see our anger and attack thoughts without judgment is to be the observer where we are aware of the play but not affected by it.

When we are angry and frustrated with any person or situation, it is because we want to make them responsible for how we feel. It all starts with our own self-attacking thoughts that we project on others. Jesus shows us that we actually want others to betray and hurt us! We set it up that way so we can make them the cause of our distress. In other words, we see the world as the cause and ourselves as the effect, and thus we are actually choosing to make others responsible for how we feel. We are constantly giving our power away and choosing a place of victimhood where we feel powerless so we don't have to be responsible for our exile from the love of God. This is how we enslave ourselves and see ourselves as abandoned by God and victimized by others. Jesus shows us that only mind is the cause of how we feel and the world is the effect. We have reversed cause and effect. We are the ones responsible for everything that seems to happen to us. We called it all forth by our own request but now we can use it all for forgiveness and healing.

**"Who would attempt to fly with the tiny wings of a sparrow when the mighty power of an eagle has been given him? And who would place his faith in the shabby offerings of the ego when the gifts of God are laid before him?"** (M.4.I.2.2-3) To me, this is the same as flying on one's own, believing in our little will and relying on our own authority. Jesus says, once we have experienced the power available to us by joining with God's Will and recognizing it as our own, **"it is impossible to trust one's own petty strength again."** (M.4.I.2.1) Why would we want to? With God, events unfold in miraculous ways beyond any of our own ability to plan an outcome equal to what is available when we put our trust in Him.

The ego wants to latch onto guilt like a dog with a bone. It is a huge temptation that feeds the ego. We make comparisons with others, seeing their guilt, and buying our own innocence at their expense. We hold grievances against others, refusing to let them go in the belief that, "No one is going to walk over me." We demand our own space, keeping others apart from us. We think of this as power and strength where we fight to maintain our boundaries, yet whenever we attack a brother, it just guarantees that more guilt and fear is accumulated, and we experience more separation. The fear is that when we attack, others will retaliate which reinforces the belief that defense is necessary. It becomes a vicious cycle of attack and defense, yet the reality is that the conflict is never external to our own minds. It starts within us with our own self-attacks, and when we project them outward, we experience conflict with our brothers. As Byron Katie says defense is the first act of war.

When we are in conflict, we believe we each have a different will and are in competition with each other. We each try to get what we can in the relationship; we give as little as possible to get as much as possible. This is the nature of relationships guided by the ego. The truth is that we only share One Will. My true will and my brothers' will are the same. Our eternal safety is guaranteed because there is only One Will I share with all my brothers. Through forgiveness, we recognize our sameness, which is a reflection of our Oneness. When we see the Christ in our brother, we know our own Self, which is One with God. When we truly desire this Oneness, we are motivated to be vigilant in watching our minds for attack thoughts so they can be placed on the inner altar for healing.

Recently, I noticed how I was slipping into ego in my relationship and taking advantage of my brother's guilt. It was a pattern I had not noticed happening. I started thinking the relationship was maximized and I needed to move on because I did not like what I was feeling or seeing in myself. I felt unhappy and experienced a lot of inner conflict and self-judgment. When I looked at my unhappiness, that I blamed on my brother, I realized it had nothing to do with him. It was something that had to be healed in me. The turnaround came quickly when I took the time to inquire within and uncover my belief in lack, neediness and unworthiness. With this realization I asked for help to choose again and no longer indulge my egoic thoughts, making my brother responsible for my condition. The reflection of my changed perspective came so quickly in my relationship that it was an immediate confirmation that change in any relationship has to start with our own minds. I forgive my brother for what he has not done. My part is to continue to forgive my own self-attacking thoughts so I can get in alignment with God's will.

In summary, the progression of the ego error starts with the belief that there is another will but God's. Because of this, we become afraid of our brothers and their competing wills, and now we experience fear so we attack, and because we attack, we fear for our eternal safety. The answer is to recognize, **"I am safe today because there is no will but God's."** (W.87.3.2) We experience our safety when we remember who we are. In our identification with the body, we can never feel safe, but our safety lies in our recognition **". . . that all this has not occurred. I am safe because there is no will but God's."** (W.87.3.5-6) My reality is Spirit and not a vulnerable body.

Practicing this idea involves acknowledging that whatever seems to be happening to me, **"This is part of God's will for me, however I may see it."** (W.87.4.4) This can sound like God is willing for me to suffer a difficult situation, but this is not so. Instead, God's love and peace are available behind any seeming difficulty, and we can choose that love in any situation in which we seem to find ourselves by releasing the ego's hold on us so we can experience the miracle.

Just like in the movie, *Wide Awake*, we can only know the truth when we are ready for it. That is why this path is not to be imposed on others. To try to impose this teaching on anyone is a form of attack. It is no different than a missionary worker, trying to change the minds of their brothers instead of focusing on their own minds. To do that is an act of violence. It is all about readiness for another way of seeing. The signs of the Spirit are as near and clear as we are ready and willing to see and hear them. In the movie, *Joshua's Prayer*, he was answered because it was a prayer from the heart. It reflected his true desire. Without motivation, devotion, desire, and sincerity nothing will change.

Our will, which is one with God's, has tremendous power. When we join with His Will, we can make great strides today. It is in our nature to express and extend love, and how that is expressed in the world is through forgiveness. That is what time is for. There is nothing to be done except the undoing of what we have made, which is the false self and a world where we have come to hide from God. Forgiveness removes what we have made so what God created can shine through us and we can be a demonstration of His love in the world. See your brothers standing in the light with you and join them there leaving no one out of your blessing. Allow the light given to you to shine into their minds. This is how this fragmented Sonship is returned to Oneness, wholeness, and holiness.

Love and blessings, Sarah  
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