

ACIM Edmonton - Sarah's Reflections



LESSON 173 Review V ~ Lesson 155 and Lesson 156

Sarah's Commentary:

[155] I will step back and let Him lead the way.

[156] I walk with God in perfect holiness.

"God is but Love, and therefore so am I." (W.RV.4.3) If that is indeed the truth, I can rely on His Love to lead the way for me, allowing His perfect Holiness to guide me. Holiness is always present in our right minds. This Self is our reality and is always perfectly consistent. This Self knows Its Creator and understands Itself. It is never changing and always in union with the Father. Who can say that about the ego identity, which is capricious, changing, uncertain, and inconsistent? Stepping back and letting Him lead the way is a way of living in the world where we look like everyone else, yet our focus is entirely on forgiveness and healing opening to the love we are. Only then can we lead our brothers and help them heal their perception of who they think they are. Our holiness lights up the world, as we ask in every moment, "Who walks with me? Is it sin, or am I walking in holiness with God?"

With God's Presence surrounding me, why would I rely on myself? **"Who would attempt to fly with the tiny wings of a sparrow when the mighty power of an eagle has been given him?"** (Manual for Teachers.4.I.2.2) When I have the experience that shows me that God can be trusted and leaned on, I become more and more willing to step back and let Him lead the way. I can know that my safety lies in God as I test it out for myself by following guidance. With holiness as my companion, why would I not feel perfectly safe in every step I take? Why would I question where I am being led? Why would I question anything that seems to happen to me? Why would I not trust that it is all perfect? Why would I not be happy to accept that all events and circumstances in my life are helpful for my awakening to what I am? Doubt thoughts will arise, but they simply provide us with another opportunity to bring them to the light of Truth, where they can be released. All that is needed is to bring awareness to the blocks in the mind where we hold onto beliefs that are not true about us. Only through their release will space be opened up for the miracle, and with each step we take, our trust grows. **"You have very little trust in me as yet, but it will increase as you turn more and more often to me instead of to your ego for guidance."** (T.4.VI.3.1) (ACIM OE T.4.VII.86) That is all we are called to do which is to turn to His Guidance more and more asking in everything, "what would you have me do?" And then we follow the direction we are given.

This is a time of letting go, of releasing the thoughts that keep us imprisoned in the ego, and of entering deeply into the silence of our minds where truth abides. There is no "doing" here, only the sacredness of "being." In stillness and listening deeply, we connect to the Self. Jesus shares this time with us as a presence in our minds. While this learning seems new for us, it is an ancient truth that we have always known, even before time was. Our wholeness has always been. It was

established by God, and we cannot do anything to change the truth about ourselves. With this thought, **"God is but love and therefore so am I,"** (W.RV.4.3) we remind ourselves of this truth, release the thoughts that keep us imprisoned in our wrong minds, and affirm our willingness to let illusions go. Jesus keeps reminding us of who we really are. **"Hallowed your Name,"** (W.RV.10.2) he says, speaking to the truth of our Being. He reminds us that our glory is undefiled forever. We connect with our undefiled nature as we experience the holy and timeless instant of release.

In order to have a day of trust, it is really important to start the day with God. Spend your waking time repeating the thoughts and then letting go of the words, which are simply aids in helping us to connect with the meaning behind them. This is a time of faith, commitment and dedication to the practice. Try to think of the Lesson throughout the day and, if you are tempted to get upset, use the Lesson to remind yourself of the truth. Pausing, breathing and self talk are all helpful in my experience.

All the events and circumstances of our lives provide the learning ground for forgiveness and healing. Anytime we feel under attack, anytime we hold a death thought, whenever we become discouraged, when we criticize our own efforts, when we think we should be further along in our journey, or when we feel impatient or angry, we can remember to step back and recognize we don't know our own best interests. In fact, we cannot tell our advances from our retreats. **"Some of your greatest advances you have judged as failures, and some of your deepest retreats you have evaluated as success."** (T.18.V.1.6) (ACIM OE T.18.VI.41) This describes how learning-challenged we actually are. When we learn that all circumstances are helpful we become happy learners. Whenever I find that I am getting anxious about some situation or perceived problem, I am reminded to step back, let go, breathe, release, and allow the guidance to come. It does not matter how long this takes. We are now using time for its intended purpose.

This is about releasing the "I know" mind that relies on its own ideas of how to deal with the situations that confront us. Jesus addresses this when he reminds us, **"I do not know what anything, including this, means. And so I do not know how to respond to it. And I will not use my own past learning as the light to guide me now."** (T.14.XI.6.7-9) (ACIM OE T.14.VII.65) It means that regarding any upset I have, I do not know what it means. It is to give over to the Holy Spirit all the dark lessons we have taught ourselves and are willing to acknowledge we do not know what anything is for. Our past learning is all about holding beliefs that are based on separation and establishing our identity in the world. When we are upset about anything, we think we know what the situation means. Realizing that we don't know and handing over our dark lessons of the past, allows us to open up to being taught, since the "I know" mind is not teachable.

We enter the meditation time and use the words given us **". . . at the beginning and end of practice periods, but to recall the mind, as needed, to its purpose. We place faith in the experience that comes from practice, not the means we use."** (W.RV.12.1-2) He encourages us to keep trying. Jesus approves of the idea of trying, which he has said about our practice many times, in different ways. **"The sound grows dim and disappears, as we approach the Source of meaning."** (W.RV.12.5) We wait in silence, anticipating what is to come. Our waiting is a time of still expectancy and confidence, knowing the experience *will* dawn on our minds with practice so we need not despair.

Now we take five to thirty minutes in the morning and reflect on the words of this Lesson. You may want to use the prayer that is provided, or offer your own words to God. Then reflect on the words of today's Review and their meaning: **"God is but love and therefore so am I." "I will**

step back and let Him lead the way." (W.172 [155])"I walk with God in perfect holiness." (W.172 [156])"God is but love and therefore so am I."

Be vigilant in watching interfering thoughts. As you enter the silence, wait in anticipation and in confidence. With the mind at rest, be poised for the experience, holding the silence wordlessly. Whenever the mind wanders, bring it back to purpose with the words of this Lesson. In this way, we make it a day of gratitude.

Throughout the day, anytime you are tempted to become disturbed about anything or with anyone, remember to do some form of the practice to bring your mind back to peace.

Love and blessings, Sarah

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