

ACIM Edmonton - Sarah's Reflections



LESSON 120 Review III ~ Lesson 109 and Lesson 110

Sarah's Commentary:

This is the last day of the Review and what a sweet Lesson to end our Review period. **"I rest in God"** (W.120.(109)1.1) and **"I am as God created me."** (W.120.(110)2.1) It has been an overwhelmingly busy week for us here and resting in God today in our minds, despite any external whirl, is an inviting thought. The ego mind has no rest. All our stress, anxiety, despair, and frustration come from thoughts that keep us from knowing who we are as God created us. Can we just relax today, take some respite from all this activity, go beyond all our raucous thoughts, rest from the activities that keep us distracted from the Self we are, and be reminded of our true reality? Yes, even in our busy doings we can rest in God. **"This quiet center, in which you do nothing, will remain with you, giving you rest in the midst of every busy doing on which you are sent."** (T.18.VII.8.3) (ACIM OE T.18.VIII.70) In other words, we can bring peace to every situation.

To rest in God is to be in His flow and allow Him to lead the way. To rest in God is to find our center of peace, if only for a moment, where we release the external world. To rest in God is to know the constancy of the Self we are and know the changing, seeking, and striving self is an illusion. To rest in God is to know we are eternally safe in His loving arms. Today, let us find this place of respite within and know that in spite of any experiences of stress and turmoil, the truth is that we are consciousness, we are safe, changeless awareness and whole. We can be in that state anytime we choose with some practice. When we don't experience this, we are actually listening to the ego.

Peace is constant within us all the time, awaiting our acceptance of it. When we bring the false to the truth, we experience a deep feeling of release. We connect to our true reality as God created us—never changing, all loving, always still and at peace, whole, safe, and eternal Self. To rest in God is to give ourselves over to Him and let Him work through us, using our bodies as an instrument of His peace and love in the world. Our actions become entirely involuntary and our thoughts become His. It is, indeed, to live in ease and in the flow.

It is an experience of presence that comes to the quiet mind. It is a deep place of silence and safety in the mind we come to in our meditation and contemplation as we start and end our day. On the hour, we take respite in the quiet center of our mind where there is perfect certainty while reminding ourselves on the half hour of our true reality as God's Son. Sure, we will pick up the struggle again because we still want to be on this worldly stage—special and unique, but as we connect more and more with the truth, our desire for this experience of rest increases. To rest in God is to know that when we seem to be in the struggle, it is not who we really are. Behind the struggle is the peace of God. **"Salvation lies in the simple fact that illusions are not fearful because they are not true."** (T.16.V.14.1) (ACIM OE T.16.VI.56)

To rest in God is to see our problems from above the battleground, outside this dream. From this place, we accept all there is without judgment and do not fight against it. When we fight against what is, we suffer. **"All your difficulties stem from the fact that you do not recognize yourself, your brother or God."** (T.3.III.2.1) (ACIM OE T.3.V.31) We are never upset with a fact. What upsets us are our interpretations. **"It is always an interpretation that gives rise to negative emotions, regardless of their seeming justification by what appears as facts."** (Manual for Teachers.17.4.2) When our minds are at peace, we know everything is fine, regardless of appearances. Jesus gave us this message when he said that he knows everything we have done and loves us always. **"He cannot be unjust to anyone or anything, because He knows that everything that is belongs to Him, and will forever be as He created it."** (T.26.II.8.2) (ACIM OE T.26.III.17)

Who you think you are and what you think you have made of yourself is all delusional. It is just a mistaken identity you have come to believe is yourself. You are God's Son and you share His attributes. As God's Son, you are the same as Jesus—One with all creation. These are not just pretty words. They are the truth of our Being. Can we accept this love today? To do so requires that we look at our false thoughts and beliefs without judgment. When we look at the ego with Jesus from outside of the dream, we can smile and see it as the delusion it is. Rest in God. Take His Word for who you really are today and every day.

The practice continues as before, with time spent each morning and each evening with the Lesson and letting related thoughts come to mind. These are already in the mind. Allow them to come forward without effort. They are a form of self-talk that is helpful in dismissing the chatter of the ego. They are the wisdom of the Holy Spirit in our right minds where the truth resides.

We apply the Lesson to every concern, problem, situation, and relationship that comes up during the day and try to remember the Lesson on the hour with **"I rest in God."** (W.120.(109)1.1) On the half hour: **"I am as God created me."** (W.120.(110)2.1)

Love and blessings, Sarah
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