

ACIM Edmonton - Sarah's Reflections



LESSON 137

When I am healed, I am not healed alone.

Sarah's Commentary:

This Lesson reminds us once again that this world is about separation. At no time do we feel this more and at no time do we feel more shut off and alone than when we are not feeling well, whether physically or emotionally. When we are in this state, there is a tendency to withdraw into ourselves and look only for those special relationships where our need for relief from our perceived condition might be met. This is precisely the purpose of sickness, which is to focus our attention on the body and our specialness and to keep us from awareness of the love we are. Thus, it is a defense. It keeps us in separation by establishing the body as real and proves that God is not. With sickness, the body and our emotional condition become the whole focus of our attention. Our challenge is to learn that the mind has the power to choose again.

I remember a conversation I had with a lovely friend Willis Harmon who introduced me to the Course. When I met him, he was the head of the Institute for Noetic Sciences at Stanford University founded by the astronaut Edgar Mitchell. The purpose of the institute was to investigate phenomena beyond the realm of ordinary science. One of the areas they were researching was remission in cancer patients and the difference between those who experienced remission and those who did not. They discovered that those who experienced remission had released some major grievance. In one case the file noted, "her hated husband died." Subsequently she went into remission. Unfortunately, the project suffered from a lack of good information from doctors whose files were sadly lacking regarding the emotional state of their patients. The focus of the reports in these files was mostly restricted to the body and more specifically to body parts that seemed to be needing medical attention.

While the body reflects healing that has taken place in the mind, the state of the body does not affect the choice for peace that we can make in the mind. As we read in Chapter 2, "**Health is inner peace.**" (T.2.I.5.11) (ACIM OE T.2.I.17) We might ask, "Would it really make a difference if we no longer identified with the body and were at peace, even though the body seemed to stay sick?"

This was apparent to me recently when a friend was going through a sickness that resulted in his seeming death. After much turmoil on learning of his condition and as the sickness of the body progressed, it was apparent he was increasingly choosing more peace as he welcomed so much love into his life. His last words were, "I am happy." He used the illusion of sickness as an opportunity for healing and joining. The condition of the body is not where the sickness is. It is all in the mind. As Byron Katie said, "My life is full of joy and love, but what is my life? It is awareness. It is not a physical body." That is what this Lesson is about which is the healing of the belief that life is in a physical body. Life did not start with birth nor will it end with death. This is not what life is. Our Eternal Self never dies. We are not these bodies.

"Sickness is a retreat from others, and a shutting off of joining. It becomes a door that closes on a separate self, and keeps it isolated and alone. (W.137.1.3-4) Sickness is isolation." (W.137.2.1) It keeps us in a solitary prison of suffering that appears to separate us from the eternal changeless Self we are. Sickness appears to have the power to attack the truth of our eternal reality. It is not that sickness has this power, but we have given power to the ego thought system that says pain, whether emotionally or physically, affirms a reality separate from love. Both sickness and suffering, and the Love we are, can't be true. Either I am the experience of pain in the body, or I am Love. I choose the Kingdom of God, or my isolated kingdom. When I identify with sickness and distress, I have stepped out of truth, away from love, and into separation.

Healing operates apart from the laws of the world because healing is only of the mind, which is outside the body. Since sickness is belief in separation, healing must undo this belief. To heal is to undo our investment in the reality of the body and the beliefs of this world. In other words, it is a process of undoing our investment in the illusion. This is only possible with forgiveness. Forgiveness says that what I think is happening has not occurred except in the dream. In the same way, healing says that sickness of the body can't be real. Healing reminds us who we really are. We are not our experiences of pain and distress. Thus, to heal is to step out of this dream above the battleground and to see the figures in the dream, including ourselves, as not what we are. From this perspective, we look with Jesus at the figure in the dream we think we are and see its unreality. Without belief in separation, there is no separate self to be sick.

When the pain in our minds is healed, the state of the body becomes irrelevant because it is not what we are. We are only as God created us. Thus, the seeming appearance of the sick body must be an illusion. **"In sickness does the Self appear to be dismembered, and without the unity that gives It life."** (W.137.3.5) Jesus is saying that who we are seems to be crucified and disempowered when we are sick. Yet healing is accomplished when we accept the truth that what we are in our creation can never be changed. We may not be aware of our reality, but truth is always there, waiting for our acknowledgment. We can only do this when we are willing to look at the ego's lies and give up suffering. **"Sickness would prove that lies must be truth."** (W.137.4.1) The lie is that we are bodies living in the world; the truth is that the separation never happened.

Healing demonstrates that truth is true, and **"The separation sickness would impose has never really happened."** (W.137.4.3) All that is needed for healing is acceptance of this truth. Jesus calls this a simple truth, but to us, it does not feel so simple because of our identification with the body, personality, and self-concept. Healing demonstrates the unreality of the illusion of sickness. What healing does is demonstrate that sickness was never real in the first place. The belief in separation, which sickness demonstrates, shows us we are vulnerable bodies. We have given power to something that is not real. We do not deny the body nor deny pain, but only step back from it and look at it through a different lens. By seeing our experience here as part of a dream and not true, we start to distance ourselves from our identification with our bodily experience. We might question it by asking, "Who is the me that is suffering?"

Jesus says, **"Healing might thus be called a counter-dream, which cancels out the dream of sickness in the name of truth, but not in truth itself."** (W.137.5.1) In other words, neither the sickness nor the healing is real. They are still part of the dream of this world. In truth, healing is not required because we are already whole and perfect. It just seems to be needed in the dream. It is the same as forgiveness, which is an illusion as well, but it is an illusion which ends all illusions because it awakens us from the dream. **"Just as forgiveness overlooks**

all sins that never were accomplished, healing but removes illusions that have not occurred." (W.137.5.2) Nothing real has happened.

The healing of the body becomes a very powerful experience that seems real to us, although **"healing but offers restitution for imagined states and false ideas which dreams embroider into pictures of the truth."** (W.137.5.3) In spite of the unreality of sickness, Jesus is not saying, "Just get over it." Instead, he encourages us to do the work of healing our minds and calls our function of forgiveness here to be very worthy. **"Yet think not healing is unworthy of your function here. For anti-Christ becomes more powerful than Christ to those who dream the world is real."** (W.137.6.1-2)

The body seems more real and solid to us than the love we are. The state of love seems to us to be more like a dream or fantasy. We seem to be able to experience the body and fear more readily than concepts of love, Oneness, and God. Sickness seems to have triumphed over God and seems to have more power. It is important not to deny our beliefs but to look at them, as this is the only way they can be corrected. When we can laugh at the idea that who we really are could ever be sick, sickness is then seen as powerless. Instead it is the laws of love that have real power.

When the mind is healed, the condition of the body becomes irrelevant. Even "enlightened" beings leave their bodies sometimes through sickness. Ramakrishna and Ramana Maharishi both "died" from cancer, but in their enlightened state, they no longer identified with the body any more than Jesus identified with his body on the cross. Byron Katie, who does not call herself enlightened, but who can be seen as highly evolved, has had cancer, blindness, and osteoporosis and finds it all irrelevant to her state of mind. She says she can't fear death because, "You have to be born before you can fear dying and there is nothing born but a belief system, and we identify as the person we believe ourselves to be and that can never be. So, who lives?"

Jon Mundy wrote about having cancer and what it did for his healing; It allowed him to let go. "I let go of entanglements, hang-ups, regrets, and remorse—all the nostalgia about what might have been—relationships that did not turn out better—the belief that anything 'had' to happen—even everything I've been ashamed of. I go deeper and deeper. I take a good look at my secret sins and hidden hates. And then comes the last thing, the biggest thing of all. I even forgive myself for not having done a better job."

And Tomas Vieira wrote, at the end of his process with the body, that we should look beyond appearances, as there was no one there to suffer. When the concept of the "me" I identify with has been healed, there is no one there to suffer, meaning, I am seeing the self I have identified with from outside the dream. It is a process of becoming empty; the debris of our misperceptions is cleared from our minds, and now we become a channel of healing for the world, not by doing anything but by recognizing **"Healing is freedom."** (W.137.8.1) It is a reflection of the Oneness of Heaven. Acceptance of healing anywhere in the Sonship is accepting it for all.

When we have had an experience of healing, whatever the pain is, whether emotional or physical, we begin to realize our minds are not limited by our bodily experience. Our minds are very powerful. The impact of our healing on the world is beyond our ability to comprehend. **"And as you let yourself be healed, you see all those around you, or who cross your mind, or whom you touch or those who seem to have no contact with you, healed along with you."** (W.137.10.1) We have no idea how great this offering is to the world; **"And legions upon legions will receive the gift that you receive when you are healed."** (W.137.10.4) It is an amazing thought but relevant because there is only one mind!

Our whole purpose here that gives meaning to our lives is about letting our minds be healed so the healing can be brought to the world. Today, let us bless those who have hurt us instead of cursing them. Let us share our joy with them instead of attacking them. And let us share our love instead of moving into withdrawal and separation. (W.137.13.1) Today, I choose my healing so I can be a channel of blessings to the world. Healing and forgiveness are my only functions here. No other purpose can bring me joy. To heal is to share because, as we let go of separation, the truth of who we are is restored to our awareness, and then healing can flow through our minds to other minds.

We give time to this practice today. It is a very small expenditure for the gift of everything in return. It is a huge contribution we make to the healing of the One Mind. Jesus urges us to follow him, telling us his Lessons are gentle, and showing us how easily salvation can be ours. It takes practice, which is why we have these Lessons. We have made laws that hold us prisoner to death, (W.137.9.2) but the Holy Spirit needs our help if these laws we have made are to be replaced by His laws. He needs our help to free us from all the pain we have caused ourselves. Bodies get sick, wither, and die; so, if we are betting on the body, we are betting on a losing proposition. Today, we are again being asked to question what we are believing about who we are. The thoughts we identify with become our reality; not in truth but in our beliefs. When we open the mind to the truth, we can experience the Infinite Self we are.

Longer practice: We are asked to take ten minutes in the morning and again in the evening and start the practice period with the statement, ***"When I am healed I am not healed alone. And I would share my healing with the world, that sickness may be banished from the mind of God's one Son, Who is my only Self."*** (W.137.14.3-4)

First, become aware of any pain you are feeling, your thoughts of sickness and of not being well, physical symptoms you feel, discomfort of any kind in your mind, anger, attack thoughts, grief, and sadness. Then recognize these thoughts are secret decisions to exclude yourself from love. The mind is the cause of these thoughts not some external event or agent. Now, be willing to look at the thoughts and beliefs you are holding in the mind. This practice does not make sense if we don't apply it to something going on in our minds that is keeping us separate. Recognize the discomfort in your body as a reflection of discomforting thoughts in your mind. Remember, you can have the peace of God instead of the experience you are holding onto. It is entirely up to you whether you hold onto them or choose to give them over and place them on the inner altar.

Then, we rest in quiet and receive the Word of God to replace all our insane thoughts. Try not to let this Lesson be forgotten today, remembering your purpose at least hourly with this thought, ***"When I am healed I am not healed alone. And I would bless my brothers, for I would be healed with them, as they are healed with me."*** (W.137. 15.5-6)

Love and blessings, Sarah
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