

ACIM Edmonton - Sarah's Reflections



LESSON 204 ~ Review VI [184] The Name of God is my inheritance.

Sarah's Commentary:

The idea in the Lesson today is that when we name things, we assume a space between them that does not exist. There is a unity behind all forms, and only unity is true. Naming everything is further validation for the mind that this is indeed a world of fragmentation with many separate parts. However, the truth is there is only a state of Oneness, and we are all part of that Oneness. ***"God's Name reminds me that I am His Son, not slave to time, unbound by laws which rule the world of sick illusions, free in God, forever and forever one with Him."*** (W.204.1.2)

This means that everything God is, I am—purely loving, non-judging, perfect, unchanging, exquisite, pure, unlimited, free, knowing, totally innocent, and any other attribute of God we are called to accept for ourselves. Of course, to the ego, it all sounds very arrogant. Who do you think you are? Mostly, we think we are this image we have made of ourselves and try to change and improve because we do not feel innocent. Yet Jesus tells us that we are wrong about ourselves. There is nothing about us to fix or improve as we are already perfect in what we are as the Son of God.

Arrogance is of the ego that argues with God and says, "I am not what You, God, say I am; look at me. I am a lowly, guilty, judging, unworthy, bad, and angry self, feeling alone, abandoned and doing the best I can in a challenging world." The truth is that we are perfect, unlimited, and not lacking in anything. The bodily identity, with its senses made to deceive us, is not who we are. We are God's One Son. Can we allow God His truth today and affirm it for ourselves? Can we accept that maybe we have made something of ourselves that we are not? When we connect with awareness behind the thoughts we think, we have a sense of what we have always been. Can we acknowledge that maybe we are wrong about everything, and now are willing to learn what Jesus is teaching?

Our part is to continually stay aware of our thoughts and beliefs and be willing to release them to the Holy Spirit. Our journey of awakening to who we are is about denying the ego's denial of the truth. That is quite a statement. It simply means we have chosen to listen to the ego that keeps denying the truth about us and now we are called to no longer listen to its lies. The ego has told us we have messed up and therefore need to run from God's punishment. We bought into the ego's myth that we have killed off God, which means we are living a story told by the ego of sin, guilt, and fear we have come to believe. Our part is to deny the ego's version of events and accept the truth. It is a recognition that this world of time, of past, present, and future is illusory. It is instead the acceptance of the eternal moment where we have an experience of our pristine nature created by God.

This story is mostly unconscious in the mind and hidden from us. A shield of oblivion descended on the mind so we would forget the decision to separate from God. This shield is the body and the

world. Now, if we are to remember who we are this thought system must be seen and released. We hold the belief that we have been cast out from the Kingdom, are on our own, separate from everyone else, living in the world, and struggling for whatever scraps of happiness we can find. We feel that we must get for ourselves, at the expense of everyone else. It is a state of competition, which is based on the belief in "one or the other." This belief originated with the separation where it had to be either God or I that could exist, but not both.

At some point in our lives, often out of desperation, we declared that there must be more to life and there must be a better way. We were now ready to respond to the Call in the mind to come home. This started the healing that takes us back to our right minds where truth resides. By looking at our thoughts with honesty and not denying our feelings of distress, we can now choose to let them go. By bringing them to awareness and looking at them without judgment from outside of this dream from above the battleground, they are dissolved.

When we express our upsets, without attacking ourselves or others, and are honest about our fears, we are no longer in denial. Jesus invites this kind of honesty and authenticity, as it is a requirement for healing. We cannot heal what we are not willing to see. We must take responsibility for our projections. We are not what we seem to have made of ourselves. We are eternal Spirits. The Name of God is truly our inheritance. We can't change this about ourselves. The Atonement principle is our guarantee that we remain as we were created. We have lost awareness of this truth, but we can't lose what we are.

We are not the product of our past. We are not slaves to time. We do not have to put off our awakening. It does not have to be a long road if we truly desire to awaken from the dream. We do not have to buy into the laws of this world. We are slave to them only when we give them power. We can choose to withdraw the power we have given to the ego anytime we choose. It does not depend on time, but only on willingness. It is a choice we make in every moment whether we align with fear or love, hell or Heaven. We are not our bodies and personalities. We are free of the limitations we place on our own minds. We are continually invited, in each moment, to release our false beliefs and choose to open our eyes to the truth of who we really are.

We start our day by reminding ourselves of the truth, withdrawing from the world in quiet contemplation, and meditation, letting thoughts go by, without attaching to them, and entering the stillness where the truth abides. This is an experience of leaving the prison house of this world of illusion and breathing holy air as we spend time in stillness. It is here where the truth abides, and when we return, we recognize, **"There is a way of living in the world that is not here, although it seems to be. You do not change appearance, though you smile more frequently. Your forehead is serene; your eyes are quiet. And the ones who walk the world as you do recognize their own. Yet those who have not yet perceived the way will recognize you also, and believe that you are like them, as you were before."**
(W.155.1.1-5)

It is important to remember to start each day right with quiet time. Keep the thought for the day at the forefront and set the goal for the day. When there is any temptation to get upset about anything in the day, remember to ask for help to see it differently. Remember that this world is a classroom to undo what we have come to believe we are, and if that is the case, everything showing up in our day is a perfect learning opportunity for undoing the wrong mind.

Love and blessings, Sarah
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