

The ACIM Edmonton - Sarah's Reflections



LESSON 239 The glory of my Father is my own.

Sarah's Commentary:

This is a beautiful reminder of who we are and who our brothers are as One with us. **"Can we see in those with whom He shares His glory any trace of sin and guilt?"** (W.239.1.3) We do see sin and guilt in others, but it is not the truth of who they are. We are unaware of the truth to the extent we have bought into the ego story that we have sinned, are now guilty and deserve to be punished. We see ourselves as separate identities and hide from God because of our unconscious belief that He will judge us for our sin. Jesus urges us not to let, **"the truth about ourselves today be hidden by a false humility."** (W.239.1.1) To the ego, accepting ourselves as guilty sinners is humble, but Jesus tells us it is arrogance. In this arrogance, we defy **"the gifts our Father gave us."** (W.239.1.2) **"A major tenet in the ego's insane religion is that sin is not error but truth, and it is innocence that would deceive. Purity is seen as arrogance, and the acceptance of the self as sinful is perceived as holiness."** (T.19.II.4.1-2) (ACIM OE T.19.III.20)

Our belief in unworthiness comes from the belief we destroyed our home in Heaven and stole our identity from God. Thus, we feel undeserving of His Love. But Jesus reminds us that God created us sinless. We share all of God's attributes. We are divine, eternal, holy Beings of light, and love. In our false humility, we are choosing to decide otherwise. Who is right? Is it God or me? When I believe in my separate identity, I am choosing to be right, and in that choice, I am declaring my arrogance. **"Would you not rather that all this is nothing more than a mistake, entirely correctable, and so easily escaped from that its whole correction is like walking through a mist into the sun? For that is all it is. Perhaps you would be tempted to agree with the ego that it is far better to be sinful than mistaken. Yet think you carefully before you allow yourself to make this choice. Approach it not lightly, for it is the choice of hell or Heaven."** (T.19.II.8.1-5) (ACIM OE T.19.III.24)

Let us today be grateful for the gifts our Father has given us. When we accept the truth about ourselves, we accept the Atonement, which has made it impossible for us to ever change ourselves. In the acceptance of our innocence, there is no more conflict in the mind. **"Innocence is strength, and nothing else is strong. The sinless cannot fear, for sin of any kind is weakness."** (T.23.IN.1.2-3) (ACIM OE T.23.I.1) When we hold the belief in frailty, we attack, which is our way to show strength to cover the belief in our weakness, but Jesus assures us, **"No one is strong who has an enemy, and no one can attack unless he thinks he has."** (T.23.IN.1.5) (ACIM OE T.23.I.1) When we recognize the gifts our Father has given us and are grateful for them, we come to see only the innocence in ourselves and our brothers.

God promised us we would find our way to Him at last. All that is required is our cooperation and willingness. We must continue to bring all the doubts, fears, sadness, judgment, guilt, arrogance,

specialness, conflict, and sacrifice, as well as feelings of unworthiness, and place them before the feet of Holiness to be dissolved into the nothingness they are.

In our daily practice of these Lessons we are reading "What is salvation?" We do what is necessary to experience this message as deep, sincere, and meaningful. We do the morning and evening meditation and watch the mind throughout the day when we are triggered by anything, or anyone. Today, claim your glory and your divine radiance, set aside all false humility, and be willing to see the innocence in everyone you meet, or even think about.

The ego tries to elevate itself in any way it can. It will happily set off on the spiritual path because it enjoys the feeling that it is becoming more spiritual. It loves spiritual knowledge and power. It will continue on the path as long as it can continue to accumulate more spiritual knowledge and power. In other words, the ego is becoming spiritualized, which is most unhelpful for one who is truly committed to awakening. Our function here is to overcome the ego and not to spiritualize it. The ego loves to affirm that it is God. This Lesson clearly states otherwise. God's glory is given us in our creation. It is His gift to us.

Nouk Sanchez has written about some signs of the spiritual ego to help us recognize it in ourselves. It includes things like refusing to look honestly at the ego in us; being unwilling to be vulnerable and transparent; lacking in self-awareness; taking an intellectual approach to the teachings; becoming spiritually righteous and proud; feeling spiritually superior to others; resistance to feedback from others; maintaining a mask of positivity; engaging in spiritual debates; and lacking in gratitude to others. Are we willing to question who is the one speaking—ego or Spirit? Am I listening deeply to others? Am I joining with my brother in true empathy and humility, or am I waiting to make my point that is already formulated in my own mind?

We can only know the answer when we recognize we have been wrong about everything and are willing to surrender our way, our will, our self-concepts, and our control. How willing are we to let our self-concepts fall apart, to give up our story of who we are and how we got that way, to release our need to be liked, and to not defend who we think we are in the face of something being said about us that we do not like? Instead, can we watch what comes up in the face of seeming attack? Yes, fear will arise, but we have mighty help. Can we stay with the feelings that emerge instead of going into the story? That is what healing is about, and we need to do this work if we are to experience the truth about ourselves.

Love and blessings, Sarah
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