

## ACIM Edmonton - Sarah's Reflections



### LESSON 283 My true Identity abides in You.

#### Sarah's Commentary:

We may feel we are being attacked when anyone says, "Who do you think you are?" Yet that is exactly what Jesus asks us to question all the time. He tells us, **"Take not the judgment of the world as answer to the question, 'What am I?'"** (T.20.III.6.7) (ACIM OE T.20.IV.21) Yet that is precisely what we have done. We think we have made ourselves by what others have said about us and by our own self-assessments. When we speak, we say, "I am this, and I think that." We talk about ourselves as we have defined and determined what we are. Our ideas about ourselves reflect our values, self-concepts, and beliefs we hold that we think define us. This self we talk about includes our personality, our body, our history, our gender, our status, our roles, our beliefs, our desires, what we value, and all the thoughts we hold. They are all changeable, unstable aspects that fluctuate over time. They are subject to all kinds of situational influences that seem to cause many emotional highs and lows.

This self-image is a false identity, which we are constantly trying to fix, change, and defend because it seems to be so very fragile. All it takes is for something to go wrong in our lives, as we judge it, and we are thrown into a panic, or for someone to say something unkind about us, and we crumble, or for someone to leave us and we fall apart. What crumbles and gets hurt is this unstable character in the dream. It is not our true Self which is the reality behind this character that is the dreamer of this dream. The Self we are is serene and unchangeable, always in a state of peace, and One with God. When we are not experiencing that state, we are listening, instead, to the voice of the false self and identifying with it.

Jesus says that when just one word, just a whisper of what someone might say about us, upsets our world and hurls us into chaos, it is because of this made-up identity that has no real foundation. It is simply not the truth about us. Yet he says, **"It is not you who are so vulnerable and open to attack that just a word, a little whisper that you do not like, a circumstance that suits you not, or an event that you did not anticipate upsets your world, and hurls it into chaos."** (T.24.III.3.1) (ACIM OE T.24.IV.28) This false self is in a vulnerable state because it has no foundation. **"Without foundation nothing is secure. Would God have left His Son in such a state, where safety has no meaning? No, His Son [our true Identity] is safe, resting on Him."** (T.24.III.4.1-3) (ACIM OE T.24.IV.29) Our true Identity is not vulnerable at all.

**"Father, I made an image of myself, and it is this I call the Son of God."** (W.283.1.1) This image is what we identify with and what we think is our reality. It is an idol, which seems to have taken the place of our divinity. **"There is a stranger in him, who wandered carelessly into the home of truth and who will wander off."** (T.20.III.7.2) (ACIM OE T.20.IV.22) Our divinity is holy, infinite, unchangeable, and beloved of the Father. Our true Identity is not changed or affected in any way, no matter what we think we have done. Our true Self is completely invulnerable to the vicissitudes of this world.

From the Self we are, blessings flow to all things, **"uniting lovingly with all the world, which our forgiveness has made one with us."** (W.283.2.2) The way to connect to the Oneness, while we are seemingly in this world, is through forgiveness. It is the only way we are given as the means to wake up to who we really are. When thoughts come up today that interfere with our peace—thoughts that bring pain, loss, grief of any kind, anger, impatience, anticipation, or frustration—we remind ourselves that this is not the truth of us. All thoughts we think apart from God mean we are not thinking at all. We are instead being seduced by the appeal of fear and guilt. **"Under fear's orders the body will pursue guilt, serving its master whose attraction to guilt maintains the whole illusion of its existence. This, then, is the attraction of pain. Ruled by this perception the body becomes the servant of pain, seeking it dutifully and obeying the idea that pain is pleasure. It is this idea that underlies all the ego's heavy investment in the body."** (T.19.IV.Bi.13.2-5) (ACIM OE T.19.Vb.72)

Whenever we are upset it is because of the meaning we are giving to the meaningless. It is all about our interpretations, which are never right. Only the Holy Spirit's interpretation reflects God's love for us, and His interpretation is always that God's Son is guiltless. Our part is to bring our thoughts of fear, attack, and specialness to the Holy Spirit for healing. This is the simplicity of salvation where Jesus says we are doing all this to ourselves. Our egoic mind makes it appear difficult and complicated. The ego urges us to hold onto our hurts, disappointments, and anger, as well as our dreams, fantasies, and wishes and put our body in service to the ego, but we don't have to listen.

**"Where could your peace arise *but* from forgiveness? The Christ in you looks only on the truth, and sees no condemnation that could need forgiveness. He is at peace *because* He sees no sin. Identify with Him, and what has He that you have not? He is your eyes, your ears, your hands, your feet. How gently are the sights He sees, the sounds He hears. How beautiful His hand that holds His brother's, and how lovingly He walks beside him, showing him what can be seen and heard, and where he will see nothing and there is no sound to hear."** (T.24.V.3.1-7) (ACIM OE T.24.VI.42) Now the body is put to a different purpose. It is put to the purpose of healing, and thus it is made holy. **"All things you made have use to Him, for His most holy purpose."** (T.14.VI.5.3) (ACIM OE T.14.III.20)

**"The Christ in you is very still. He knows where you are going, and He leads you there in gentleness and blessing all the way. His Love for God replaces all the fear you thought you saw within yourself. His Holiness shows you Himself in him [every brother] whose hand you hold, and whom you lead to Him. And what you see is like yourself. For what but Christ is there to see and hear and love and follow home? He looked upon you first, but recognized that you were not complete. And so He sought for your completion in each living thing that He beholds and loves. And seeks it still, that each might offer you the Love of God."** (T.24.V.6.1-9) (ACIM OE T.24.VI.40)

There are no accidents. Those who show up on our path are precisely here to help us in healing the mind. They are our saviors. They are our way back to the Self we are. They are our saviors because they are a reflection of what we hold in the mind. When we maintain our self-made identities, we don't know who we are. We don't know where we are going. We are filled with fear and feel lost and alone. We see everyone as separate and different from us, and we feel victimized by their attacks and feel a need to defend ourselves. Through forgiveness, we see that we all share the same need for truth. Our sameness reflects the Oneness we share. Every attack is simply a call for love and a call for healing. The world is a mirror of everything going on in the mind that we have projected. **"Who would send messages of hatred and attack if he but understood he sends them to himself?"** (T.19.IV.Bi.14.11) (ACIM OE T.19.IVb.73)

Positive self-concepts like seeing oneself as a good person, always helpful and people pleasing, also have a dark side. We may be covering deep unworthiness. Or we may demand reciprocity and feel we are being used or unfairly treated. What do we demand of ourselves when we try to please everyone. It is a very limiting and contracted role that carries resentments. When we become aware of our self-made concepts, we can see how changeable they really are and therefore how unstable. Healing is about releasing them all, including what we see as positive as well as what we judge as negative, so the truth of who we are can radiate through us. All concepts are like clouds in front of the sun. They block the light of our Being from our awareness.

When we bring the thoughts and beliefs that block the truth of who we are to awareness, space is opened in the mind for the miracle where false perception is shifted to true perception. We don't have to understand how the miracle works. That is not something that can be known or understood. **"Let His understanding of the miracle be enough for you, and do not turn away from all the witnesses that He has given you to His reality."** (T.16.II.5.6) (ACIM OE T.16.III.15) The witnesses to His reality become our confirmation of the miracle. We just need to release the tight grip we hold on our beliefs, values, and concepts, and be willing to see their falsity. When we step out of the battleground of our thoughts and observe them without judgment, space is made for truth to enter.

Love and blessings, Sarah  
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