



LESSON 74 There is no will but God's.

Sarah's Commentary:

If there is no will but God's, nothing can be in opposition to Him. There is only God. There is only one will. We share this will with God. There can be no separate self with a will separate from God. It simply does not exist. This separate will that we identify as "I" is a dream figure in a world that is not real. We took the tiny mad idea seriously that we could separate from God. **"Into eternity, where all is one, there crept a tiny, mad idea, at which the Son of God remembered not to laugh."** (T.27.VIII.6.2) (ACIM OE T.27.IX.82) Thus, I seemed to establish a separate reality as an autonomous individual I call myself, living in a world I believe is real. The good news is that **"God's Son can smile at last, on learning that it is not true."** (W.153.14.6)

The word "indivi-dual" reflects duality. It reflects a duality of a "me" and God. I believe that I am the author of my own life, separate from others with my own private thoughts that are in opposition to God. The ego is simply the idea that there is a will opposite to God's. Without allegiance to this idea, it has absolutely no reality. I believe I have made myself and can continue to shape my personality. I see myself as completely on my own believing I am separate from God. Yet none of this has any reality. Nothing real has happened. That is the essence of the Atonement Principle, which is the central thought of this Course. This principle says we can't separate from God; we are still one with Him. We remain the divine eternal beings we were created to be. All we have lost is our awareness of that fact. What we need to do is to accept the Atonement (correction) for ourselves, which means we must finally, come to accept the truth about ourselves. That is why Jesus says, **"The idea for today can be regarded as the central thought toward which all our exercises are directed."** (W.74.1.1)

When we made the choice for the ego and seemed to separate from creation, we thought we did something terrible by stealing our identity from God. If indeed we really did overcome God, He must be seen as our enemy. The ego's myth that we have bought into at an unconscious level is that God wants back what we stole from Him. It has convinced us that we have committed a terrible sin in leaving God. Now our minds are full of guilt over our "wrongdoing." We fear we will be punished for what we did. We project the guilt, first by making up an angry God, who we think seeks to punish us for what we did, and then by making up a world where we can project the horrific guilt we hold in our minds while making others responsible for it.

Now we are in a state of conflict with an angry God, Who we believe is seeking retribution and vengeance on us. This conflict is repressed, but it is in our minds and is what we project onto the world, where we now see conflict all around us. To release ourselves from the guilt in our minds, we find others to blame for our condition including God who we accuse of abandoning us. This results in a world where we are constantly in a state of attack and defense. If we look at our relationships, we can see this ongoing conflict, whether with our so-called enemies or those we think we love.

In truth, there can be no conflict. Our reality is eternal mind, and mind has no form and no boundaries against which there can be any friction. There is only Oneness. Conflict can only seem real in the illusion. The people in the world with whom we have conflict are just figures in the dream we are dreaming. Thus, we are only in conflict with ourselves. It is an outside picture we see of our own inward condition. **"It is the witness to your state of mind, the outside picture of an inward condition."** (T.21.IN.1.5) (ACIM OE T.21.I.1) We are now being called to make another choice. We can choose peace, but first, we must take responsibility for our attacks. We need to see that they all start with us. The ego will protest, of course, because the ego has separated cause from effect where we see ourselves as an effect of what the world does to us, forgetting it is our own mind that is the cause of what we see.

We blame situations in our lives as the cause of our distress. For example, childhood abuse may now be seen as the cause of anger and lack of intimacy. Our stories are all about what others have done to us to cause our unhappiness. Jesus tells us that when we separate cause from effect, we can't be healed. We must bring the cause, which is the guilt in our minds, to the Holy Spirit, also in our minds. Now we have brought cause and effect together and healing happens. We do this by taking responsibility for everything that seems to happen and recognize it is a projection of our own guilt onto others. The projection needs to be brought back to the mind so we can see that it was all generated by our own minds. When we take responsibility for it, healing can result.

Reversing cause and effect is a pretty clever device of the ego to convince us that we are the victims of attacks, coming at us from the world and not from our own minds! When we are ready to see how all this was set up by the ego, there is a realization that we have been given a way out of this never-ending cycle of guilt and fear. The guilt in the mind creates patterns which hold us to the matrix of this world and include addiction to conflict and drama. Help is available to us through the symbol of the Holy Spirit in the right mind. But first we must see that the conflict is within our own minds. It is our own battlefield that we are called to rise above. We are ready to do so when the pain is no longer tolerable, and we have finally had enough. This is when we become willing to surrender and simply observe the mind.

We hold many goals that seem to be in conflict. It is reminiscent of the Lesson where Jesus asks us to look at the many conflicting goals we have for any situation. Why would we want anything different than what God wants if there is no Will but God's and His Will is only for our happiness. It really couldn't be possible unless illusions are involved in our dream of separation from God. The only conflict there can be is in our own thoughts. The more we practice forgiveness the more we come to recognize that nothing can disturb us because God's Will for us is perfect peace, and God's Will is all there is. Everything but this, we have made up, and if we have made it up, we can take responsibility for it and see it differently. Peace comes from accepting the idea that we never left God, and what we experience in the illusion is not the truth. Until we recognize this is so, we continue to play out this idea of separation, which we do again and again with each grievance we hold and each judgment we make.

Our state is one of non-dualism. If we hold this idea as "wholly true," we become motivated to bring all our conflicts to the light of truth. This means that when we are upset or in conflict with anyone, or feel distressed or unhappy about anything, we look at how we believe the cause is outside ourselves. This is an opportunity to look at the ego thought system at the root of our upset. When I take my conflict to the Holy Spirit, Who is in my mind as the symbol of God's Will, He reminds me that the truth about me can only be, **"I am at peace. Nothing can disturb me. My will is God's. My will and God's are one. God wills peace for His Son."** (W.74.3.5-9)

I am looking at what is disturbing me today. There are thoughts of what I think I need to get accomplished, plans I have for next week, grievances with my financial advisor, unresolved issues regarding travel plans, and concerns about a friend diagnosed with dementia. I wonder how I can address every situation in front of me. It seems that there are so many problems. Feelings of worry, sadness, despair, anger and frustration arise. There are many things that seem disturbing in the day but the remedy for them all is always the same. It is always to bring the one problem to the One Answer. It is always available to us when we choose to do the healing work and forgive ourselves for our misperception that anything can be wrong. It is all an opportunity for healing, always perfectly orchestrated for our highest good. We are called to step back and recognize there is no value in stubbornly holding onto our perspectives when they are always wrong. They can all be released with the help of the Holy Spirit. It is our turbulent thoughts feelings, beliefs and values we hold that are projected on the world and are triggered by outside events. It is truly not about the world but all about our interpretations of everything around us and the meaning we give to neutral events.

Being vigilant in watching our thoughts and being willing to bring them to the light of truth is how they are healed. **"During this introductory phase, be sure to deal quickly with any conflict thoughts that may cross your mind. Tell yourself immediately: *There is no will but God's. These conflict thoughts are meaningless.*"** (W.74.3.10-13) Our motivation in bringing our upsetting thoughts to Him is to know our innocence, peace, and happiness. It is certainly not about denying how we feel. On the contrary, we are encouraged to stay very vigilant with what we are feeling and thinking so we can identify our beliefs and single them out **"for special consideration."** (W.74.4.1) In other words, we don't deny our emotions, or the thoughts and beliefs connected to them, but we bring them forward and recognize that the cause is in our own minds. Now we are invited to identify our false beliefs and give them over to the Holy Spirit for healing.

Our reality is the awareness beyond all thought. It is like the ocean. Our thoughts are the debris that floats in the ocean, but the ocean does not wonder what it is, nor does it think it is no longer an ocean, because there is debris floating around in it. When we hold thoughts of guilt and conflict in our minds, our minds are actually blank. **"Recognizing that your mind has been merely blank, rather than believing that it is filled with real ideas, is the first step to opening the way to vision."** (W.8.3.3) The awareness behind thoughts is that which observes thoughts from outside of this dream. From this place of observation, we step aside from the thoughts and see them without judgment. There is no judgment when we look through the eyes of the Holy Spirit, meaning we are looking with love and acceptance rather than judgment. The ocean does not judge the debris floating on its surface as "bad."

This acceptance, without judgment, brings healing. Thoughts come and go, but that which is witnessing the thoughts remains. You are the witness. You are not your personality, your beliefs, your feelings, nor your self-concepts. You are the observer of all of that and as such, you can step aside from your thoughts. No, this is not about denial. This is about feeling what you are feeling and then taking the next step, which is to be willing to let your feelings go. It is not about judging them or feeling guilty about having thoughts of anger, fear, or distress of any kind. It is only about recognizing that we can't heal what we don't acknowledge or what we refuse to take responsibility for.

Jesus reminds us, **"The war against yourself is but the battle of two illusions, struggling to make them different from each other, in the belief the one that conquers will be true. There is no conflict between them and the truth."** (T.23.I.6.1-2) (ACIM OE

T.23.II.12) **"Illusions cannot triumph over truth, nor can they threaten it in any way."** (T.23.I.6.8) (ACIM OE T.23.II.12) When there are two conflicting thought systems in the mind, it is called cognitive dissonance. This means that we try to live with two contradictory thought systems at the same time, which gives rise to immense anxiety and frustration that we try to resolve as best we can. The answer is to get aligned with the thought system of the Atonement and recognize there is only one will—the Will of God, which is our own.

Peace is available in us when the conflict in the mind is released, yet we do experience resistance. It may show up as withdrawal, drowsiness, desire for distraction, or anger. Some have even burned the book or thrown it against the wall. We fear losing our personal identity. Jesus helps us see through the threat we feel in the presence of God's love. He understands our resistance and is very gentle with us, reminding us of the happy outcome when we choose to release our false perceptions. He reminds us that we are in charge of this journey and will not be hurled into an experience for which we are not ready. He does not want to induce more fear in us, but only that we become aware of our fear and how much we are in denial. He encourages us and gives us a remedy when we are inclined to withdraw. He tells us **"If you feel yourself slipping off into withdrawal, quickly repeat the idea for today and try again."** (W.74.6.3) And we keep doing **"this as often as necessary."** (W.74.6.4)

Letting go of control is essential if we are to come to peace. Control comes from fear, and it is our way of holding onto the false self. To return to our natural state as God created us, we continually need to let go of our way and the "I know" mind. **"When you are taught against your nature, however, you will lose by your learning because your learning will imprison you."** (T.8.II.2.8) (ACIM OE T.8.III.9) Our natural state is what might be called enlightenment or awakening. What we have taught ourselves is unnatural in that our true nature has been imprisoned and keeps us from free expression. The roles we have taken on and our conditioning keep us tied to the illusion. We have worked hard to adjust to the world and to stay safe, but it is not a state of true freedom. To come to true freedom, we must look at our false beliefs and let them be brought to truth.

"Peace is the state where love abides, and seeks to share itself. Conflict and peace are opposites. Where one abides the other cannot be; where either goes the other disappears. So is the memory of God obscured in minds that have become illusions' battleground." (T.23.1.12.5-8) (ACIM OE T.23.II.18)

"Why would you fill your world with conflicts with yourself? Let all this madness be undone for you, and turn in peace to the remembrance of God, still shining in your quiet mind." (T.23.I.8.8-9)(ACIM OE T.23.II.14)

Sometimes, we think this is all so hard to get. A friend was sharing about something his young son, a six-year-old, said to him. This young boy told his father there is a voice in his head that tells him all the things he needs and wants. Yet another Voice, which is much quieter inside himself, reminds him that God's love is all he really needs and all that is important. This young boy is very aware of the two voices speaking to him. As long as we stay connected with the right mind and follow guidance we will always feel safe and secure. On our own we feel very vulnerable and anxious.

We all have the truth in us. We all have the guidance of the Holy Spirit always available to us. We can choose to ignore it or access it. We have been given the means to attain peace. It is up to us whether we embrace it or choose to go our own way.

Love and blessings, Sarah
huemmert@shaw.ca

Published in DAILY LESSON MAILING by <http://www.jcim.net>
JOIN MAILING LIST HERE: <http://bitly.com/CIMSMailingList-Signup>