



LESSON 92
Miracles are seen in light,
and light and strength are one.

Sarah's Commentary:

The cost of our independence, which we call our free will, is that we have cut ourselves off from the source of real power and strength. We now feel small, weak, sickly, needy, helpless, afraid, sad, poor, joyless, ultimately lacking, vulnerable, and deprived. We see ourselves in a world of suffering made by the ego, ending in death, which we see as release. This is insanity according to Jesus. He says this insanity comes from our belief that we are bodies, different and separate from each other. Feeling our weakness, we puff ourselves up into a show of ego strength, but all the time it is just an attempt to hide our underlying feeling of vulnerability. When we feel weak, we are fearful, but we try to hide our fear and weakness under an image of control. This makes us feel even more vulnerable and concerned that our weakness will be seen, so we create defenses and now fear attack. Attack comes from our perceived weakness. **"Strength comes from truth, and shines with light its Source has given it; weakness reflects the darkness of its maker."** (W.92.5.1) Strength sees no need to attack, for **"Strength overlooks these things by seeing past appearances."** (W.92.4.1)

"His strength denies your weakness." (W.92.3.2) Jesus says, **"You always choose between your weakness and the strength of Christ in you."** (T.31.VIII.2.3) (ACIM OE T.31.VIII.86) When we think we are a separate, individual self, the thing that keeps us feeling strong is our specialness. If we were to let our specialness go and experience the light, it would render the ego identity weak and undone. That is the reason for our fear of the light which keeps us identified with the body and personality. When we rely on our senses and our brains and focus on our uniqueness and individuality, we are threatened by the light. Light is where our true strength is. The ego's strength is built only on an illusion of power.

Jesus makes it clear that our version of seeing is tied in with the body's eyes, and our version of thinking is about the body's brain. While this is what we believe, Jesus makes it sound like such a ridiculous idea that we should simply laugh at it. This puts everything we think we know in question. Who is it that is thinking and reading the words on this page? When we join with the symbol of Jesus in the mind he helps us by reminding us of the truth of our reality, which is why he has come.

Only when we plug into the Source of our real strength—God, can we know the Christ Self. Strength looks past appearances. With strength, we think with God's mind and call upon His strength. When we do, we question the beliefs we hold, the thoughts we think with our brain, and the images we see with our eyes. Yet ultimately it terrifies us to accept that we don't know what and who we are. **"I do not know the thing I am, and therefore do not know what I am doing, where I am, or how to look upon the world or on myself."** (T.31.V.17.7) (ACIM

OE T.31.V.60) But when we are willing to admit we don't know, we become willing to be taught. When we think that we know and have everything figured out, our arrogance and our investment in our identity as separate individuals keep us from questioning who we really are.

Jesus looks with amusement at our belief that wearing glasses helps us to see. We are learning that true vision is not of the eyes and only when we think with the mind of God do we have true perception. With true perception, we see with vision, while with the ego, we see only separation and differences and with it comes judgment and attack. **"Truth is a savior and can only will for happiness and peace for everyone. It gives its strength to everyone who asks, in limitless supply."** (W.92.5.3-4)

"It is your weakness that sees through the body's eyes, peering out in darkness to behold the likeness of itself; the small, the weak, the sickly and the dying, those in need, the helpless and afraid, the sad, the poor, the starving and the joyless." (W.92.3.3) This is not seeing because these observations are what actually stop us from seeing. If we could see truly, we would see beyond these appearances. Real sight would keep **"its steady gaze upon the light that lies beyond them."** (W.92.4.1) Instead of seeing differences, we see that we are joined in light where there are no differences. This does not mean we don't see what the body's eyes report, but we realize our perceptions need not block our vision. When we want to see beyond appearances, we are helped to release our judgments and interpretations so we can see the truth of our brothers' reality. We ask Holy Spirit to give us His interpretation of what we perceive. He shows us that it is not about what our eyes show us in form (behavior) but about the content of love beyond the form that we all share.

The ego thought system is kept intact when we focus on differences. It judges others as guilty while seeing ourselves as special and better than those we see as sinners. When we look with vision on our brothers, we see beyond appearances and recognize that we are all One Self. The ego identity is not the truth about us. It is just an **"idol falsely worshipped and adored that strength may be dispelled, and darkness rule where God appointed that there should be light."** (W.92.4.7) Why would we want that? We want it as long as we are attached to our bodies and personalities. We accept weakness and darkness as long as we still value the separate self. We choose the separate self instead of vision as a way to keep our special identity. While we value our specialness, separateness, and uniqueness we stay invested in the illusion. From this perspective, we judge and condemn, but we cannot love. Even under the guise of thinking that we are loving beings, there is underlying judgment and comparison where we see others not as loving as ourselves.

Every day, as we focus on the Lessons, our thoughts are changed bit by bit until we connect with a whole new thought system. Increasingly, as the brain gets rewired, we connect with the thought system the Course leads us to. Today we take a big step in releasing our belief in the self we have made. It is encouraging to know, **"Strength is the truth about you; weakness is an idol falsely worshipped and adored that strength may be dispelled, and darkness rule where God appointed there should be light."** (W.92.4.7) We will experience anxiety at the thought of releasing our identity and our investment in the world, but we are not asked to give up anything. We are only asked to question who we think we are and join with the Holy Spirit with a willingness to look at what we have made of ourselves. When we take that step, we can't fail. **"No one can fail who seeks to reach the truth, and it is truth we seek to reach today."** (W.131.10.2) Jesus won't do it for us. We must be in agreement with him and turn to him for help.

"The light of strength is not the light you see. It does not change and flicker and go out. It does not shift from night to day, and back to darkness till the morning comes

again." (W.92.7.4-6) Jesus challenges our way of seeing, which is constantly changing and shifting. To us light may be candlelight, incandescent bulbs, firelight, or sunlight none of which is the light of strength he talks about here. **"The light of strength is constant, sure as love, forever glad to give itself away, because it cannot give but to itself."** (W.92.8.1) This light is available to anyone who asks for it with sincerity. Once it is experienced, everything changes. It is the light of forgiveness, which brings the miracles which shift the mind to new perception where we now see the impermanent world of darkness as valueless.

Today, we spend a longer time in quiet meditation in the morning and evening. We ask for help to bring the false self to the truth so we can come to know the Self we are. We bring the darkness to the light. We bring our weakness to His strength. We bring the false beliefs we hold in the mind to the light within. We watch our thoughts and place them on the inner altar in the mind for healing.

If we want healing we must be devoted to the truth holding a sincere desire for truth. We begin to question our investment in what our uniqueness and our specialness have brought us. Jesus encourages us to **"Leave then, the dark a little while today, and we will practice seeing in the light, closing the body's eyes and asking truth to show us how to find the meeting place of self and Self, where light and strength are one."** (W.92.10.4) As we do, the body identity is loosened and we can see more clearly that the body is not the source of our protection. Our only protection is the truth of who we are.

"Morning and evening we will practice thus. After the morning meeting, we will use the day in preparation for the time at night when we will meet again in trust. Let us repeat as often as we can the idea for today, and recognize that we are being introduced to sight, and led away from darkness to the light where only miracles can be perceived." (W.92.11.1-3)

For the shorter practice periods throughout the day, repeat the idea for the day as often as you can with the reminder to yourself that you **"are being introduced to sight, and led away from darkness to the light where only miracles can be perceived."** (W.92.11.3) Thus, we welcome every opportunity throughout the day to choose the miracle that leads us from darkness to the light.

Love and blessings, Sarah
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