

## ACIM Edmonton - Sarah's Reflections



### LESSON 125 In quiet I receive God's Word today.

#### Sarah's Commentary:

God's Word is in us because the truth is our inheritance as the Son of God. It is the Atonement Principle, the guarantee given by God that we have never separated from Him, nor have we changed ourselves because we can't. His truth and light are in our minds. Our true Self is always there in the mind silently awaiting our acknowledgment. **"The memory of God comes to the quiet mind."** (T.23.I.1.1) (ACIM OE T.23.II.7) There is nowhere to go and nothing to do. We are there *now* in our true state, but we are not always aware that this is so. We must be willing to let go of what stands in the way. In the silence and peace, we connect to the One Self.

Our petty thoughts, our judgments, our plans, our constant inner chatter, and our personal desires, all keep us from awareness of the Love we are. Notice the incessant thoughts of the wrong mind, which are often described in the Course as senseless shrieks, frantic, riotous thoughts, raucous screams, and senseless ravings. This constant noisemaking of obsessive thoughts keeps us from the experience of the Self we are. We are so used to the relentless noise in our minds that we may not even notice it anymore. Jesus calls on us to start noticing our thoughts and become vigilant in observing them so we can learn to recognize their lack of value. The ego is relentless, not because it has any power, but we give it power. We can withdraw this power whenever we choose not to give attention to its demands and requirements.

There is no separation between who we really are and what God is. We are the expression of His Love. **"His Love is everything you are and that He is; the same as you, and you the same as He."** (W.125.7.4) We don't have to go anywhere to reach God. We must accept ourselves as who we are and as we were created. When our will is freed, it is the same as God's Will, although our experience is that we have made another will. He has never distanced Himself from us. In fact, **"He speaks from nearer than your heart to you. His Voice is closer than your hand."** (W.125.7.2-3)

God is not watching us from a distance, as in the song by Bette Midler. We are not trying to reach Him somewhere from afar. He is our very center—our heart center. When we don't experience Him, it is because we have chosen to listen to the voice of the ego, and now identify with a separate will and believe we have made a separate self. We experience ourselves as a body and identity that is separate from God and living in the world rather than living in Him. In truth, there is no body. The body is a projection of the mind. It is an image made by the mind, a figure in this dream and not what we are. Jesus reminds us that the body only exists in the past and future and never in the present. When we experience the eternal moment (the holy instant), we have the experience of no body.

The thoughts that occupy the mind distract us from the truth. These thoughts keep us from hearing God's Word. Our fear is that if we give our lives over to Him, He will not have our best

interests in mind. Our fear is that we will have to sacrifice our self-interests if we let go of our own will. This is the fear of the god we made, which is the god of the ego. It is a god we think will demand that we sacrifice our joys and our pleasures. Think about what fears come up if you invite God to come into your life fully. What do you think might happen if you gave over your relationships, your money, your career, your health, your material possessions, and your special interests to God to manage for you? When I took the time to write down my fears and concerns about what God might do with my life, it made me realize how much I don't trust Him. Yes, I let Him into some areas of my life but keep other parts to manage myself. It is not the God of love that brings these fears to mind. It is the god of the ego that I am afraid to wake up to.

This exercise gives us a glimpse of the fear in the mind of which we are not aware. This fear keeps us defended against His love. It is our fear of God and our belief He has abandoned us. We believe His love will annihilate us, but the reality is that nothing can happen against our will. Jesus describes us as the commander of our journey. He tells us, **"You have a Guide to how to develop them (your abilities), but you have no commander except yourself. This leaves you in charge of the Kingdom, with both a Guide to find it and a means to keep it. You have a model to follow (Jesus) who will strengthen your command, and never detract from it in any way. You therefore retain the central place in your imagined enslavement, which in itself demonstrates that you are not enslaved."** (T.6.IV.9.4-7) (ACIM OE T.6.V.53) The goal of this Course is peace. We are well served when we focus on this goal, as it is where all our happiness lies. Our desire for peace and our devotion to God are the determining factors in how much we are willing to surrender to Him.

We are not led back to the truth by force but by Love. He is a loving Father who does not control but leads us with His gentle love and counts on us to follow our own free will. There is no control and no coercion in Him. The essence of love is gentle and allowing. Our true will is **". . . forever free as God's,"** (W.125.2.2) but when we identify with the ego thought system, our will is bound. Though we may have wandered off and forgotten who we are, our Father has never disowned us but regards us as His beloved Son forever. He has not changed His mind about us. Our fear is that we are not good enough, not spiritual enough, and too caught up in our worldly desires to know ourselves as love. No matter what we have done, there are no consequences coming from our Father. We will be welcomed home no matter how far we have wandered from Him and how undeserving we feel.

We may have wandered off, yet He is still there. He knows us and is not waiting for us to clean up our act before He reveals Himself to us. **"He has not hid Himself from you, while you have wandered off a little while from Him."** (W.125.5.2) His presence is with us now. There is nothing we need to do. We are the ones who have wandered off. In this moment, we can choose not to believe our ego thoughts, see them as totally unreal, and remember the only thing real is His love for us. **"He does not cherish the illusions which you hold about yourself."** (W.125.5.3) Thus, the beliefs we hold of who we are and what we have done, are not the truth because only love is real. Everything we experience in this world of pain, disillusionment, suffering, and distress is not real. Everything we believe is our hallucination! **"All power is of God. What is not of Him has no power to do anything."** (T.11.V.3.6-7) (ACIM OE T.10.42)

I felt overwhelmed with difficulties recently and felt distressed and out of peace. Then I heard the loving presence of the Holy Spirit in my mind remind me that God does not bring suffering. It must, therefore, be of my own choosing. I am choosing to suffer because it brings me something I want. But if I am choosing it, I can change my mind, and with this change of mind, my perception

of the situation can shift from fear and worry to peace. This is the miracle. **"How simple is salvation! All it says is what was never true is not true now, and never will be. The impossible has not occurred, and can have no effects."** (T.31.I.1.1-3) (ACIM OE T.31.I.1)

We are asked not to **". . . judge ourselves today, for what we are cannot be judged."** (W.125.3.2) We are also asked not to let the world determine what we are. **"We stand apart from all the judgments which the world has laid upon the Son of God."** (W.125.3.3) We have been deceived in thinking our identity consists of the concepts and beliefs we hold about ourselves that are reinforced by the world. All we need to do is deny the false beliefs and recognize **". . . what is false cannot be true . . . "** (T.31.I.1.7) (ACIM OE T.31.I.1) What holds the false in place is our beliefs about ourselves, none of which are true. Anything not of God is not true. He is constantly communicating His love to us, while we listen to our own thoughts instead! **"His Voice awaits your silence, for His Word cannot be heard until you mind is quiet for a while, and meaningless desires have been stilled."** (W.125.6.2)

Jesus asks us to let this day be one of stillness and quiet listening. **"We gather at the throne of God today, the quiet place within the mind where He abides forever, in the holiness that He created and will never leave."** (W.125.4.3) What beautiful assurance of His place in our minds. He lives in our minds and waits for our willingness to choose the truth. We don't do this by good works or good deeds but by bringing our false beliefs to the truth. That is what forgiveness is.

We are learning through application of the Lessons to clear our minds and enter the silence within. This is difficult for the untrained mind because the ego mind is a distraction. The important thing is to notice our reactions without feeling guilty or making ourselves wrong. Yes, it does take lots of practice and the mind will continue to wander, but putting more pressure and demands on ourselves will not help. Simply bring the mind back to peace with each experience of distress as you do the Lesson. Allow related thoughts to help you focus your attention on the deeper meaning of the teaching.

Ask for help to release interfering thoughts so you can hear God's Voice and assure your mind that He is One with you, closer than your very breath. It is not about trying harder but by allowing, surrendering, and melting into the experience. There is no separation. It is our own voice. **"His Love is everything you are and that He is; the same as you, and you the same as He."** (W.125.7.4) There is no **". . . division in the single Mind of Father and of Son."** (W.125.8.3) We are basically listening to our Self. It is not an alien will. It is our own true Will, one with God's Will. Ours is the freedom to choose whether we will continue to listen to the ego or to choose love which is already in us.

Love and blessings, Sarah  
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