



## LESSON 140

### Only salvation can be said to cure.

#### Sarah's Commentary:

This Lesson continues with the importance of accepting the Atonement for ourselves. In other words, the only cure for anything that seems to ail our bodies, or our psychological state, is to heal our minds and accept the truth about ourselves. Sickness is only of the mind and the mind is outside the body. The body is a projection of the guilt in the mind. Thus, only the mind needs healing. The body is an effect of the mind. To accept the Atonement is to accept healing of the source of sickness, which is the guilt in the mind.

When we use agents that remove symptoms from our bodies, we think the problem is healed. Jesus calls this magic. It does nothing to heal the real cause of all sickness, which is the guilt in the mind. Magic refers to various "healing" agents, such as medicines, vitamins, crystals, acupuncture, chiropractic treatments, physiotherapy, reiki, massage, etc. If you recall in Chapter 2, we read, **"All material means that you accept as remedies for bodily ills are restatements of magic principles."** (T.2.IV.4.1) (ACIM OE T.2.III.57) Does this mean that we are wrong to use such materials? Not at all. We are only asked to recognize that no agent offers anything more than the removal of symptoms. **"He merely had a dream that he was sick, and in the dream he found a magic formula to make him well."** (W.140.2.2) We experienced the illusion of being sick, and now, we have the illusion of being well. **"Yet he has not awakened from the dream, and so his mind remains exactly as it was before."** (W.140.2.3)

Guilt, which is projected on the body to make it sick, is still in the mind even when the symptom goes. Nothing has changed and will not change until the mind is healed. When the cause of sickness has not changed, sickness will show up again. It makes no difference what the nature of the sickness is. The size, the seeming gravity of the illness, or its nature in form make no difference. It is still all a dream. That is why there is no order of difficulty in sickness, just as there is no order of difficulty in miracles; all sickness, regardless of form, is an illusion, and it all can be healed by bringing awareness to the guilt in the mind and giving it over to the Holy Spirit. **"What difference does the content of a dream make in reality? One either sleeps or wakens. There is nothing in between."** (W.140.2.5-7) When the body is sick, it seems to be evidence that the problem is in the body and not in the mind. Thus, the guilt is kept safely hidden.

**"What the world perceives as therapeutic is but what will make the body 'better.' When it tries to heal the mind, it sees no separation from the body, where it thinks the mind exists."** (W.140.1.2-3) When we hear about the 'body-mind,' or sometimes referred to as the body-mind organism (BMO), this is not in keeping with what Jesus teaches. He teaches that the mind is not in the body at all, so the mind can't be cured by doing something to the body. For example, taking antidepressant drugs will do nothing to cure the mind because nothing in the mind has changed. From the standpoint of reality, we are either asleep or awake. **"The dreams**

**forgiveness lets the mind perceive do not induce another form of sleep,"** (W.140.3.2) but forgiveness heralds the **". . . dawn of truth,"** (W.140.3.3) which leads from **". . . sleep to gentle waking."** (W.140.3.4)

This is the only cure there is because it is a **". . . cure for all eternity."** (W.140.3.5) This is the light of the Atonement. It is the Holy Spirit's presence in our minds, which awakens us from the dream of sickness. **"Atonement heals with certainty, and cures all sickness."** (W.140.4.1) Again, do not judge yourself for using magic. Jesus acknowledges that when fear is too high for us to do the healing in the mind, magic can be helpful as a way to reduce our fear. **"Sometimes the illness has a sufficiently strong hold over the mind to render a person temporarily inaccessible to the Atonement. In this case it may be wise to utilize a compromise approach to mind and body, in which something from the outside is temporarily given healing belief."** (T.2.IV.4.5-6) (ACIM OE T.2.III.57)

He goes on to say the last thing a sick person needs is an increase in fear. I recently met Brent Haskell at a seminar in Colorado. Brent has written many books that reflect the teaching of Jesus channeled through him. One of the things I appreciated hearing from Brent, a medical doctor who at the time was practicing one day a week, was that it was important to him to have his patients leave his office with less fear than when they came in. To him, that was the most important thing he could do to facilitate their healing.

**"Sickness where guilt is absent cannot come, for it is but another form of guilt."** (W.140.4.3) No bacteria, no virus, and no external agent of any kind can cause sickness. No matter what we do to clear away symptoms of disease, only by healing the guilt can sickness be cured. No matter what form our sickness takes, it is just an outward condition of the illusory guilt in the mind—illusory because guilt is not real. Holiness is our reality. **"God abides in holy temples. He is barred where sin has entered. Yet there is no place where He is not. And therefore sin can have no home in which to hide from His beneficence."** (W.140.5.3-6) It is the holiness in our right minds where the cure resides. Jesus says that we cherish sin, having welcomed it into our holy home, and now sin "protects" us from holiness. The protection we turn to is actually our fear of love, and this is what keeps sin in place.

A friend recently recounted how she had put her back out and was assigned to clean a kitchen. The kitchen was to represent the state of her mind. Such a task may seem counterintuitive to someone who has a hard time bending and kneeling to clean a kitchen but despite the challenge, she proceeded with the task with attention to every dirty crevice, every area where cockroaches hid in the dark and all the crevices filled with gunk. She went about her task, recognizing that it was all her mind that was being cleaned, and at the end, her symptoms were gone. She used this task as a healing opportunity for the mind. It was all an outward picture of an inward condition.

**"Peace be to you who have been cured in God, and not in idle dreams. For cure must come from holiness, and holiness cannot be found where sin is cherished."** (W.140.5.1-2) Peace does not reside in the idle dreams of specialness in the world. Holiness is in the right mind, and sin is in the wrong mind where we identify with the ego. Cure comes when we turn away from the ego and turn to the Holy Spirit. We must desire the truth more than we want our own ideas about our needs and requirements. Sin is cherished when we hold onto our specialness. **"There is no place where holiness is not, and nowhere sin and sickness can abide."** (W.140.5.7) They are mutually exclusive states.

The holy temple where God abides is in our minds. There is nothing outside of His Mind. Only in this dream that we are dreaming does He seem to be absent. There is no place outside of Heaven

because nothing is outside of the Oneness of God. The separation never occurred, therefore there can be nothing outside of Heaven. Atonement is the thought that cures, as it is the recognition that there is nothing outside of God. It is not about healing the body but recognizing that the body does not even exist, and we are still as God created us—perfect and whole. We therefore just need to change our minds about our reality. The sickness is in our minds, but so is the healing. We are not asked to deny any experience of sickness in the body, but we are asked not to let ourselves be deceived about the source of the sickness.

Healing happens when we bring guilt and fear to the Holy Spirit. The Source of all our healing is the Holy Spirit. He brings the realization that sickness and guilt are illusory when we give Him every interfering thought that stands in the way of peace. We are not asked to be perfect, only honest. **"The mind that brings illusions to the truth is really changed. There is no change but this."** (W.140.7.4-5) The process of healing is to get in touch with our feelings and recognize all the dark thoughts and beliefs that block the truth. When we are listening to the voice of the ego, we experience dis-ease, depression, and anxiety. When we invest in pain, it is because we have chosen wrongly. How willing are we to admit that we are seeing incorrectly, and therefore, we are wrong about ourselves? When we see this is so, we recognize that we have a choice to either hold onto our wrong perception or recognize that only love is real. The source of healing **". . . is in our minds because our Father placed it there for us."** (W.140.8.2)

The Holy Spirit abides in our right minds. When we willingly go to Him today, **"With nothing in our hands to which we cling, with lifted hearts and listening minds,"** (W.140.12.1) we join with the truth. This requires that we give up the beliefs we hold and come with faith and determination to accept the truth about ourselves. We empty our hands and hearts of interfering thoughts so we can hear our Father speak to us and remind us of who we are. Let us not use sickness today as proof that we are right about ourselves, and therefore, God must be wrong. Allow peace into your mind today by bringing all your thoughts of specialness, judgment, and pain to His healing light.

No one will save us from the thoughts we cherish when we refuse to give them up. We are responsible for our thoughts, and we must willingly bring them to the light. We have given power to these thoughts, and we can now question our decisions. When we choose to hold onto them, we are actively choosing to keep love away. Now we can make another choice. Can you imagine a **". . . peace so deep that no illusion can disturb our minds?"** (W.140.12.4) This is not only a cure for sickness but allows healing of any problem that confronts us, whether it is a financial problem, loneliness, despair, or any belief in lack of any kind. We need to recognize how we cherish these thoughts and the purpose they serve in keeping us from the truth. They keep us rooted in the world and in the body. The thoughts we cherish of judgment, victimhood, and pain keep love away. Our part is to look at these thoughts, which interfere with the truth. We must be willing to look at our thoughts and see them for what they are and place them on the inner altar for healing.

**"This is the day when healing comes to us. This is the day when separation ends, and we remember Who we really are."** (W.140.12.7-8) In our practice with this Lesson, we willingly let go of interfering thoughts and refuse to listen to the ego. When we accept, even for an instant, our Identity as the Son of God, free of all concerns, then there is no separation, as it was never true. The memory of our true identity dawns on our minds when the mind is cleared of interfering thoughts. **"And we will feel salvation cover us with soft protection, and with peace so deep that no illusion can disturb our minds, nor offer proof to us that it is real."** (W.140.12.4) Salvation's peace is our only cure. Both the problem and the answer are in

our minds. We can access the answer when we "**. . . attend in silence and in joy**" (W.140.12.6) and are unwilling to pay attention to the noise in the mind, coming from the ego.

Love and blessings, Sarah

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