



LESSON 156

I walk with God in perfect holiness.

Sarah's Commentary:

Jesus assures us that wherever we go, we "walk" with God because we simply cannot be apart from Him. This Lesson says, "**ideas leave not their source.**" (W.156.1.3) As an idea in the Mind of God, how is it possible we could be separate from Him, or He from us? We are an idea in His Mind and cannot be separate and alone, even if we believe we are. "**Nothing can be apart from Him and live.**" (W.156.2.9) Why is it we don't completely realize this? Why don't we feel His presence more? Jesus says it is because of our foolish dreams, which we have come to believe are true. We believe we have sinned and are guilty. Yet sin has no effect. If a thought has no effect, how could it be the cause of anything? That is why we can look past illusions because they have no real effects. It is all a dream, coming from the mind that is dreaming it. What is not real is not caused by anything. If this is the case, how can there be sin when it is just a story made up by the mind? Only what comes from the mind of God has an effect and is real. Thus, God is the only Cause. Anything else that we believe is a foolish dream. When we realize this, all illusions will be gone "**with nothing left to keep the truth apart from God's completion, holy as Himself.**" (W.155.10.2)

We frighten ourselves with our thoughts. When we accept thoughts of fear and attack as real, we don't believe God walks with us. We feel alone, abandoned, vulnerable, and responsible for figuring out how to live and survive in this world. We think we have a long way to go before we can know ourselves as holy or innocent, so we put it off to some future time. We don't accept ourselves as we truly are, right at this moment—complete, holy and innocent. We struggle to keep ourselves safe from our eternal reality in order to maintain the separate existence of the individual identity to which we tenaciously cling.

There are not two selves in conflict, though it seems that way to us. The ego has no substance and is just a puff of nothingness. It is nothing but a bundle of concepts, thoughts, beliefs, and values we give attention. While we give belief to these thoughts, none of them are true. It is all part of the deceived mind. There is only one Self, created by God, in all innocence and glory. The separate self we identify with as "I" has no existence. It is just a figure in the dream we are dreaming. It is like a character in a movie, playing a role with other characters in supporting roles. The world was made as a defense against the truth of our reality as the Son of God. Coming from the separated mind, the world has no cause; and as said earlier, when there is no cause, there can be no effect. The world does not exist except as a projection of the mind. It is a hallucination.

Jesus assures us that the teachings he has laid out in this Course are not inconsistent. Certainly, if truth is true then, "**Truth must be true throughout.**" (W.156.2.2) There can be no uncertainty in truth and no contradictions. Truth can't leave the mind and thus is always present, so everything being taught by Jesus in this Course is already in our minds. That is why, when we

read and hear the truth, there is a resonance because we already know it. It is our natural language. Though the mind seems to resist and struggle and defend against it, there is nevertheless a recognition of something we have always known. Yet it brings up fear because it challenges what we have made and still cling to, which is our existence as an autonomous self. Jesus assures us that there is no life apart from God. What we call our life here is nothing but a dream. It can't be otherwise, for ideas leave not their Source, and we are an idea in the Mind of God. Thus, if we have not left God, how could we be apart from Him?

Somewhere in us, we know we do not belong here. We spend our time seeking pleasure and defending against pain in our lives. Along the way, we have come to realize that nothing in the world has brought us the deep peace and happiness we seek. We have responded to the Call to wake up to our true Self. As we increasingly become aware of the blocks in the mind to the truth and let them go, we experience more peace. By placing our misperceptions on the inner altar, space is made for truth to emerge. We are called to look at our misperceptions with honesty and courage. We must be willing to let go of our defenses and look at the darkness in the mind. It takes courage to go into the darkness, but when we invite Jesus to go with us, he assures us he brings the light and holds our hand so we can know that we need not go alone.

Just because we are not aware of the truth of our Being, does not mean that it is not always in the mind. Ideas leave not their Source. It is impossible that we could have left God. Since every one of us yearns to know the truth of our existence, then at the right time and the right place, the decision is made to find our way to where we never left. It is "**The light in you the universe longs to behold.**" (W.156.5.1) Jesus asks, "**How long, O Son of God, will you maintain the game of sin?**" (W.PII. What Is Sin Q4.5.1) He asks us, in the name of our own happiness, to consider that this game of sin is hurting us, and that we can give it up anytime we choose.

The light we are cannot die. The healed mind reflects God's holiness. Others feel this presence in us that is not of us. "**All living things are still before you, for they recognize Who walks with you. The light you carry is their own.**" (W.156.5.2-3) Thus, others see "**in you their holiness, saluting you as savior and as God.**" (W.156.5.4) Jesus asks us to accept their reverence, though it is not for us personally. It is not for self-aggrandizement because this light is not of us. It is an expression of reverence and gratitude for the love and light others experience in our presence. We must not be falsely humble but only grateful that the truth is in us and with us always.

Jesus wonders why we would still want to waste time in our foolish games when we could simply laugh them away. Within the dream, the events of our lives are painful and seem to have serious consequences. Yet when we realize their unreality, which we do when we look at everything without judgment from outside of the dream, we can overlook them all with lightness and laughter. We can then see how absurd the story of sin is that we have accepted as true. "**It is a foolish thought, a silly dream, not frightening, ridiculous perhaps,**" (W.156.6.5) but, ultimately, it is a senseless whim, keeping us away from the happiness given us as our inheritance.

From above the battleground of this world, where we look at everything through the eyes of Jesus, we see everything made by the ego as the absurdity it is. Every difficult situation provides us with another opportunity to choose against the temptation to see that something real is going on. When we take it all seriously, it is all very disturbing to our peace of mind. Having said that, it is important not to dismiss it all as illusion when we are still caught up in it. Instead, we need to look at our reactions, emotions, and interpretations we give to our experiences. It is not about denying anything we feel, but instead, being willing to look at everything coming up in the mind and give it over for healing, recognizing that we have a choice as to how to see it. We have the Holy Spirit

in the right mind, Who helps us see every situation differently when we ask for His help. While it seems like we walk alone with our sins, he asks, today, that we let doubting cease and waste no more time in this fantasy that has kept us bound to our beliefs that we are alone, guilty, and separate.

While we have been at this game for a very long time, having wasted many years, it does not matter because we are here now and "**The past is gone, with all its fantasies. They keep you bound no longer.**" (W.156.7.2-3) There is nothing to keep us from the truth except by our own decision. The world has no ability to imprison us. We need not be bound by anything that seems to have happened in the past because the past is over, unless we choose to give it power. The situations in our lives imprison us only to the extent we give them believing attention.

When we think of the past as real and hold onto our stories of what happened, we are giving them reality they don't have. The miracle releases us from these stories of pain, trauma, and abuse. The Holy Spirit will reinterpret every story we hold as true, as long as we ask for His help to do so. When we are not at peace, we can be assured that we are giving attention and belief to our thoughts about a situation, and those thoughts are not the truth. Truth brings only peace and joy. When I feel upset about anything I find it helpful to empty my mind of all egoic thoughts first. When I express them for the purpose of healing or write them down my mind becomes empty, and I am now ready to hear the Holy Spirit. He always shows me another way to see.

When we feel challenged by events in our lives, we may blame ourselves for "manifesting" them. We make ourselves wrong and guilty when everything is, in fact, just an opportunity to release the guilt in the mind. Everything is for our healing. It is not helpful to judge ourselves, as this only perpetuates the guilt. Believing we should be further along on the path is an ego ploy to maintain guilt. Where we are in the journey is where we need to be for our healing. Being willing to look through the eyes of non-judgmental Love is how we heal. Our holiness is guaranteed. We have not left our Source. There is a light in us, which cannot die and is a light "**the universe longs to behold.**" (W.156.5.1)

Today, we ask the question, "**'Who walks with me?'**" (W.156.8.1) a thousand times. We ask it simply because we need to hear the answer from the Holy Spirit, over and over, that we are holy, we are not alone, and we are protected and loved beyond measure. The Mind, which knows that I and the Father are One, knows Absolute Happiness. Today, as you ask the question over and over, "**'Who walks with me?'**" (W.156.8.1) listen to the answer and remember, "**I walk with God in perfect holiness. I light the world, I light my mind and all the minds which God created one with me.**" (W.156.8.5-6)

We need this constant reminder that we walk with God. Be willing today to bring all your mistaken thoughts to the truth by looking at them with Jesus, and thus, they are corrected. We don't do the correcting. We just need to bring our awareness of these mistaken thoughts about ourselves and allow for His Correction. It is not our job to fix ourselves. Our part is only to recognize and accept we have been mistaken.

Jesus says it is quite an amazing feat to think we can change the Son of God into something so unholy. As a result we need some serious relearning and reprogramming. Thank God we have this teaching and each other for support. It is not easy to do this alone. In fact, one of the easiest ways to recognize our holiness is to see our brothers and sisters with Christ's vision. The gift we give them is one we give to ourselves. In Lesson 154, "**I am among the ministers of God,**" Jesus challenges us not to wait to give the message to our brothers that they are innocent so we can know it for ourselves. In other words, this Course is about application. It is ultimately practical

and profound in showing us how we can use every relationship for healing. Everyone is a mirror for my own mind.

Through the process of forgiveness, we learn the truth of who we are and who our brothers are. It is only by extending this truth to everyone, with no exception, that we learn it. To give and to receive are one in truth. What we give is what we receive. In our daily practice and application of the Lessons, using everything in this classroom for forgiveness, we experience the light in us "**the universe longs to behold.**" (W.156.5.1)

Love and blessings, Sarah
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