

## ACIM Edmonton - Sarah's Reflections



### LESSON 203 ~ Review VI

#### [183] I call upon God's Name and on my own.

#### Sarah's Commentary:

Each of our last twenty Lessons includes the whole curriculum. When we have an experience of the holy instant/miracle as a result of the application of any one of these Lessons, it is generalized to all Lessons. Each Lesson contributes to remind us who we are as a mind-spirit and not a body.

When we observe the conditioned mind that has been deceived into believing it is separate from others and living in a body, we become more and more aware of the values, beliefs, and concepts we hold about ourselves. We have come to accept what our parents, teachers, and friends have told us about ourselves. While there are some aspects of what they have told us that we have discarded, there are other things that are still playing in our subconscious minds. By looking at the thoughts, beliefs, and self-concepts we hold, we can begin to question their reality. As Byron Katie asks, "Is this the truth?" "Can you absolutely know it is the truth?" "How do you feel when you think this about yourself?" "Who would you be without that thought?"

We believe that there is a world we came to at our birth. We are convinced that we live in this world of form and that it continues to define us. We identify with the body and believe that we are lacking and need to pursue things in the world to make us happy. Since we feel we are at the mercy of events and circumstances outside of ourselves, we feel victimized and betrayed by the world. As we become aware of these thoughts, we accept responsibility for them and recognize we have the power within to choose to let them go. It is the power of the Holy Spirit within the mind. Our part is to be vigilant of our thoughts and to bring them to awareness, realizing we are responsible for the way we interpret every event and circumstance. Now we can bring our interpretations and perceptions to the Holy Spirit, realizing we are wrong about everything we see and willing to be shown another way.

I am finding it very helpful to work daily with the **Rules for Decision**. (T.30.I) (ACIM OE T.30.II) The day starts by affirming, **"Today I will make no decisions by myself."** (T.30.I.2.2) **"But think about the kind of day you want, and tell yourself there is a way in which this very day can happen just like that."** (T.30.I.1.8) (ACIM OE T.30.II.2) The fact is that we can't make decisions by ourselves. They are always made with the ego or the Holy Spirit. When we choose the Holy Spirit as our Guide throughout the day, we give up our own ideas and our judgments about what we should do. It also means **"you will not judge the situations where you will be called upon to make response. For if you judge them, you have set the rules for how you should react to them."** (T.30.I.2.4-5) (ACIM OE T.30.II.5) The problem, according to Jesus, is that **"You still make up your mind, and then decide to ask what you should do."** (T.30.I.3.2) (ACIM OE T.30.II.6) **"Throughout the day, at any time you think of it and have a quiet moment for reflection, tell yourself again the kind of day you want; the feelings you would have, the things you want to happen to you,**

**and the things you would experience, and say: *If I make no decisions by myself, this is the day that will be given me.***" (T.30.I.4.1-2) (ACIM OE T.30.II.7-8)

As we call upon God's Name and remember our union with Him, it opens the way for us to surrender our plans and decisions and to rest in Him, relying on His Voice to guide us throughout the day. In the Manual for Teachers, Jesus tells us that the power, fame, money, physical pleasure, and all the things we pursue in the world mean a lot to the body, but what would a mind need from all of this? The mind only strives for these things if it confuses itself with the body. When we invest totally in our bodily existence, we lose sight of our reality as the Christ Self. This Lesson affirms our reality as an extension of God.

As we bring our thoughts of sin, guilt, and fear to our attention, we release them to the Name of God so we can experience our true identity in the holy instant. Today, we take the thoughts that hurt us and place them on the inner altar where healing happens. We are not our own healers. We simply rely on the healing power of the Holy Spirit within. If healing does not happen, it is only because our willingness to release the painful thoughts is weak. We may still be holding onto thoughts and beliefs, rather than truly giving them over; or we may willingly put them on the altar, but then take them back as the mind starts, once again, to obsess about a difficult situation. It does not matter. The practice we employ is to give over the thoughts again and again, as they come up.

Today, we look at every opportunity that shows up in the events and activities of the day. They are all important to our practice of forgiveness. We apply the teaching given us in each of these Lessons to specific experiences in our lives. All events in our day serve the Holy Spirit's curriculum, which is for healing the mind. **"The Holy Spirit teaches you to use what the ego has made, to teach the opposite of what the ego has 'learned'."** (T.7.IV.3.3) (ACIM OE T.7.IV.22) It may be wise advice to do the opposite of what the ego says you should do.

It can be said that nothing is happening *to us*, as it is all *for us*. What can be more important in our day than to shift the mind to what the Holy Spirit would have us recognize? Paying attention to the activity of the mind, where we judge, defend and attack, is essential. Stay focused on watching the mind and giving over everything to the Holy Spirit for His reinterpretation.

Today, we put our attention on the quiet center in our minds. This is where the experience of God and Oneness resides. Now we can have respite from this world if only for an instant, as a result of a moment of deliverance from the seeming demands of the tyrant within.

Love and blessings, Sarah  
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