

## ACIM Edmonton - Sarah's Reflections



### **LESSON 208 ~ Review VI** **[188] The peace of God is shining in me now.**

#### **Sarah's Commentary:**

Are you feeling peace today? If not, does it seem hard to release whatever is in the way to peace? Are you feeling sad, guilty, distressed, angry, frustrated, tired, bored, anxious, superior, worried, lacking, wishing, expecting, or desiring? Have you told yourself that it is hard to find peace or that it will take you a very long time? Do you believe that it is hard to release distressing feelings? Whatever we tell ourselves affirms the beliefs and concepts we hold onto, but we can also choose to let them go with the help of the Holy Spirit. Do you notice that sometimes you momentarily let go of these obsessive thoughts and feelings, but then take them back and find them playing in your mind again? Releasing the blocks to love is mostly a process, not an event though we do it moment by moment. We need to stay focused on our desire to heal and to take accountability for our feelings, rather than blaming anyone for making us feel the way we do.

It is true that love can move mountains, and in God's Power, all things are possible. We believe it takes time to heal, that it is hard to release our grievances, and we will never get over difficult feelings; but, these are all beliefs held by the wrong mind and thus they are false. Can you see that there is some kind of payoff for holding onto these beliefs? Yes, it does seem odd to think that we actually get "juice" from suffering, yet think about what suffering allows you to do. For example, it may give you the attention you crave, or it may prove that you are right about how you have been wronged, or it may be used to punish someone for what they have seemingly done, or ultimately, it proves your reality is a body, separate from God. Yes, even death is so-called proof that we are real and God is not. Everything we hold onto has a payoff or we would not hold onto it. The ultimate payoff is our desire to keep our individual separate self.

We can address this struggle with willingness, openness, and determination to choose the Holy Spirit as our Guide. The mountain of anger, fear, and resistance is the mountain that Love can move. Thus, the miracle shifts our perception from one of form, which is the belief that our reality is a body and personality, to the perception of the truth of who we are, which is eternal Spirit. So today, watch the thoughts and beliefs that come up and be willing to release them to the Holy Spirit. These beliefs are being held to keep you separate from the love you are. Recognize that this is the only purpose for holding onto them, which is to prove you are right about yourself, and thus God is wrong. Be willing to be wrong today. Be willing to look with honesty and courage at everything you are hiding and denying in yourself. For example, we are loath to believe that we attack because we intend to hurt. Our first response is to protect our "face of innocence" and choose to believe that we only attack in self-defense.

Today, be willing to bring awareness to these denied aspects of the ego mind that hide behind defenses. Stay with the feelings that arise, rather than run away from them. Simply let these feelings rise up in you without judgment. Allow them to be released without using them to attack

anyone. Go on with your day, but keep your attention on what you are thinking and feeling. The more you observe your mind the more the ego cannot hide in the darkness. With acceptance of what you are feeling, without denying what is coming up, healing can be facilitated. Our part is simply to uncover the thoughts, feelings and beliefs. The Holy Spirit does the rest. We just need to surrender our need to fix things and our desire to do anything except to give it all over to the Holy Spirit. Put your issues and concerns on the inner altar where the Holy Spirit does the healing. Allow the miracle to open you up to the truth by taking back your projections and taking full responsibility for them.

Become aware of the idle thoughts, the frantic thoughts, the self-attacking thoughts, the concerns, and the wishes for things to be different than they are. All can be brought to awareness without judging ourselves. Look at everything that comes up and let it be released. It is a mistake to believe that you should be beyond such thoughts because you are spiritual. Do not let a current of negative self-talk carry you through the day. Release it as it comes up and accept the Peace of God instead. How do we do that? Clearly, we have over-learned the ego program, which rules our experience in this world. Instructions are given us today for very regular practice throughout the day. A great deal of importance is put on this practice. The words we are given in each of these Lessons can change our experience if we apply them to any distressful situation. Words have importance in the Course only to the extent that they point us to the truth. What is essential is that we take in these words with sincerity and dedication, applying them in our daily lives. A lot of focus is being put on frequency and repetition of the idea throughout the day. It is a reflection of the importance given to the goal.

Today, make a firm commitment to the practice of the Lesson. Recognize that the peace of God is in you—now. There is nothing to seek but there are blocks to peace to uncover so the light of our being can shine through us and bring blessing to the world. ***"I will be still, and let the earth be still along with me. And in that stillness we will find the peace of God. It is within my heart, which witnesses to God Himself."*** (W.208.1.2-4) It is always such a joy when we can be the witness of the light and peace in all those we encounter and feel the radiance of that light shine back on us. This is what fills our treasure house with unlimited blessings and blesses us immeasurably.

Love and blessings, Sarah  
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