

ACIM Edmonton - Sarah's Reflections



LESSON 211~ Review VI

[191] I am the holy Son of God Himself.

Sarah's Commentary:

This Lesson once again is a reminder that we really are the Holy Son of God Himself. To us, it can sound arrogant. We can accept that Jesus is the holy Son of God, but can we accept ourselves as the same as him and equal to him? Jesus tells us to approach this thought ***"In silence and in true humility. . ."*** (W.211.1.2)

Why is this difficult for us? It's difficult because we perceive the Will of God as fearful, which, he says **"demonstrates that you *are* afraid of what you are."** (T.9.I.1.4) (ACIM OE T.9.X.90) We are afraid of our own reality, which is not a body, not a personality, not a self-concept, but the Holy Son of our Holy Father. **"If the purpose of this course is to help you remember what you are, and if you believe that what you are is fearful, then it must follow that you will not learn this course. Yet the reason for the course is that you do not know what you are."** (T.9.I.2.4-5) (ACIM OE T.8.X.91) Jesus goes on to say that we do not ask for what we want because we are afraid we might receive it. We are afraid of a state of unlimited freedom from the false self because it is still an unknown state to us for the most part. We are very familiar with the imprisoned self and have become used to the limitations that we think define us.

Our true will is God's Will and it is to know the Self we are as the Holy Son of God. Yet instead, we have substituted a false will and **"persist in asking the teacher [the ego] who could not possibly give you what you want."** (T.9.I.7.4) (ACIM OE T.8.X.96) What we really want is to be happy and we can only have that when we join with our true will. What is it we are asking for instead? We are asking for the things we think will make us happy such as special relationships, recognition, money, safety, or worldly pleasures all of which are substitutes for what we really want. The false self is all about getting what it thinks it lacks, so we constantly look outside of ourselves for what we think will make us happy. We mistakenly think we will find peace and happiness in the things we try to get. Yet when we put attention on these things, we are asking for nothing. What we get is pain, because all the things we think will bring us pleasure ultimately leave us with nothing. They do not lead to happiness but away from it, though we invest enormous energy in pursuing what has no value. When we turn to the ego for what we think we want, it leads us further into the darkness. It diverts us from the peace and joy inherent in us.

Today, we turn to the Truth in us instead, and we accept our reality as the Holy Son of God. It is not enough to affirm this because we cannot override the ego without looking at it. To accept the truth of what we are requires looking at the thoughts that occupy our minds. These thoughts include a long list of competing goals. They include what we believe we need to accomplish, what concerns we have, what we fear might happen, or what pleasures we pursue. Holding onto these thoughts and plans keeps us very busy and away from awareness of the love we are. When we release these interfering thoughts, plans and goals to the Holy Spirit and ask for His Help, we are

brought back to our center. When we step back from our way, our goals and our ideas by looking at them with honesty, courage but no judgment, then space is made for truth. The Self we are is the expansive, unlimited awareness behind our thoughts. The truth abides in our right minds, where it has always been. The Holy Spirit is the symbol of the truth within and the bridge to God.

To accept that we don't know, and that we are wrong about everything that we have taught ourselves requires true humility. To be truly humble is to let go of everything we think we know. It is an act of deep surrender. It is to no longer attach to our own ideas. We give no attention to the obsessive thoughts in the mind recognizing that they are not our thoughts. They don't belong to us and have no reality unless we choose to believe them. The chatter will go on in the mind, yet we don't need to listen to it. We simply withdraw our interest and attention. It is about letting our perceived problems be translated by the Holy Spirit, Who sees no problems.

A friend recently missed a plane and was quite distressed by what had happened. It meant he would have a three-hour time period to wait for the next plane. He then realized because he had all this time available to him, he could join the Course group he had wanted to attend. It was not in his vicinity, but he was able to connect online. His "problem" could now be seen as a blessing and an opportunity. This could only happen because he was willing to surrender his upset and look for the blessing available to him. Problems reflect attachment to a concept of how we believe things should be. We are holding onto something from the past, some need, some desire, some expectation, some wish, or some demand for things to be different than they are. We can never meet past needs in the present, despite the effort we put into doing so. We can never be disappointed until we have determined (appointed) how things must be for our happiness.

Letting go allows us to receive. It is not about dissociating from the thoughts and feelings, as this is just a misguided attempt to gain control by trying to protect ourselves from getting hurt. Real letting go is acknowledging our upsets but then recognizing that the source of happiness has nothing to do with anything outside ourselves. The source of our happiness is within. It is apparent to us only when we bring our disturbances to the truth and place them on the inner altar. It takes courage and willingness to look at the ego, surrender our perspectives and our control, release our doubts, fears, and beliefs, and melt into His embrace. We fear surrender because we see it as an act of defeat when, instead, it is the giving up what has no value for something of infinite value to us. It is the giving up nothing for everything.

Today, I seek God's glory in the place in my mind where truth abides. I come with deep humility to know my Self and recognize this truth is the same for everyone. ***"Because I will to know myself, I see you as God's Son and my brother."*** (T.9.II.12.6) (ACIM OE T.8.XI.119) What humility requires is an acknowledgment that what I think, perceive, and believe are wrong. I do not know anything. My way of understanding anything is extremely limited and limiting. My judgments are always based on what I see, which is false. In humility, I turn to the One Who knows and ask, "Show me how to see this situation, this brother, and this event through Your eyes and not my own."

I was tempted today to correct a brother who I perceived was mistaken in his ideas. I was feeling dismissed by his communication to me and felt to set things straight with the thought that I was being helpful. Because there was an underlying judgment of him, I recognized that I was not entirely honest about my motives. I asked for guidance and was directed to the following passage. ***"He who is "worse" than you must be attacked so that your specialness can live on his defeat. For specialness is triumph and its victory is his defeat and shame. How***

can he live, with all your sins upon him? And who must be the conqueror but you?"
(T.24.I.5.7-9)

Today, we offer this practice to the Holy Spirit to guide us, using our morning time for at least fifteen minutes to set the direction for our day and reminding ourselves of the truth every hour on the hour and frequently in between.

In addition, **"When you are tempted,** [to become upset about some event, person or circumstance today] **hasten to proclaim your freedom from temptation, as you say: *This thought I do not want. I choose instead* _____."** (W.RIV.IN.6.1-3) This is very important in helping us to regain our peace in the midst of any circumstance that distresses us. We look at all the distressing thoughts in our minds, remind ourselves of the thought for the day, and embrace it instead. Then, as evening comes, we enter our meditation time with the thought: **"I am not a body. I am free. For I am still as God created me,"** (W.211) followed by the thought for the day, **"I am the holy Son of God Himself."** (W.211.1.1) Take the Holy Spirit into your sleep and awaken with the Lesson on your lips. The benefits can be enormous. It takes us out of the ego rut of obsessive thoughts that keep us in despair. As we disengage from those thoughts and turn to the Holy Spirit, we connect with our innate innocence and holiness.

Love and blessings, Sarah
huemmert@shaw.ca

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