

## ACIM Edmonton - Sarah's Reflections



### LESSON 215 ~ Review VI [195] Love is the way I walk in gratitude.

#### Sarah's Commentary:

We continue today with the importance of building on a foundation of trust, which means not to rely on our own past experience to guide us because it is a very poor guide. Relying on our own past experience means we can never discern with any certainty what is best for ourselves as well as everyone in every situation. Only the Holy Spirit can know that, and so we need to turn to Him. He can show us the way to be helpful in any and every situation when we ask with sincerity.

***"I am here only to be truly helpful.  
I am here to represent Him who sent me.  
I do not have to worry about what to say or what  
to do because He Who sent me will direct me.  
I am content to be wherever He wishes knowing  
He goes there with me.  
I will be healed as I let Him teach me to heal."  
(T.2.V.A.18.(8).2-6) (ACIM OE T.4.IX.106)***

When a brother offers what I perceive as difficult lessons, my job is to look at my own mind, rather than to blame or try to change his. **"Only the self-accused condemn. As you prepare to make a choice that will result in different outcomes, there is first one thing that must be overlearned. It must become a habit of response so typical of everything you do that it becomes your first response to all temptation, and to every situation that occurs. Learn this, and learn it well, for it is here delay of happiness is shortened by a span of time you cannot realize."** (T.31.III.1.1-4) (ACIM OE T.31.III.26)

Jesus says what we must over-learn is **"You never hate your brother for his sins, but only for your own."** (T.31.III.1.5) (ACIM OE T.31.III.26) We judge ourselves harshly for what we believe are our sins which is why we want to get rid of them by seeing them in our brothers. We can be grateful to our brother for being a mirror for us to see *our* sins in him, as only by seeing our projected self-attacks can they be forgiven.

It is a process. What the process involves is surrender. We cannot wake up from this dream unless we are willing to let go of what we think we know and understand. How does this happen? It happens moment by moment, and it takes a lot of practice. What are we surrendering? We surrender the temptation to make up a story about a situation that justifies our attacks. We surrender our opinions and our need to be right. We surrender our need to speak when nothing needs to be said. We surrender our need to blame, to attack, to justify, and to explain. We surrender our need to accomplish and achieve, and so much more. How this looks is when you

want to blame someone, instead you pause, step back and decide to rest the mind. You look within at what it is you want to accuse your brother of. Perhaps you already have yelled at your brother or accused him, yet in a saner moment, you reflect on your action and investigate what you are believing about yourself that caused your reactions. You look within to see what you are accusing your brother of, which is a projection from your own mind. As you take responsibility for it, without judging yourself, you are now willing to turn to the Holy Spirit to ask for help to heal your misperceptions. You willingly admit you are wrong and ask how you can see this situation differently.

This can take great willingness as the ego would have you believe that your brother is guilty. It is a process that takes discipline and mind training. The ego does not give up easily, but when our determination for healing is strong, our motivation to forgive is very compelling as it is our only way out of suffering. The more we step back and willingly surrender our way, our views, our thoughts, and our opinions, the ego is slowly being undone. Our goal is to choose peace in every moment. It is to listen and follow guidance in each moment. It takes discipline in watching the mind and being willing to do the daily practice. No teacher, no guru, and no book can accomplish for us what we need to do for ourselves.

Yesterday, Don said he would wash my car. He had driven some distance and it was covered with bugs. Today, as we were driving, I noted to myself that it was not washed, and I felt a twinge of annoyance that he had not kept his commitment. I wanted to say something, but Holy Spirit put in my mind to be still and not to correct my brother. The temptation was still there to say something but again the Holy Spirit asked me, "Do you want to be right, or do you want peace?" I stayed quiet and though the ego kept inviting me to hold a grievance, I wanted peace more than to act on its invitation. Slowly the mind shifted, and I gave this thought no more power, and all was well. This may seem insignificant to you, and it is. But it is an example of a moment where a choice can be made for war or peace, hell or Heaven. We make these kinds of decisions all day long. Jesus describes them as little scraps of meanness where he says **"The messengers of fear are harshly ordered to seek out guilt, and cherish every scrap of evil and of sin that they can find, losing none of them on pain of death, and laying them respectfully before their lord and master."** (T.19.IV.A.1.11.2) (ACIM OE T.19.V.50)

Jesus acknowledges that we may still judge ourselves unworthy of peace and substitute other gifts we think will satisfy us, but he invites us to consider that there are no gifts we give ourselves that will ever bring us peace. **"You are free to try as many as you wish, but you will be content only in magnitude, which is your home."** (T.15.III.2.5) (ACIM OE T.15.IV.23) He also acknowledges that this deep responsibility we owe ourselves must be remembered all the time, but that is the hard part. **"The lesson may seem hard at first, but you will learn to love it when you realize that it is true and is but a tribute to your power."** (T.15.III.3.2) (ACIM OE T.15.IV.24)

Today, I am grateful that this Course has found me and has taken a hold in my life. I am grateful that I can use every situation for learning, for release, for the miracle, and for Correction of my self-condemning thoughts. I am learning to be increasingly willing to undo the thought system of the ego that has kept me from knowing my true reality. I am even willing to look at where I am unwilling to let go of grievances and to ask for help. There is a better way. I am learning to see my own secret wishes for specialness. Don't we all want everyone in our lives to serve these wishes and the needs we perceive in ourselves? Initially, it can be painful to recognize the way the ego

shows up in our lives, but only in this recognition can the release come. We truly do not know our own best interests. In following the ego program, we only invite more pain as we pursue what we think will bring pleasure.

We have a Guide we can trust. Our past experiences, no matter how much they have helped us to manage in the world, are still not sufficient to give us perfect judgment. We simply can never know all the variables; but when guidance is sought, and we put the future in the Hands of God, we can walk in perfect trust. Recognizing we do not know is an important step. How do I know what experience is right for me or for you? How can I judge what is good or what is bad? How can I determine what is the best action to take that will benefit everyone?

This morning I was reading Chapter 5.III (ACIM OE T.5.V), "**The Guide to Salvation**," which again was a reminder that there is a call for love and for understanding in all seeming attacks coming from anyone. Everyone I am seeing is myself reflected back to me. It is my own guilt I put on others and judge it there when I choose not to take responsibility for it in myself. **"See him through the Holy Spirit in his mind, and you will recognize Him in yours. What you acknowledge in your brother you are acknowledging in yourself, and what you share you strengthen."** (T.5.III.3.4-5) (ACIM OE T.5.V.34)

The reason we need to share it is to strengthen the Voice of the Holy Spirit in us. Walking this path is not something we do alone. **"It is impossible to hear It [the Voice] in yourself while It is so weak in your mind. It is not weak in Itself, but It is limited by your unwillingness to hear It."** (T.5.III.4.4-5) (ACIM OE T.5.V.35) If we want to strengthen our ability to hear guidance, we need to see all seeming attack as a call for love. All guidance comes from the right mind. When we listen and follow the Voice of Truth in the mind, we come from a place of love. We affirm the truth of what we are as Love by seeing the Christ Self in our brother. **"If you make the mistake of looking for the Holy Spirit in yourself alone your thoughts will frighten you because, by adopting the ego's viewpoint, you are undertaking an ego-alien journey with the ego as guide. This is bound to produce fear."** (T.5.III.4.6-7) (ACIM OE T.5.V.35)

When I give my thoughts to the Holy Spirit, He reinterprets them and releases me from the guilt of the past and fear of the future. I just need to be willing to offer my thoughts to Him. **"His ability to deal with symbols enables Him to work with the ego's beliefs in its own language."** (T.5.III.7.2) (ACIM OE T.5.V.38) He takes us beyond these symbols to show us the light, truth, and magnitude in us. He reminds us of the Self we are, so we can truly walk the path of love in gratitude for His presence in us.

No matter how I am feeling and no matter what mistakes I have made, they can all be undone by bringing them to His healing light, which is in me now. As I do, I increasingly trust that **"I need do nothing."** (T.18.VII) (ACIM OE T.18.VIII) I get out of the way and allow His guidance to take me where I need to be, who I need to be with, what to say, and what to do, and to release all investment in the outcome.

Today, we affirm, ***"The Holy Spirit is my only Guide. He walks with me in love. And I give thanks to Him for showing me the way to go."*** (W.215.1.2-4)

Love and blessings, Sarah  
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