



LESSON 220 ~ Review VI

[200] There is no peace except the peace of God.

Sarah's Commentary:

Today is our final day of the Review after twenty days in which we reminded ourselves over and over, **"I am not a body."** (W.RVI.3.3) Now we are asked to remember that any road with the exception of the road home takes us nowhere. **"You are free to try as many as you wish, but all you will be doing is to delay your homecoming. For you will be content only in magnitude, which is your home."** (T.15.III.2.5-6) (ACIM OE T.15.IV.23) **There is no peace except the peace of God.** (W.200) To delay is to suffer, but we are free to make that choice. Until we make Heaven a priority, we will wander many roads but go nowhere when we choose the ego as our guide. As long as we rely on our own will, we will remain lost. It is not because we are lost, but because we are not aware of our true reality as a Son of God, safe at home with God. We cannot separate from His Love, but we can choose to wander from it.

Our freedom is in remembering the truth about ourselves, which requires that we bring all of the ways we block love to awareness. These blocks are based entirely on our egoic thought system. Thus, it is up to us to remain vigilant in watching the mind and redirecting our thoughts, asking for help from God, and keeping our mind focused on the blessing. Peace does not come from a change in behavior, or anything outside of ourselves, but only from a change of mind. **"You may believe that you are responsible for what you do, but not for what you think. The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice. What you do comes from what you think."** (T.2.VI.2.5-7) (ACIM OE T.2.IV.73) Further, in the same section, Jesus says that behavior **"is controlled by me [Jesus] automatically as soon as you place what you think under my guidance."** (T.2.VI.2.9) (ACIM OE T.2.IV.74) Thus, it is all about changing our minds and the behavior will follow.

When we do the healing and become a clear channel for the Holy Spirit, the body can be used by Him for His holy purpose. Peace will only come when we **"follow Him Who leads me home."** (W.220.1.3) There is no question about the certainty of our homecoming, but it requires that we join with our brothers in equality. As Jesus reminds us:

"This brother neither leads nor follows us, but walks beside us on the selfsame road. He is like us, as near or far away from what we want as we will let him be. We make no gains he does not make with us, and we fall back if he does not advance. Take not his hand in anger but in love, for in his progress do you count your own. And we go separately along the way unless you keep him safely by your side." (T.31.II.6.5-9) (ACIM OE T.31.II.20)

"Together is your joint inheritance remembered and accepted by you both. Alone it is denied to both of you. Is it not clear that while you still insist on leading or on following, you think you walk alone, with no one by your side? This is the road to nowhere, for the light cannot be given while you walk alone, and so you cannot see which way you go. And thus there is confusion, and a sense of endless doubting as you stagger back and forward in the darkness and alone. Yet these are but appearances of what the journey is, and how it must be made. For next to you is One Who holds the light before you, so that every step is made in certainty and sureness of the road. A blindfold can indeed obscure your sight, but cannot make the way itself grow dark. And He Who travels with you *has the light*." (T.31.II.11.1-9) (ACIM OE T.31.II.25)

The ego keeps assuring us that we can find peace if we keep looking for it outside of ourselves: whether it is through a special relationship, by making more money, getting the right job, or achieving power, fame, and status in the world. Yet there is no peace to be found in any of these worldly pursuits. Peace comes only when we are willing to look within. The Lesson reminds us to ***"Let me not wander from the way of peace"*** (W.220.1.2) because, indeed, we do this when we pursue various distractions. Let us focus on remembering our dedication to finding the peace within that is only available to us by following the way given us by ***"Him Who leads us home."*** (W.220.1.3) His light will guide us, and our brothers will walk with us.

This means that we must be disciplined and engage in mind watching. We must keep affirming the truth about our reality, stay open to guidance, and follow in the way we are led by the Holy Spirit. It means we must stay vigilant regarding how the ego disguises itself behind special relationships in which we limit love to part of the Sonship and thus bring guilt to our relationships. The ego can fool us by appearing loving, exhibiting false empathy, giving to get, "lovingly" correcting others, debating issues, seeing differences, holding opinions, and trying to control both events and people in our lives. They are all subtle ways of attacking, which we keep hidden from awareness.

How we come to see our attacks is by looking at the effects on others. Any problem or conflict we experience can be investigated to see how we are responsible for what we elicit in others. When we try to resolve, on our own, any issue that we perceive, we are turning to the ego for answers. What this does is to continue to keep the problem and keep us from peace.

"The ego always tries to preserve conflict. It is very ingenious in devising ways that seem to diminish conflict, because it does not want you to find conflict so intolerable that you will insist on giving it up." (T.7.VIII.2.2-3) (ACIM OE T.7.IX.84) I was recently at a function where the conversation turned to a discussion about breaking and entering. A request was made, by one of those attending, that the group not discuss this topic because it created anxiety in this person, whose son was involved in a crime. This is an example of how we try to control external events, rather than going back to the mind and inquiring more deeply about the real cause of the upset, which is always in the mind. The only way to peace is within, not by trying to change the forms of the world. Changing anything in form will never address the problem. There is only one problem and one solution. It is all the same.

When we think we know how to solve the problems that we perceive in our lives, we are turning to the ego, which is not interested in resolution. Its goal is to maintain the guilt, rather than to have us connect with our innocence. The only sanity is within. Jesus reminds us of this when he says, **"Inward is sanity; insanity is outside you."** (T.18.I.7.4) (ACIM OE T.18.II.7) We are being called

to stay focused on what is going on within; otherwise, we step right back into the delusion, which is affirmed by our senses. Our moments of sanity come from this inward focus. As soon as we get caught up in the world with feelings of anger, impatience, annoyance, and jealousy, we are focusing our attention outside, where there can be no healing. It is always about bringing everything back to the mind.

Recently, I took a walk with Don, and he decided to go through a rocky, muddy area. I was wearing sandals and told him I did not want to go there, but he went anyway. So, I continued on a different path where I felt guided to go and I met up with him down the road when our paths joined. Annoyance flared up in me that he would disregard my request to stay on the sidewalk. I took a moment to go within and looked at my feelings in which I felt disrespected, disregarded, unimportant to him, and so on. Rather than act on those feelings, I chose to go within and give them over to the Holy Spirit. I applied the practice by saying, "This feeling I do not want. I choose instead to remember there is no peace except the peace of God." How easy it is to do and yet how resistant we can be. I shared my process with him, as a lesson for myself of what I wanted to practice more and more so the ego's dominance in my life could be increasingly diminished. And in that sharing, love was not disrupted by attack.

This Lesson ends Part I of the Workbook. We are reminded of the importance of listening to the Holy Spirit and not the ego. Jesus urges us not to get lost in the illusion, but to keep focused on opening to real peace. We are urged to turn to the truth, already in our minds, and not to listen to the thoughts coming from ego. We are also urged to maintain a willingness to have our thoughts corrected. I cannot overemphasize the importance of willingness and daily application, as situations and events show up in our lives. Otherwise, we just hold lovely thoughts when it is convenient to do so, rather than doing the work of undoing the ego with the support of our Inner Teacher and Guide. It is all about our purpose. It is about what we really want. Is the world a classroom for undoing our misperceptions, or do we look to it to support our false self?

Everything in our day is another opportunity to remember our purpose so we will recognize that our freedom has nothing to do with the demands of the day. It is all about maintaining vigilance and staying focused on our purpose, which is peace and not to get lost on the roadways of this world. Every situation is just a backdrop to how we can best learn the lesson—that we are One with all there is. This gives meaning to our day and helps us remember our Father's love for us.

Let us watch our thoughts today with honesty and courage and recognize our projections that maintain the guilt in the mind. Guilt blocks our awareness of the truth of our Being. We do not have to ask for peace. We already have it. All we need to do is recognize, moment-by-moment, how we are blocking our reality from our awareness. Throughout the day we ask for guidance of the Holy Spirit, "What would you have me do?" This question includes other questions such as, "How would you have me think about this?" "How would you have me see this situation?" "What would you have me know?" "How shall I respond to this?" We are going beyond our own perspectives and are willing to be wrong about the way we currently see. We are willing to be as little children who do not know and, in their innocence, just listen and follow.

Love and blessings, Sarah
huemmert@shaw.ca

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