

ACIM Edmonton - Sarah's Reflections



LESSON 231 **Father, I will but to remember You.**

Sarah's Commentary:

Clearly, at the deepest level of our minds, Jesus tells us that the only thing we truly want is to remember God and to know His Love. **"This is your will, my brother. And you share this will with me [Jesus talking] and with the One as well Who is our Father."** (W.231.2.1)

Jesus is aware that we do not necessarily think this is completely true for us. We still think that there are other things we want. We still fear that God demands sacrifice from us. Our fear is that if we completely choose His Will, we will be annihilated. Our fear creates an obstacle to complete acceptance of His love. Jesus recognizes our fear. He knows that we still search for happiness in the world. **"Perhaps I think I seek for something else; a something I have called by many names."** (W.231.1.2)

This may be fame, fortune, romance, security, family, a good time, a career, or anything we think we currently lack. They are all forms of specialness through which we seek the love that we believe we don't have in us. Whatever the forms we seek in the world, Jesus reminds us that there is nothing to feel guilty about when we seek for happiness, as we define it. We came here to have this experience, and we will do what we came here to do. Yet, we seek for what can never be found in anything in the world. Until we come to that realization, we will continue to seek. It is only when we choose to look within, where our happiness already exists, that we will know we already have everything we seek. Love, joy, and peace are what we truly want and what we have been given in our Creation.

In the movie, *Bedazzled*, the character Elliot, played by Brendon Fraser, thinks he knows what he needs and makes a pact with the devil to receive his wishes only to find there is no true happiness, peace, contentment, joy, nor anything of lasting value in his idle wishes when they are achieved. His wishes are granted by the devil, but there is always a malevolent element to each wish that he did not expect. Of course, many of us have had this same experience; but we still cling to our desires, trying one more time to find happiness in the things of the world. Only when we recognize that the search is pointless will we acknowledge that our will is only to remember God, thus reconnecting with the truth of what we are and where the source of our real joy and peace truly lie.

When we apply the thought system of this teaching to our lives, we increasingly see that the things of the world ultimately have not brought us peace, joy, nor a sense of wholeness. There have perhaps been many moments or even periods of pleasure in our lives, but they have no lasting effect and, ultimately, end in more suffering. Only a reconnection to our Source can bring us

fulfillment. We are not asked to sacrifice any of our perceived pleasures while we still believe in their value. We will learn, over time, that they are very fleeting and our interest in them as a source of love and joy will simply fall away. Increasingly, we will find that true and lasting joy is the outcome of continually bringing our mistaken perspectives to the Light.

As each layer of misperception is healed, deeper layers of the mind are revealed for healing. While this may bring resistance and potentially more conflict into our lives, returning to the thought system of the ego is not an option. Yes, it takes courage to go into the darkness; but, it is the only way to discover the light that has always been there, under the guilt and fear we hold in the mind. The sin, guilt, and fear that we hold produces every difficulty we experience in our lives and any problem we perceive. Until we became immersed in this teaching, we were not aware that the thoughts we hold in the mind are the cause of all our difficulties. We had believed, instead, that our difficulties mostly came from problems that seemed to be imposed on us from the world. We had reversed cause and effect, believing that the world was the cause of our problems, rather than our own minds. Trying to solve these problems in form will never address the real problem, which is our choice for separation, and with it, the thought system of the ego based on sin, guilt, and fear.

All of these Lessons keep pointing out the same thing, which is that we have been mistaken in listening to the ego and that now we have the opportunity to make another choice and turn to another Teacher in our right minds. Jesus is showing us that this is the only way out of despair. It is about letting go of our way and putting trust in His way. What we have sought for in the world has not, and will not, work to bring us true and lasting peace and joy. It will never bring us the deep peace that is our inheritance because our peace is covered over with the deep sleep of amnesia.

We now have a new "What is?" section, and again we read this section for ten days as we do each Lesson, starting today with "**What Is Salvation?**" (W.PII.Q2) We are offered a definition that is a clear departure from the Christian perspective. To be saved in traditional Christian thinking, we must suffer and sacrifice, just like Jesus was perceived to have done through his crucifixion. It is all about atoning for our sins. Jesus tells us that all we are saved from is the belief that we have sinned and that we are guilty. As a result of our decision to believe the myth of the ego--- that we have killed God and left our home in Heaven---we now feel tremendous guilt. Therefore, the only thing we need to be saved from is our mistaken choice for the ego thought system. Clearly, who we really are does not need any salvation.

We save ourselves by taking responsibility for our dark thoughts and bringing them to the Holy Spirit. We must want this above all else. To do so, we must resist our desire to defend and recognize that our safety lies in defenselessness. We must be willing to be vulnerable, to trust in guidance, to give up thinking that we know anything, and to be radically self-honest. There is no one outside of ourselves to save us. The light is within us. The Holy Spirit is a symbol of that light and is part of our own mind. We have chosen the wrong mind where the ego rules, but we have a right mind, which is home to the Holy Spirit. Now we know that we have a choice. The healing light of the Holy Spirit is what saves us from the domination of the ego when we are willing to turn over our unhealed thoughts. In other words, we choose forgiveness, or the miracle. It is a decision to remember what we are in truth by being willing to surrender the blocks to love and place them on the inner altar where the light shines them away.

"Salvation is a promise, made by God, that you would find your way to Him at last." (W.PII.Q2.1.1) It is no idle promise, but a certainty. **"It cannot but be kept. It guarantees that time will have an end"** (W.PII.Q2.1.2-3) and all our thoughts of conflict will end and be replaced by **"the Thought of peace."** (W.PII.Q2.1.4) We can be certain of this because we are already saved. In this very moment, we are already at home in God, but in our sleeping state, we are not aware of this fact. We need not get discouraged because our reality is assured. We are given assurance that we have never left God's Mind and are still One with Him. We experience that power when we let illusions go.

What His promise establishes is the Atonement Principle, which is that we have never left God and have never changed ourselves into these human beings who are striving for the "goodies" of this world. We are still One with God, dreaming of exile. So how could the promise not hold true when it is already the truth about us? We are simply unaware of it. Through forgiveness, we open space in our minds for the truth. Through forgiveness, the mistaken choice for the ego mind is undone. This is what salvation offers. The power to undertake the undoing process comes from our own decision. It comes as part of our agreement to look at the ego that is at work in our lives and choose against it, with the help of the Holy Spirit.

We will never be thrust into awakening. The process is gentle. We determine how quickly we go. As Jesus reminds us, **"My salvation comes from me."** (W.70) All guilt is solely an invention of the mind. While it is tempting to lay blame elsewhere, which would make me a victim of outside forces, it also keeps me locked in the ego dream. As we recognize that we share God's Will for happiness and accept His promise into our minds, we are born again in Christ. In the undoing of all that interferes with our awareness of the Christ Self, all thoughts of conflict are replaced with the Thought of Peace.

Love and blessings, Sarah
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