

ACIM Edmonton - Sarah's Reflections



LESSON 266 My holy Self abides in you, God's Son.

Sarah's Commentary:

What an amazing Lesson this is when we take in the deep message that is given here! Jesus tells us that everyone who shows up on our path is not only a savior, but also a counselor and the **"bearers of Your holy Voice to me."** (W.266.1.1) Everyone! No exceptions. It certainly does not feel like that with those who seem to attack me and those whom I deem have betrayed me. Yet we learn that when we see a brother as hurting us, we are not seeing him correctly. Instead, we are seeing our own sins in him while claiming innocence for ourselves and seeing ourselves victimized. Yet here, Jesus says that our brothers are all the bearers of God's holy Voice. It reminds me of the passage that says, **"If he speaks not of Christ to you, you spoke not of Christ to him."** (T.11. V.18.6) (ACIM OE T.10.VI.58) If we don't see the Christ in our brother, it is because we project our sins on him and see them there.

I love the passage in Chapter 19 where Jesus says, **"Think who your brother is, before you would condemn him. And offer thanks to God that he is holy, and has been given the gift of holiness for you. Join him in gladness, and remove all trace of guilt from his disturbed and tortured mind. Help him to lift the heavy burden of sin you laid upon him and he accepted as his own, and toss it lightly and with happy laughter away from him. Press it not like thorns against his brow, nor nail him to it, unredeemed and hopeless."** (T.19.IV.Di.16.2-6) (ACIM OE T.19.V.d.105)

Yes, I remind myself that the guy, who would not take my Visa card over the phone, which meant a trip across town, is my savior and yes, a counselor in my sight. What this means is this brother has given me an opportunity to see who he really is—the Christ which I can only see when I am willing to release my judgments of him. It is a gift to my mind as I receive whatever I give. I have many saviors that include the person who committed fraud with my investment; my sister who criticized me; the man who showed up on our doorstep, who was living in his car, broke, and looking for a spiritual group on his way to Vancouver; my young friend who called in the late evening from 60 km away, who needed to be picked up and taken to the psychiatric hospital; my partner who shared the Lesson with me this morning; or a friend who showed up for ten days, needing a place to stay. These are all my saviors who bring gifts that help me heal and witness my state of mind. They all provide a mirror for me of my inward condition that I see in each one. They all give me another opportunity to heal the specialness that I still hold onto. They all point the way to Heaven for me. It is a path of healing through our relationships.

Yes, I forget daily that everyone is here for my healing. When I am in my wrong mind, I think that people who get in the way of my personal goals and obstruct my path are the cause of my distress. At times like this, I complain and see myself as unfairly treated rather than recognizing that I have drawn all these events into my life as part of my healing curriculum. When I feel betrayed or imposed upon, it is because it is what I have called forth. Why would we want to be betrayed, you might ask? It is because we believe we have betrayed God, but we don't want to take responsibility for this betrayal, and instead, we project it on others and see them as the betrayers so we can pretend we are innocent. We don't want the responsibility for what we have done, so we want to be betrayed and see ourselves as helpless victims. Underneath our victim stories, we are secretly happy to be hurt by others, as in our minds we are now off the hook with God. The ego relishes pain and suffering.

There is another way to see people whom we think of as protagonists, standing in the way of our joy and peace. We can choose instead to see them as our saviors, showing us something of our unconscious beliefs that we would not see without them. They are given us for this purpose as part of our script made outside this dream. Now, instead of seeing them as interfering with our path to God, we can see them as helping us on the way. Everyone is a symbol for what is going on in our minds, including those whose shining radiance shows us we share the same Self. I can see those I consider innocent, beautiful, and full of grace also as a symbol of what is in my mind, the same as those who I judge as obstructive, resistant, difficult, and stubborn.

How we see anyone truly has nothing to do with them but is all about our own thoughts projected on them. Our perceived sins obscure the light of Heaven in them and in us. **"The images I see reflect my thoughts."** (W.265.1.8) I am seeing only my thoughts everywhere and in everyone. I see thoughts of beauty and innocence reflected from my mind, or I see thoughts of destruction, conflict, and self-condemnation. All are in my mind because the fragmentation of the mind is reflected in a fragmented world. What I see everywhere I look is my own split mind. By seeing my projections, I have been given both an opportunity, to release the obstacles to the truth of what I am and also to witness the beauty and innocence in my mind.

I am the one giving power to my thoughts. I am the decision maker, who can choose between the right mind and the wrong mind. When I recognize this, I bring awareness to the power I give these thoughts. When I judge anyone, I ask Jesus to help me see this person, this event, or this situation as he would see it. First, I take responsibility for my projections, bring them back to my mind, and remind myself that no one is doing anything to me. It is all by my own bidding. They are reading the lines I have written for them in my script. When I look inward and choose not to deny that they are all *my* interpretations I have given neutral events, I ask the Holy Spirit how to see correctly. When I listen to the ego and give it attention, I realize I am wrong in my interpretations of everything I perceive. When I dismiss what the ego has to say, I withdraw my attention and investment in these thoughts. I recognize they are only hallucinations of the past based on my conditioned mind. We have deceived ourselves as to who we are.

This is the thought we are asked to hold in the mind today: **"My holy Self abides in you, God's Son."** (W.266) Everyone is me and I am everyone. We share the same ego and the same Self. We can only heal the guilt by reclaiming our projections. It is not helpful to judge ourselves for these projections. Judging ourselves keeps us bound and imprisoned in chains of guilt. By withdrawing our investment in maintaining the image of ourselves that we have created, we are instead

reclaiming the truth of what we are in our reality. Every single person on our path is helping us to wake up. They point the way home for us. When we see it this way, we can be grateful to our parents, who did not love us as we thought they should; to our teachers who demeaned us; to our ministers, who affirmed our sin and guilt; to our partners, who betrayed us; and indeed, to everyone on our path. They are all there to help us in our healing, should we choose to see it that way.

Our relationships are the means this Course provides us to find our way home. Our saviors are everywhere. **"How can we lose the way to Him, when He has filled the world with those who point to Him, and given us the sight to look on them?"** (W.266.2.3) In every encounter, we can find these saviors who point our way to Him. It is, therefore, impossible to lose the way to Him when we decide to apply these Lessons. God has not actually put these people on our path, as He does not know of this world, but in our own script, they are the saviors, who have agreed, at some level, to take on these roles. Everything changes when we start to emit frequencies of peace and joy, rather than absorb the frequencies of those around us. What this means for me is that I want to choose forgiveness in every situation and allow the Holy Spirit to lead the way.

Yes, we can delay, we can procrastinate, and we can rebel. We can project anger on the world. We can see the cause of everything as outside our own minds, but when we know that this keeps us in hell, we will ultimately put away these **"sharp-edged children's toys."** (W.PII.Q4.What is Sin.5.2)

We are here to let go of the past, to let go of what our brother did *not* do to us, to let go of all thoughts of lack, all grievances, and all beliefs that there is something in the world that will give us the love, security, and future happiness we seek. We need not torture ourselves on the battleground of our own thoughts. We need not suffer any longer. Every decision we make is for the peace and joy of Heaven or the pain of hell. Our only confusion is confusion about what we are. It is about our identity. Asking the ego, "Who am I?" only brings more confusion. The ego can't know. The ego has made a false self. The question is whether we will accept the truth of what God says we are, or will we continue to accept our self-constructed image. Our saviors help us discover the truth and show us who we are as God's Son. **"In them are You (God) reflected, and in them does Christ look back upon me from my Self."** (W.266.1.2)

In other words, I see my own reflection as the Christ Self when I see the Christ in my brothers. It is not an event, but a process so let us be gentle with ourselves. To say I want enlightenment now is to say there is something wrong with this moment and to demand that things be different than they are. Healing is to accept everything and everyone in my life now and to remember that there is nothing wrong. Everything is perfect for my awakening. I can't get it right or wrong.

There is an interesting reference here to the Bible in the words, **"This day we enter into paradise."** (W.266.2.1) We join with our brother in the acknowledgment of the One Christ Self. The reference from the Bible is related to the two thieves on either side of Jesus at his crucifixion. One of the thieves taunted Jesus, but the other one said: "Lord, remember me when you come into the Kingdom." Jesus responded by saying, "This day we enter into paradise." The meaning, as related to this Lesson, is that the thief recognized the Christ in Jesus and thus knew himself as

the Christ. This is the way we all enter paradise. When I see the Christ in my brothers, so too I enter paradise.

Love and blessings, Sarah
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