

## ACIM Edmonton - Sarah's Reflections



### LESSON 276

## The Word of God is given me to speak.

### Sarah's Commentary:

What is the word of God given me to speak today? It is this: **"My Son is pure and holy as Myself."** (W.276.1.2) That is what Jesus wants us to understand—we all share the Oneness of the Christ Self, have never separated from Oneness, and our reality is as pure and holy as God Himself. The word of God is a reflection of the Atonement Principle. It is the assurance we could never separate from our Source. Jesus wants us to see what we have made of ourselves is not the truth. We are as God created us in His image and with all His attributes. No matter what we think we have done, we simply cannot change the truth. Now we just must learn to accept it all we have been given. **"Let us accept His Fatherhood, and all is given us."** (W.276.1.5)

To accept all that is given us is to accept the truth of the Christ Self we are, the truth about our brothers, and the truth that God is our Father. We resist God's Will in the belief that His Will is not in our best interests. We fear He will require us to sacrifice what we think we want and need for our happiness. This reflects not only our problem with authority, but our mistrust of God and of the love we are. Thus, we maintain control rather than surrender our ideas and trust in His Love for us.

This reminds me of the movie, *The Horse Whisperer*. The horse named Pilgrim was crippled in a riding accident and traumatized, as is the girl whose leg is badly injured and must be amputated. Robert Redford, as the Horse Whisperer, approaches these two with great patience, just as Jesus works with us when we don't trust that he only wants our own highest good. Booker (Redford) deals with them both with a very gentle touch, recognizing the only way he will win their trust is with total love and acceptance. He is also working with the mother, who feels her safety lies in controlling everything, even though she herself, an alcoholic, is not in control of her own life. Pilgrim, the horse, finally succumbs to Booker, though it requires that he exert some gentle force in hobbling Pilgrim until he finally gives in. This movie beautifully illustrates our stubborn egos and our resistance to giving in and surrendering. We dig in our heels and insist, **"I want it thus!"** (T.18.II.4.1) (ACIM OE T.18.III.17), which is the ego's mantra in life. We insist on being right about who we think we are attempting to control everything we think we can rather than choosing true happiness.

We think we are independent of God and have made ourselves what we are and continue to shape and mold our personalities. We prefer to live with our own crippling thoughts of unworthiness and self-attack rather than fall into the arms of Love. It seems insane, and it is. There is a familiarity and a comfort in staying with what we have always believed. Change frightens us because the first change we experienced was the separation. Yet Jesus reminds us we were created as an extension of God's Love, and we cannot make ourselves over into something we are not.

When we are ready to completely submit to this truth, we will have overcome our investment in our independence. It is a process of undoing, and everything in this classroom is given us to support this process. It can be experienced as painful to the ego, but always glorious to the spirit.

Independence is a conspiracy against our own best interests. To get away from painful emotions brought about by guilt, we learned to dissociate from them, pretending not to care. We try to maintain control instead and to have things our way, so we won't be hurt again. We build a protective defense system around ourselves, both physically and psychologically. Now, we are afraid of true partnership and joining, where our vulnerabilities will be exposed. We no longer trust those whom we believe are the cause of our painful emotions. When we are willing to see that the pain comes from our own unhealed minds, we welcome the opportunity to look behind our defenses and to bring our issues forward for healing, which is the only way to remember who we are. Joining with others is the way through to expose what we are hiding from ourselves.

I remember how it was for me as a five-year-old, living in Sweden in a refugee camp, feeling the chaos of life around me, and feeling the lack of protection from the adults in my life. I made an unconscious decision that I would only rely on myself. There seemed to be no protection in this dangerous world. It was a decision to kick God off the throne and take over managing my life myself. It was a process of dissociation from the pain of sadness and rejection. My need for love and protection was lacking in my perception. When we dissociate, we pretend it does not matter. The pain and heartbreak do not get expressed, and thus there is no healing. The emotions get buried until circumstances contrived to bring them to my attention when I committed to doing the healing work. It was not until I recognized and acknowledged that I had chosen this whole story of victimhood at the hands of those seemingly uncaring adults that I could choose to start the process of forgiveness. This unconscious programming was running my life.

We all have our own version of the story of victimization and thus justify our anger and attack and project the guilt. We feel guilty for having made ourselves, believing we are separate from God, all the while making others responsible for our condition. **"A concept of the self is made by you. It bears no likeness to yourself at all. It is an idol, made to take the place of your reality as Son of God."** (T.31.V.2.1-3) (ACIM OE T.31.V.44) The guilt we hold in the mind, over having left the love we are, is now projected. We need those who have hurt and betrayed us so we can hold them responsible for our pain. Thus, they can be seen as the guilty ones who God can punish while acknowledging us as innocent victims.

There is a kind of satisfaction in telling our stories of victimhood. It is the satisfaction of expressing revenge for what others have done to us. But notice that these strategies will never get rid of the guilt in the mind. In fact, they do the opposite. They bring more guilt because every time we attack, we feel more guilty. The ego's ploy is to keep the guilt intact in the mind while projecting it on others. **"I am the thing you made of me, and as you look on me, you stand condemned because of what I am'."** (T.31.V.5.3) (ACIM OE T.31.V.47) What is now required for healing is to take responsibility for our guilt rather than holding others responsible for our pain. We can see our self-attacking thoughts, by looking at what we project and how we blame others holding them responsible for our lack of peace. Thus, projection can serve a very useful purpose in our healing as it allows us to see in our brother what is unhealed in ourselves.

We are not what we have made of ourselves. We are not these bodies and personalities we think we are. We are the Son of God, pure and holy. That is our true reality as the Christ. As we are told over and over by Jesus—we are as God created us. The Atonement Principle assures us we cannot,

and have not, changed ourselves. We cannot separate from God. We can believe we have separated and have forgotten the truth of our Being, but we cannot change it. It seems arrogant to accept the magnificence and the mightiness of the Self we are, yet Jesus says it is arrogant *not* to accept God's word about what we are. Do we really know better than God?

We are reliving the original "**tiny tick of time in which the first mistake was made,**" (T.26.V.3.5) (ACIM OE T.26.VI.32) when we made the choice for the ego. Now we can see the consequences of that choice, and we can make another choice in each instant to attack or forgive—to give our brother a gift of thorns or lilies. The choice is ours, and with each choice we make for healing and forgiveness, we open to the truth of who we are. The truth has never left us and is waiting for our acknowledgment. The ball is in our court. What will we choose?

**"Deny we were created in His Love and we deny our Self, to be unsure of Who we are, of Who our Father is, and for what purpose we have come."** (W.276.1.6) Isn't this how we feel—uncertain of who we are and what meaning there is to our existence, how we got here, and what our purpose is? The only reason for this uncertainty is our denial of our Creator, Who is the Author of our existence. We have not made ourselves. When we recognize how wrong we have been about everything, we are ready to be taught. We now turn to the Holy Spirit, Who is in our right minds, and ask for His help in how to respond to everything and everyone in our lives. When we turn to the ego, we respond with anger and attack, justifying our behavior with the belief that those we attack caused our reactions. The Holy Spirit sees every attack as a call for love and understanding. Now we are called to hear beyond the words and listen to our brothers to hear their call for love and understanding which is our own call. We are called to embrace everything effortlessly, recognizing it is all here for our healing.

My brothers were "**given me to cherish as my own, as I am loved and blessed and saved by You,**" my Father. (W.276.2.2) Today, we extend God's Word to everyone we meet or think about, and we make space, through forgiveness, for blessings of light and love to shine through us. The message we want to give everyone today is that they are not separate from us. We are the same. We have not changed ourselves, and we have never left God. We give this message to everyone in whatever form we are prompted to give it. Today, we watch our minds when we resist extending this message and inquire as to what we are choosing instead so the mind can be healed.

Love and blessings, Sarah  
[huemmert@shaw.ca](mailto:huemmert@shaw.ca)

Published in DAILY LESSON MAILING by <http://www.jcim.net>  
JOIN MAILING LIST HERE: <http://bitly.com/CIMSMailingList-Signup>