

ACIM Edmonton - Sarah's Reflections



LESSON 303 The holy Christ is born in me today.

Sarah's Commentary:

How do you feel as you say these words? Do you feel the presence of Christ within, or do you feel unworthy of Him? Any thoughts that come up, whether of guilt or fear, reflect the **"evil self I made,"** (W.303.2.2) and not what we are. To know who we are as the Christ, we must surrender all we think we know and all we think we are. We don't need to understand how all this happens. Our part is to keep bringing our thoughts and beliefs to the light so we can make space for the Christ within. How can the unforgiving thoughts in our subconscious minds be recognized? We recognize them in what we see reflected back at us and in whatever triggers an emotional response to the events and people in our lives.

Since nothing outside our own minds can upset us, it is to see that everything we perceive comes from our unhealed thoughts. The world is neutral. We project our judgments on the world and see it as malevolent. Healing happens to the extent we are ready and willing to look at our emotions, judgments, thoughts, beliefs, and false concepts we hold in the mind. In releasing our misperceptions to the Holy Spirit and welcoming His presence, we experience more and more peace and joy until we come to a place where we know we are totally safe. **"Safe in Your Arms let me receive Your Son,"** (W.303.2.8) who is our true Self.

Any opposing thoughts we have to our reality as God's holy Son, keep us in resistance. Sometime ago, I had an experience where I saw how I crucify myself. I had suggested that several of us see a movie, which we attended but it turned out that no one liked it. Not one of us felt it was worth our time. What played in my mind as I listened to the perspectives of my friends was that this movie had been my suggestion, so I felt it was my fault that no one enjoyed this experience. I berated myself for not doing more research prior to suggesting the movie and "ruining" everyone's evening. When I inquired into my upset, I saw that I was holding onto a belief that I am responsible for what other people experience. The belief under that thought was that if I cannot make others happy, I am not loveable. I felt I needed their approval because, without it, I saw myself as unworthy. It was a very valuable opportunity to question the validity of this belief in unworthiness and give it over to the Holy Spirit.

When we see mistakes as sins, we believe we are guilty and deserve punishment. It is a decision to keep ourselves from the love we are. It is a decision to crucify ourselves, believing that now God won't have to punish us because we have sufficiently punished ourselves. To forgive, we must first see we are mistaken in what we are thinking. **"I must have decided wrongly, because I am not at peace."** (T.5.VII.6.7) (ACIM OE T.5.V.96) Forgiveness requires that we look at our thoughts without judgment. When we judge ourselves, we are accusing ourselves of sins. This was the error that led to the separation, and we continue to repeat this error whenever we judge

anything or anyone as wrong, including ourselves. When we realize our mistake, we are invited to turn to the Holy Spirit and ask for His Correction. Thus, we can shorten our suffering. He is our inner Teacher and Guide and always available to us in the right mind. We can't heal what we don't want to admit to ourselves or take responsibility for. It is all about willingness. Even when things seem to be going exceedingly well for us, the ego is whispering that it is too good to be true, or it can't last. It is not our friend but the stranger within that we have invited, not realizing how much it wants our demise.

When we hold onto self-accusing thoughts, fantasies, dreams, wishes, plans, doubts, feelings of unworthiness, and demands we place on ourselves to be perfect, we suffer. Suffering comes from blame, guilt, pride, anxiety, expectations, and regrets—all fear thoughts. Jesus tells us this need not be. We are called to declare our independence from the ego by not giving it attention. We are not guilty because we do not have free will and are not the doers of our actions. The script is written.

Our mood tells us when we have chosen the ego. **"To the ego's dark glass you need but say 'I will not look there because I know these images are not true.' Then let the Holy One shine on you in peace, knowing that this and only this must be."** (T.4.IV.9.2-3) (ACIM OE T.4.V.65) It is not helpful to justify the reasons for how we are feeling because when we do, we make up a story that could never be true. Choose instead to see that you must be wrong about the way you are seeing the situation or person. You are the dreamer of this dream and not the character in the dream.

We choose today to be released from all the things that distract us from the love we are. In everything we see and hear today, let us be reminded of the Call within that we have answered. Let us be reminded that this is the true Christmas we celebrate—not the birth of Jesus in a manger, but the birth of Christ in us. Let us dwell on our brother's kindnesses today and not on his mistakes. If we judge anyone today, let us not crucify ourselves, but welcome the opportunity to see the ego so it can be released. When our purpose is healing, everything that shows up in our day is perfect. **"What could you not accept, if you but knew that everything that happens, all events, past, present and to come, are gently planned by One Whose only purpose is your good?"** (W.135.18.1) (ACIM OE W.135.19) How willing are you to welcome it all?

With every blessing we give, we know we are blessed. The only reason we deprive ourselves of miracles is because we do not feel our brothers are worthy of them. We have crucified our brothers instead of making them welcome. We have forgotten that they have been sent as our saviors from the **"evil self I made,"** (W.303.2.2) by revealing what is unhealed in us.

The Second Coming is the Correction of mistakes and paves the way for the truth. It is when God's Word takes the place of all illusions. Everything is embraced and all mistakes are released. It establishes that the truth was never lost. The Second Coming is not as described in the Bible, where Jesus is said to come at some future time to judge the living and the dead. That is a fear-based perspective and has been corrected by his teaching in the Course, where the Second Coming is simply the undoing of this dream. It is the end of this space-time movie.

We are finding our way out of the maze of this illusory world, and we do so through forgiveness. How can this possibly be fearful when the Last Judgment is the declaration of our complete innocence? We will finally know the truth about ourselves and every brother, without exception.

Our sleeping minds have been restored and returned to sanity. To commit to healing, we must take every opportunity to allow our mistaken perceptions to be corrected. We can choose to let go of all bondage and all limits we hold in the mind and instead experience the power of His holy Thoughts surrounding us in every moment.

"Your Son is welcome, Father. He has come to save me from the evil self I made. He is the Self that You have given me. He is but what I really am in truth. He is the Son You love above all things. He is my Self as You created me. It is not Christ that can be crucified. Safe in Your Arms let me receive Your Son." (W.303.2.1-8)

The sin and guilt we hold in the mind are not real. Only love is real. Everything else is an illusion. The suffering and pain we see all around us have not changed the truth that there is only love and nothing else exists. The dream has not changed who I really am. The holy Christ is born in us today if we so choose. If not today, then when we are ready, but the day will come. It is a certainty. **"Infinite patience calls upon infinite love, and by producing results *now* it renders time unnecessary."** (T.5.VI.12.3) (ACIM OE T.5.VIII.81)

Love and blessings, Sarah
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