

ACIM Edmonton - Sarah's Reflections



LESSON 303 The holy Christ is born in me today.

Sarah's Commentary:

What happens in your mind as you say these words? Do you feel the presence of Christ within or do you dismiss these words and feel unworthy of them? Any thoughts that come up, whether of guilt or fear, reflect the **"evil self I made,"** (W.303.2.2) (the ego) and not who I am. In order to know who we are as the Christ, we must open our hearts and welcome Him in by surrendering all we think we know and all we think we are. We don't have to understand how all this happens. Our part is to keep bringing our dark thoughts to the light so we can welcome the Christ within. How can the unforgiving thoughts in our subconscious minds be recognized? We recognize them in whatever we see reflected back at us and what triggers an emotional response in us to the events and people in our life.

Since nothing outside our own mind can upset us, it is the realization that everything is coming from our unhealed thoughts. The world is neutral. We project our judgments onto what we perceive in the world and see it as malevolent. Healing happens with our willingness to look at our emotions, judgments, thoughts, beliefs, and the false concepts we hold about ourself. 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 of total safety. **"Safe in Your Arms let me receive Your Son,"** (W.303.2.8) who is our true Self.

Any opposing thoughts we have to the truth of what we are as God's holy Son keep us in resistance to the truth. Today, I saw how I allow myself to be crucified. Recently, I had suggested that several of us see a movie, which no one liked. 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. I felt it was my fault that no one enjoyed this experience. I crucified 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 that I was holding onto was that if I could not make them happy, I was not loveable. I needed their approval because, without it, I saw myself as unworthy. It was a very valuable opportunity to give this belief in unworthiness 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 delivered our own self-punishment. In order to forgive, we must first see that 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 this error

whenever we judge anything or anyone, including ourselves, as wrong. When we realize our mistake, we can ask for the Correction. Thus, we can shorten our suffering. The Answer is within. We can't heal what we don't want to admit to ourself 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.

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 can't be at peace. Jesus tells us this need not be. In that statement, we can declare our independence from the ego. 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 dreaming the dream, and are thus the dreamer of your situation.

We choose today to be released from all the things that distract us from the love we are. In everything that 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 that we celebrate. Not the birth of Jesus in a manger, but Christ's birth in us. Let us dwell on our brother's kindnesses today and not on his mistakes. When we choose to judge, let us not crucify ourselves, but welcome instead another aspect of the ego mind that has been revealed to us for healing. 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 that we give, we will 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 the 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 that we hold in our minds and instead experience the power of the 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 our minds 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, except in the dream. The dream has not changed who I really am. The holy Christ is born in me today if I should choose. If not today, then when I am 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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