

ACIM Edmonton - Sarah's Reflections



LESSON 310

In fearlessness and love I spend today.

Sarah's Commentary:

Today we might look back to the Section in Chapter 21, "**The Fear to Look Within,**" (T.21.IV) (ACIM OE T.21.V) where Jesus talks about how the ego depends on sin and guilt for its existence. We seem to get a certain comfort when we embrace the idea of our imperfection. From a Christian perspective, it is imperative that people declare that they are sinners. In fact, in traditional Christianity, this must be affirmed to be released from sin. The ego is comfortable with this idea. To the ego, the "enemy" is our innocence. According to Jesus, the question that makes the ego tremble is: "**What if you looked within and saw no sin?**" (T.21.IV.3.1) (ACIM OE T.21.V.43) The ego trembles at this question because it is a threat to its continuation. Love casts out fear and the ego is the symbol of fear.

In our journey with the Course, we go through a purification process by looking at the ego and recognizing its madness. We have accepted the Holy Spirit's purpose in the part of the mind where reason lies. His purpose is to wake us up from this dream. Resistance still comes up, which is why we sometimes withdraw from our practice, stop meditating, or even give up on the Course for a while because of our fear and the defenses we put up to maintain the separate self.

In the Section in Chapter 14, "**The Reflection of Holiness,**" (T.14.IX) (T.14.V) Jesus says, "**The making of time to take the place of timelessness lay in the decision to be not as you are.**" (T.14.IX.1.7) (ACIM OE T.14.V.38) In that decision, truth was in the past and "**the present was dedicated to illusion.**" (T.14.IX.1.8) (ACIM OE T. 14.V.38) Of course, it is not the past we think of and remember but it is a past that always was. What always was, and is, is the reality of our existence as eternal beings. This is what we have denied. Our part now is to bring illusions to the truth where they "**disappear in light.**" (T.14.IX.2.4) (ACIM OE T. 14.V.39) The Holy Spirit does not attack anything we have made in this dream. But when we bring what we have made to the light, "**It merely vanishes because it is not true.**" (T.14.IX.2.5) (ACIM OE T.14.V.39)

Thus, it is a gentle undoing of what never was. "**The Atonement is so gentle you need but whisper to it, and all its power will rush to your assistance and support.**" (T.14.IX.3.2) (ACIM OE T.14.V.40) Our pain, sense of loss, and fear of death are replaced with joy. How could we not want that? Our part is to bring our problems to His healing light, which is in the right mind and has never left us. "**In this world you can become a spotless mirror, in which the Holiness of your Creator shines forth from you to all around you. You can reflect Heaven here.**" (T.14.IX.5.1-2) (ACIM OE T.14.V.42) This is what it is to spend a day in fearlessness and love. It is to stay vigilant regarding fear thoughts and thoughts of anger and

attack and see their unreality. They are not our thoughts and do not belong to us. We need not give them believing attention.

Increasingly, with dedication and commitment, we become more and more aware of the subtle ways the ego shows up. Today, as we were driving, I noticed how Don tends to slow down for green lights in case they might turn yellow. I found myself irritated at the cautious way he was driving as my way is mostly to run to catch every green light I can. I became curious at what the irritation was about. After all, his way of driving was to keep us both safe, which should bring forth appreciation in me rather than judgment and irritation. In inquiring on what the irritation was about, I realized I had a judgment on myself when I was being cautious. I am a cautious skier. I stand back in social relationships. I am cautious with money and many areas in my life where I am overly careful. I am attracted to those who are brash, risk-taking, and courageous. As I saw my own self-judgment projected on him, I had a glimpse of what this irritation was about. It has nothing to do with my brother. For healing to happen we must take responsibility for our judgments and bring our own self-attacking thoughts to the inner altar where we give them over to the light to be healed. It is important for our healing to remain vigilant in how we spend our days with the ego rather than in fearlessness and holiness. It is particularly value to look at the loop where egoic patterns are repeated over and over.

We have kept hidden the power and glory God gave us by covering it over with the ego's darkness. Then, we stored this darkness away behind dark doors, and we placed guards at the doors—the sentinels of darkness. **"The sentinels of darkness watch over it carefully, and you who made these guardians of illusion out of nothing are now afraid of them."** (T.14.VI.2.5) (ACIM OE T.14.III.17) These sentinels reflect our determination to guard those doors at all costs. These sentinels are our defenses. In the above example, the ego would prefer to criticize my brother for his driving rather than look within. The sentinels only have the power we give them to do what we direct them to do. But we can dismiss the sentinels, open the doors, allow the darkness to be seen, and bring it to the Holy Spirit's light. This is very much in keeping with the Lesson yesterday, **"I will not fear to look within today."** (W.309)

The ego cannot bear to look on the light. It senses there is something greater that threatens its existence. **"What if you looked within and saw no sin? This 'fearful' question is one the ego never asks. And you who ask it now are threatening the ego's whole defensive system too seriously for it to bother to pretend it is your friend."** (T.21.IV.3.1-3) (ACIM OE T.21.V.43) We need to be aware how resistance shows up in all kinds of ways. For example, we may seriously start to question the teaching. We may start to feel a lot of fear. We may get sick, as a defense against the truth, or may have any number of symptoms of resistance. The more light we experience, the more the darkness can be seen. This can seem threatening but, in fact, reflects readiness to expose deeper layers for healing.

"What if I am innocent?" "What if I am sinless and guiltless?" "What if there is nothing to atone for?" "Who is the 'you' who believes in guilt?" The ego is terrified of this questioning. It wants to get back to questioning the trivial things of the world. "What if I could do this better?" "What if I could accomplish more in the world?" "Can I get a better illusion?" "How can I solve this problem?" "How can I manifest more money?" That is the kind of questioning the ego can stand because it wants to keep us distracted with the issues, problems, and perceived pleasures of this world. As long as we keep focused on the world, we will not threaten the ego identity and will seem to stay safe within the confines of its maxim, **"Seek but do not find."** (T.16.V.6.5) (ACIM OE T.16.VI.48) To find the truth of our eternal and holy reality is to undo the ego identity.

"Your liberation still is only partial; still limited and incomplete, yet born within you. Not wholly mad, you have been willing to look on much of your insanity and recognize its madness. Your faith is moving inward, past insanity and on to reason. And what your reason tells you now the ego would not hear. The Holy Spirit's purpose was accepted by the part of your mind the ego knows not of. No more did you. And yet this part, with which you now identify, is not afraid to look upon itself. It knows no sin. How, otherwise, could it have been willing to see the Holy Spirit's purpose as its own?" (T.21. IV.4.1) (ACIM OE T.21.V.44)

Jesus urges, **"Little child, innocent of sin, follow in gladness the way to certainty."** (T.21.IV.8.3) (ACIM OE T.21.V.48) The way to certainty is within. Certainty is already in our right minds where truth resides. We have, for a long time, achingly longed for the sweet music of the forgotten song---**"the song it longed to hear since first the ego came into your mind."** (T.21.IV.7.2) (ACIM OE T.21.V.47) Yet what we listen to instead is the terrorizing voice of the ego. All our concerns, plans, and fears keep us in a state of anxiety yet behind it all is **"The song of freedom, which sings the praises of another world, brings to it hope of peace."** (T.21.IV.7.4) (ACIM OE T.21.V.47) The ego's rule has kept this song from our awareness.

Now, as we open to the truth more and more, layers of programming and self-delusion are being revealed. Much is revealed through our relationships as we take back our projections and become aware of the judgments and anger we have toward others. It takes willingness to look at our reactions without judging ourselves. We sometimes withhold forgiveness when we think it will not be accepted. Yet it is never the other person we are forgiving. What we are doing is recognizing our own interpretations, judgments, and projections. It is always our own interpretations that need to be healed and forgiven. We forgive our brother for what he has not done. This is only understandable within the context of the illusion. Nothing has happened in reality. Yet in the dream, we experience adversity of all types. When the adversity is used for the purpose of healing, it is always helpful.

While we are told we can choose salvation now, we think it is something that may happen in the future. Why not give up what we are defending now? Why not let our grievances go now? Allow your most often used defense mechanism to be seen and you will find a whole lot of related defenses go with it. When I get hurt, I pretend not to care and with that pretense comes a shutting down of pain that seems to keep me safe. This strategy has always felt more safe than to expose my hurt and thus my vulnerability. Yet as I have become more honest, express more, and share my vulnerability, I know I am completely safe. Our strength is in our vulnerability. There is nothing to protect except the image of who we think we are. As the image is exposed more and more and the layers of programming and self-delusion are seen, space is made for the love we are.

Now we end the Section **"What is the Second Coming?"** (W.PII.Q9) and Jesus keeps reminding us of the sweetness there is in remembering who we are. Truth frees us from the chains that bind us to the guilt and sin on which the ego thrives. It welcomes love into our hearts. It is a day in which we can truly rejoice in the truth of our creation by spending it with our Creator! **"In fearlessness and love I spend today."** (W.310) Lesson 244 reminds us that we are safe wherever we may be, for He is with us always. His Love and our safety are One. There is no need for fear or doubt. We simply cannot be endangered or experience unhappiness when we belong to Him and are forever beloved. **"No storms can come into the hallowed haven of our home. In God we are secure."** (W.244.2.2)

When we welcome love into our hearts, there is no room for fear. Both cannot coexist. **"This day will be Your sweet reminder to remember You."** (W.310.1.4) It is a day of gratitude. Jesus is with us as we spend this day together. We are never alone. **"And all of the world joins with us in our song of thankfulness and joy to Him Who gave salvation to us, and Who set us free. We are restored to peace and holiness. There is no room in us for fear today, for we have welcomed love into our hearts."** (W.310.2.2-4) We can have this kind of day every day. It is not dependent on the circumstances of our lives or what is happening in our day. When our goal is God, then everything that happens in our day assists us to undo that which is not the truth.

In whatever form our fear comes, whether worry, anxiety, apprehension, or distress of any kind, we can be set free because it is God's Will. We pray the prayer in this Lesson with devotion and sincerity, reminding ourselves that joy is not about the events of the day, but comes from Heaven and helps us bypass all obstacles. Jesus joins us in thankfulness to God for this day. We are grateful to spend the day with Jesus as our teacher, who shows us how to look at the events of this world as a way to get back to our mind, so we can make another choice.

We devote this day to learning the lessons of forgiveness. **"And all the world joins with us in our song of thankfulness and joy to Him Who gave salvation to us, and Who set us free."** (W.310.2.2)

Love and blessings, Sarah
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