

ACIM Edmonton - Sarah's Reflections



LESSON 312

I see all things as I would have them be.

Sarah's Commentary:

This Lesson is read in the context of **"What is the Last Judgment?"** (W.PII.Q10) The Course could be summarized in the words, **"What is false is false, and what is true has never changed."** (W.PII.Q10.1.1) The problem is, we have taught ourselves to believe that the false is, indeed, true. We believe that the body, sin, guilt, fear, and the world of time and space are real and true. We believe that it all ends with death and that death is real and final. We believe that the issues and problems in our lives and the problems of the world all have reality, and we take them very seriously. When we come to realize the false as false, we can relax, surrender our perspectives, and allow the truth to reveal itself to us.

Jesus teaches the same thing over and over. It is that nothing real can be threatened (our eternal reality) and nothing unreal exists (everything of this body, personality, and the world we see). What is real is our eternal Self. This Self is and always has been present, yet it is hidden by our thoughts and our misguided judgments and perceptions. The same Self or awareness has been present at every stage of our lives and has never changed.

Jesus makes it clear, **"This is a very simple course. Perhaps you do not feel you need a course, which in the end, teaches that only reality is true. But do you believe it? When you perceive the real world, you will recognize that you did not believe it."** (T.11.VIII.1) (ACIM OE T.10.VIII.74) This is why the mind watching is so important so we can see what we are believing and how we think those beliefs provide us safety. Yet the only safe place is in the mind with the Holy Spirit.

What do we perceive when we experience the real world? Where we saw sin, we see only innocence. Where we saw attack, we see only a call for love. Where we felt afraid, we know we are safe, secure, and invulnerable. Where we justified feelings of anger, we now justify a desire to forgive. As Jesus reminds us, **"He will hear plainly that the calls of war he heard before are really calls to peace. He will perceive that where he gave attack is but another altar where he can, with equal ease and far more happiness bestow forgiveness. And he will reinterpret all temptation as just another chance to bring him joy."** (T.25.III.6.6-8) (ACIM OE T.25.IV.28)

What is temptation? Temptation is anything in our lives that seems to compel us to worry, be sad, fret, get upset, attack, doubt, become depressed, frustrated, disappointed, seek pleasure, or any number of invitations to leave the kingdom of our divine peace. In other words, temptation is anything that keeps us invested in the things of this world. We can only experience distress when we have judged a situation, or event in our lives, as something we want or don't want or as

something that should happen or should not happen in our purview. We have judged some things as good and other things as bad, all based on our beliefs. What we see in the world reflects what we hold in the mind—all to be forgiven.

If someone yells at me, I may judge him as unkind, and now I see him as separate from me and threatening my peace and well-being. When I respond with love, and see that the situation does not affect me, I experience true perception. Until I come to this state of true peace through the practice of forgiveness, I am given many opportunities to release the judgments and self-attacks I hold against myself. As we take responsibility for our misperceptions with no self-blame, and turn them over to the Holy Spirit, asking for His interpretation of every situation, we invite miracles.

Everyone in our lives plays their part perfectly to assist in our awakening because they reflect the judgments we are holding against ourselves. When we resist the lesson, it is because we think we can determine, on our own, what is good and what is bad for us, yet we don't know our own best interests. From the perspective of infinite reality, we see we are all the same. We all want to know who we are. We all desire healing and happiness, regardless of what it looks like. Forgiveness is the closest we come to knowing the love we are in this world. It is the reflection of God's Love as **"there can never be a difference from what you really are and what love is."** (W.127.4.1)

We may wonder, what if we extend love and offer forgiveness and it seems not to be received? Lesson 197 reminds us, **"It does not matter if another thinks your gifts unworthy. In his mind there is a part that joins with yours in thanking you."** (W.197.4.1-2) I know in my own life that there have been many occasions when I felt I had released my judgments of someone or some situation, but I did not see any evidence that anything had changed in the relationship. Yet we are asked to trust that the blessing was received. Certainly, it is received by our own mind the instant it is given. I have experienced where, after some period of time, something will show up that demonstrates there has been a miraculous change in the relationship. For example, in one situation, I got an email asking for my forgiveness after two years of no direct communication. His email to me was an affirmation for me that the love is always received, and I need not concern myself with the outcome.

Jesus tells us in the Manual for Teachers that when we give the gift, the outcome is assured. To worry whether it has been received is simply to stay with our self-attacking thoughts instead of allowing freedom for ourselves and our brothers. Our judgments and condemning thoughts all interfere with our spiritual aspirations for healing and enlightenment. We need not judge ourselves when we do make judgments; judging ourselves is the same error as judging our brothers. Simply watching our thoughts without judgment, and being willing to be wrong about our perceptions, is what we are called to do.

"The world will end in joy, because it is a place of sorrow. When joy has come, the purpose of the world has gone. The world will end in peace, because it is a place of war. When peace has come, what is the purpose of the world? The world will end in laughter, because it is a place of tears. Where there is laughter, who can longer weep." (Manual for Teachers.14.5.1-6) The trials and tribulations of our lives provide us with perfect opportunities for undoing our misperceptions. It is the only purpose there is in this world. The only purpose for our seeming problems and fantasies of what we think we need for our happiness is to learn that nothing happens without our consent. Now we have a choice in how we see it. **"Is this what I would have, in place of Heaven and the peace of God?"** (W.185.8.8)

(ACIM OE W.185.9) If we want to see differently, we must let the Holy Spirit judge for us. Everything we see is just a projection of what is in the mind looking back at us. With changed thoughts, we see a changed world. It is wonderful to know that we have this kind of power in us to heal what keeps us in despair. We are not victims of anything outside of the mind.

Today, we are invited to see a liberated world, set free from our judgments. In other words, the world we see is not as it is. All it is, is a reflection of our perceptions based on our interpretations. Notice how hard it is to convince anyone of another way to see a situation than the view they hold about it. They are convinced of the truth of their perceptions, just as we are. Although truth is simple and always available to us, notice how much resistance we have to release our perceptions and the belief that we are right about the way we see. To see through Christ's eyes is not difficult. Jesus assures us, all we need is devotion and desire. **"How surely, therefore, must the real world come to greet the holy sight of anyone who takes the Holy Spirit's purpose as his goal for seeing."** (W.312.1.5)

If we truly want to see a world of love, innocence, and peace, all that is required is a willingness to surrender our investment in being right. When our judgments are released, everyone is blessed through us.

Jesus assures us, we cannot fail. **"And he cannot fail to look upon what Christ would have him see, and share Christ's Love for what he looks upon."** (W.312.1.6) With determination, purpose, intention, desire, and practice, we are helped to see beyond the error so we can see the people, events, and situations in our lives as innocent, holy, and washed in love. We can thus ultimately know the real world through our willingness to bring all our judgments to the light of truth, without judging ourselves in the process. We are called to question, with total self-honesty, everything that we value, believe, and perceive. This is how the beliefs we hold begin to lose their power over us, and we make room for His Voice to guide our perceptions.

Love and blessings, Sarah
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