

ACIM Edmonton - Sarah's Reflections



LESSON 315

All gifts my brothers give belong to me.

Sarah's Commentary:

There are many moments on this journey when I feel my heart overflowing with so much gratitude, I can hardly contain it as tears of joy spring forth. It is not always apparent what it is that has brought about this feeling. Sometimes it is just noticing a touching moment shared by two apparent strangers who smile at each other. Sometimes it is poignant sharing in our gatherings. Sometimes it is witnessing a kindness one person offers another described in a news story. Sometimes it comes when a grievance is lifted and a brother offers a blessing, or it comes with the joy of recognizing the healing of those who find their way to the truth of who they are. Recently, it was when I listened to my son recount an awakening experience and shared deeply about it from his heart. And it always brought me happy tears to my eyes when a caregiver gave my mother, who is now deceased, loving care and devoted service.

Today's Lesson gives us the answer as to why we experience joy when we witness the beautiful joining between people. It is because **"my mind receives this gift and takes it as its own."** (W.315.1.4) Our heart is gladdened, and our path is opened to find our way to God through gratitude to our brothers. There is so much to be grateful for when we take the time to notice. Often, we count our blessings in form. We are grateful for the material world, for abundance, for a job, and for recognition, yet in this Lesson 315, we are blessed when:

"A brother smiles upon another." (W.315.1.3)

"Someone speaks a word of gratitude or mercy." (W.315.1.4)

"Everyone who finds the way to God is my savior." (W.315.1.5)

"What he learned is surely mine as well." (W.315.1.5)

Don't the tender moments shared by others around you bring a smile to your heart? Don't we all share the joy of seeing someone experience a shift in perception that comes through a healing of some kind? Isn't it a joy to witness love when it is extended? Love truly unites us all and in that unity of love, which makes no exceptions, we are all given equally. Every miracle we witness opens the door to the extension of love, which is a gift to us all, as we are all One, and the One Mind receives the blessing.

At times, when we witness the gifts shared by others, we may feel a twinge of jealousy, or we may long for the spiritual awakening that we witness in others. We may wonder about when our time will come. Why not me? Or when someone we have negative feelings about receives recognition or success, we may feel resentful. When we feel separation from our brothers, we don't recognize that all gifts are ours because they are received by the part of the mind that remembers that we are all One Self. What my brother receives is mine. To the ego, what one gains another loses. Yet

according to this Lesson, we have so many gifts coming to us every day, "**in value far beyond all things of which I can conceive.**" (W.315.1.2) If we are not feeling the joy and gratitude, we must have decided to block these gifts because they are there all the time.

When we are fully present, we experience the blessings that come to us in the holy instant. To experience the holy instant, we must let go of the past and clear the altar through forgiveness, so the blessings that are always there can be experienced. Issues we bring from the past, and concerns about the future, keep us bound to time, but the experience of a moment of joy brings us to the present. When we experience a block, the means are given to us to bring these dark thoughts and feelings to the Holy Spirit for healing.

Forgiveness requires that we take back our projections. Thus, we must look at the envy, jealousy, anger, hurt, and belief that we are losing out and allow our minds to be brought back to truth with the help of the Holy Spirit. Our special relationships provide us all kinds of opportunities for forgiveness. Through forgiveness, the Christ is revealed in our brothers and thus we come to know our own innocence. In this deep joining, we may experience being dissolved in tears of joy and gratitude.

Love is all-inclusive. It extends to Itself in the eternal *now*. Therefore, we are always in the presence of God's gifts, even when we block them. Today, we are invited to recognize any barriers to love, take responsibility for them, and place them on the inner altar where truth resides. Here, they are released, and we experience the miracle. Make way for love, for that is what you are!

It is a heart-opening experience to witness the healings wherever they are happening in the world! It is an encouraging thought that so many gifts are coming our way at every moment even when they are not explicitly directed toward us. The experience of joy that comes from seeing others extend their gifts really warms the heart. We have all experienced this differently and can claim all gifts given anywhere as our own.

Today is such a day to experience the blessings and allow our hearts to be gladdened by the many thousands of gifts being given brother to brother in this very moment and by the many awakenings, happening throughout the universe. It is not dependent on everything being peaceful around us. There is a beautiful illustration of peace that is not dependent on the world in the song on YouTube by Fiona Apple called *Across the Universe*.

Those who have found their way can point the way to us and offer us the certainty that we too will awaken to the truth of who we are. Today, we can make great gains by focusing on gratitude for the gifts constantly coming to us. It is a day to release any feelings of competition with our brothers in the belief we have been left out when one brother smiles on another or when a brother experiences a blessing. We are that brother. There is only One. The Last Judgment is waiting to deliver God's saving grace and mercy. Complete release from suffering is being offered. Let us take this step today to bring us closer to the truth of who we are. This is what God offers—complete release from our own errors.

Every Lesson practiced faithfully takes us out of fear so we can remember the truth of what we are. "**No course whose purpose is to teach you to remember what you really are could fail to emphasize that there can never be a difference in what you really are and what love is. Love's meaning is your own, and shared by God Himself. For what you are is what He is.**" (W.127.4.1-3)

Today, whether we offer the blessings, or our brothers give them, we recognize it does not matter because we are all One, and for that, we can be grateful. Even those events and circumstances that seem difficult, where we experience pain today, can be a reason for gratitude as we can choose to see them all as just another opportunity to look at where we are blocking the joy and peace that is always there.

Love and blessings, Sarah
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