

ACIM Edmonton - Sarah's Reflections



LESSON 41

God goes with me wherever I go.

Sarah's Commentary:

Yesterday's Lesson was a beautiful reminder that the truth is in our minds and there is nothing to seek and nowhere else to look for it. Jesus tells us that we can't go anywhere God does not go. He is with us, a part of us wherever we are and wherever we go because He is in our minds. Another way to say this is that we are in Him. All our problems, all worry, anxiety, sense of helplessness, the deepest misery, loneliness, abandonment, depression, intense fear of loss, and all difficulties we experience come from the belief in separation. With separation comes a belief that we have sinned and are thus guilty. We spend our lives trying to overcome these problems by things we do in the world, yet Jesus is showing us this will never work. There is nothing we can do to alleviate our problems, no matter how hard we try nor how determined we are. When we solve one problem, the next one shows up soon after and so on. Oh yes, the "cures" may alleviate symptoms, but they will never solve our perceived problems because the only real problem is our belief in separation. As a result, we hold self-attacking thoughts that are the cause of all the distress we experience. The only place we can address our problems is in the mind. Our minds are the cause and the world is the effect. We think it is the other way around.

The only "cure" is to see the problems we think we have as not real. The only cure is to reconnect to our Source. Problems of any kind are just the effects of our thoughts, and thoughts can be changed. In the world, we seem to have many "cures" that we apply to try to fix our problems or those we see around us. We spend a lot of time trying to "figure it all out," but Jesus tells us that none of our perceived problems have any reality. They are just effects of our thinking, which arose when we thought we had separated from God. There is nothing to figure out. Yes, symptoms can be alleviated, but the source of our problems continues in our minds until they are seen for what they are. The answer is to watch our minds and release our self-attacking thoughts so they can be forgiven. The one who is watching is the one outside of the dream. When problems seem to arise, we are invited to turn to the Holy Spirit for His help to reinterpret for us how to see the situation. Only then will we know the peace and joy given us in our creation.

Of course, there is no question about the pain our perceived problems create in our experience and that of others. It is not about dismissing our distress as just illusory since we may experience tragic consequences in the dream. Our teacher acknowledges that these problems take many serious and tragic forms, yet despite this acknowledgment, he refers to the whole drama as nothing but foolishness. He calls these situations sharp-edged children's toys but he acknowledges that we do not see it this way. **"We understand that you do not believe all of this,"** (W.41.5.1) but it does not matter if we do not believe it. We are in the beginning phases of our work with the Course, and we are invited to commit to doing the practice asked of us and trust the process. This is a time for faith. It is about acknowledging deep within us that everything is perfect, but the perfection of the Self we are is hidden from us by our insane thoughts. These insane thoughts produce the insane world we see.

"Deep within you is everything that is perfect, ready to radiate through you and out into the world. It will cure all sorrow and pain and fear and loss because it will heal the mind that thought these things were real, and suffered out of its allegiance to them." (W.41.3.1-2) We carry the real cure for our disease deep within us. This cure heals not by overcoming the "illness," but by healing our belief in the reality of the pain in our lives. God is always with us. How could we ever, in any way, be separate from the Infinite? How could we ever be apart from All That Is? The very idea is insane and impossible.

Isn't it reassuring to know that the perfection of what we are has never changed? It can never leave us and is part of us wherever we go. It is the light we are. It is the source of all joy. It can't be destroyed, no matter how evil, flawed, or depressed we believe we are. Deep within, everything is perfect. The acceptance of this is the cure for all our perceived problems. There is no other cure we can invent. That is why he tells us, **"You can indeed afford to laugh at fear thoughts, remembering that God goes with you wherever you go."** (W.41.10.1) We have forgotten to laugh at the foolishness of our dramas. This gentle laugh reminds us of the truth of who we are. Only from outside of the dream, above the battleground, can we experience this drama as untrue. There is a light in us that resides in our right minds. It holds our radiance, and when we make space for it by releasing the blocks in the mind, a whole new world emerges before us. We see with Christ's vision. Holding onto our dramas simply keeps us in the story. Nothing can change until I let the story of me and my perceived suffering go.

We take our Self, God, our light, our joy, and our innocence wherever we go because it is what we are. Allow this thought to bring you assurance today that you are never alone. Take the longer practice period to go past the heavy dark clouds of your insane thoughts to reach this still, quiet place in you that is always there.

This is the first meditation practice that we are invited to in these Lessons. Jesus is teaching us a form of Course-based meditation that starts by repeating the thought for the day, quieting the mind, turning deep within, and sinking down and inward away from the thoughts of the world.

The Lesson asks you to really **"Think about what you are saying; What the words mean,"** (W.41.9.2) remembering Who walks with you. His is the **"unfailing companionship that is yours."** (W.41.9.3) His total commitment to us and His total protection of us is always there. Be comforted by the thought that you are never alone. We can truly rest today in the knowledge of His presence. Can you just let yourself take that into yourself and know that you don't have to wish for anything to be different? We won't find any answers "out there," no matter how hard we try. To look for them "out there" is to be in a state of continual frustration. There is no perfect job, perfect relationship, or anything that will fix us or fulfill us in a world of impermanence and change. There is no permanence on the level of form, but there is perfect protection for us in our faith in Him.

"Be quiet in your faith in Him Who loves you, and would lead you out of insanity. Madness may be your choice, but not your reality. Never forget the Love of God, Who has remembered you. For it is quite impossible that He could ever let His Son drop from the loving Mind wherein he was created, and where his abode was fixed in perfect peace forever." (T.14.III.15.5-8) (ACIM OE T.13.VIII.79)

Love and blessings, Sarah
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