



## LESSON 45

### God is the Mind with which I think.

#### Sarah's Commentary:

Beneath what we think we think are our real thoughts. The only real thoughts are those we think with God. What goes on in our day-to-day thinking diminishes the quality of our lives and relationships and limits our joy, success, and happiness. The thoughts that occupy our minds are mostly based on sin, guilt, and fear, which translate as past, present, and future. We believe we did something wrong in the past, hold guilt in the present, and fear punishment in the future. These thoughts are the cause of our unhappiness because we are holding onto painful memories and unhealed conflicts from the past, or we are consumed with concerns, plans, and worries regarding the future. Our mind is cluttered with all kinds of senseless thoughts and mad ideas. They are beliefs we hold, judgments we have, grievances we hang onto, plans we make, fantasies about the future, hopes, dreams, memories, interpretations, opinions, viewpoints, reactions, and emotions, all conditioned by the past and attributed to our upbringing, culture and family background. It is all the conditioning of the past.

All of it comes from our belief in sin. We accepted into the mind the ego's myth that we left God, destroyed our home in Heaven, went off on our own, and now we deserve punishment for what we seemingly did. This constitutes our unconscious program of which we are mostly unaware. What we are aware of are feelings of unworthiness, lack, loneliness, worry, and sadness. We can't heal anything we don't bring to awareness. This is where mind watching becomes so important. Paying attention to our thoughts and the beliefs we hold in the mind is the only way healing can happen. To come into alignment with Spirit we must get in touch with the unconscious belief system that is based on guilt. Jesus calls it the dream we dream in secret.

**"Like to a dream of punishment, in which the dreamer is unconscious of what brought on the attack against himself, he sees himself attacked unjustly by something not himself."** (T.27.VII.1.3)

Unless we bring awareness to our thoughts and beliefs, they keep running in the background and keep us invested in the dream. The essence of forgiveness is to bring our untrue thoughts to what is real in us, which is the love of God in our right minds. We must expose these thoughts in order to see they have no reality. None of them are true. Byron Katie asks if we can ever be absolutely certain of the truth of any thought we are holding in the mind. It is this deep questioning that brings a level of uncertainty to what we are thinking and believing. This is the beginning of considering that we may be wrong and thus opens the mind to be taught.

**"There is no relationship between what is real and what you think is real."** (W.45.1.3)  
What we think is real are our thoughts about the world, our relationships, how we define who people are, and our difficulties, which are all part of the dream we are dreaming. It is all illusory. If I think someone in my life has hurt me, I am not seeing correctly. To see correctly, I must come to see as God sees. God sees us all as His one perfect and innocent Son who has chosen to forget

who he is. Everyone I encounter or think about is a brother calling for understanding and love, just as I am. Thus, my responsibility is to bring my judgments of any brother to my awareness as he is a reflection of the self-attacking thoughts I hold in my own mind. Through forgiveness, I see his innocence, and thus I know my own. It is to see my brother as God sees him.

Yes, it can be challenging because of our resistance, but it is not hard. We just need to change the channel in the mind and be willing to tune into the truth within. It is a transition we are going through from the false self to the true Self. It takes a level of self honesty we are not used to. This morning I felt attacked when my partner reacted very negatively after I reminded him of what he agreed to do today. To me, it felt like a gentle reminder, but it elicited a very angry response from him. My first thought was how I was being unfairly treated by him as I felt my remark did not justify this kind of response. But as I went into the silence, I realized that under my seemingly kind and helpful remarks was a judgment about him. Given that I was getting such an angry response from him, I knew there was something here for me to look at. To exhume our judgments takes great self-honesty as they can be deeply hidden in the mind. The reaction of my brother was my invitation to look more deeply at the judgment I was holding about him. Initially, we may resist, decrying our own innocence, yet we can't heal what we keep hidden from ourselves. It is indeed a big trick to think that I can be mistreated as if the world is external to my mind.

Jesus reminds us we have not left God ". . . **because thoughts do not leave their source,**" (W.45.2.5) and we are a thought in the Mind of God. What this means is that we have never left God's Mind. In other words, the separation never happened. We are still with God, dreaming of exile seemingly living in this body and this world. **"Therefore, your thoughts are in the Mind of God, as you are."** (W.45.2.6) We think we have separated from God, yet His thoughts can still be reflected here in this world because His thoughts are still in our minds **"A blindfold can indeed obscure your sight, but cannot make the way itself grow dark. And He Who travels with you has the light."** (T.31.II.11.8-9) (ACIM OE T.31.II.25) In order to connect to the real thoughts in our minds, our part is to become aware of our dark thoughts and bring them to the light. These are thoughts of self-hatred, unworthiness, grievances, anger, fear, and guilt, but they do not reflect who we are. They are not our true thoughts.

Even though we believe we have left God, the reflection of His Love is still available to us in this dream. Though we believe we are here in this world, the truth is we have never left the Mind of God. **"Therefore, your thoughts are in the Mind of God, as you are. They are in your mind as well, where He is."** (W.45.2.6-7) The world is not real. It is a projection of the guilt in our minds, so now it seems ideas in the Mind of God have left their Source. We do seem to be separate from God in a world of separate parts. **"Each one peoples his world with figures from his individual past, and it is because of this that private worlds differ. Yet the figures that he sees were never real, for they are made up only of his reactions to his brothers, and do not include their reactions to him. Therefore, he does not see he made them, and that they are not whole. For these figures have no witnesses, being perceived in one separate mind only."** (T.13.V.2.1-4) (ACIM OE T.12.V.34) **"It is through these strange and shadowy figures that the insane relate to their insane world."** (T.13.V.3.1) (ACIM OE T.12.V.35)

Thoughts we hold in the mind that are fear-based, frantic, anxious, changeable, senseless, and obsessive clutter up the mind and obscure the truth of what we are. They are what keep us from the awareness that we are indeed in constant communication with our Source, One with God. The thoughts we are thinking are therefore unworthy of us as God's Son. They keep us from awareness of our holiness. Jesus tells us to reach our real thoughts is an exercise in holiness. It may seem

challenging right now to reach the truth within us, but the changeless foundation is already in us and can be readily reached with willingness, practice, effort, and confidence.

Jesus assures us we can be confident for the following reasons. 1) **". . . what God would have us do is what we want to do."** 2) **". . . we cannot fail in doing what He would have us do."** 3) **"There is every reason to feel confident that we will succeed today."** 4) **"It is the Will of God."** (W.45.5.1-4) If God Wills it and we want it, what can stop us? What can stop us is the thought we aren't very good at this, aren't worth the effort, and won't succeed. Further, we drag our feet because of our fear and resistance of waking up from this dream. On the other hand, we are doing these Lessons because there is a part of us that wants to learn what Jesus is teaching. Our motivation comes from our desire for consistent peace and happiness. When we acknowledge how miserable we really are, we will be highly motivated to do these Lessons. As we apply these Lessons in our day-to-day lives, we experience more of the constancy, harmony, peace, benevolence, and stability of our true Self.

In the Lesson yesterday, we were told we don't see, and now we are told we don't think. We must begin to recognize, however dimly, how totally delusional we are! There is not much to hold onto in the world! We have been told our eyes don't see, our minds don't think, and our entire experience in the world is one of hallucinations! It is all insanity. None of it is real. Yet to us, it is the known, so we have made an adjustment to it all. As you go through the undoing of the thought system of the ego, it is not unusual to experience some disorientation. We may feel some instability as we move from thought system of guilt and fear to love. Confusion may arise in the mind that is trying to live two different thought systems.

**"The Thought God holds of you is like a star, unchangeable in an eternal sky."** (T.30.III.8.4) (ACIM OE T.30.IV.45) This is the thought we share with God and is our reality. **"The truth in you remains as radiant as a star, as pure as light, as innocent as love itself."** (T.31.VI.7.4) (ACIM OE T.31.VI.67) This is the Atonement Principle, which is our assurance that we have not changed ourselves. We are still the radiant, eternal, innocent, and pristine Son of God. We can only block this awareness, and this is exactly what we have done.

While we yearn for the peace of God, we still have a lot of fear and resistance. We wonder what will happen to us if we release our hold on this self we think we are. Clearly, we all want to escape from the frantic thoughts that occupy our minds, but we don't want to let go of our separate identity, which is defined by the thoughts we hold. Thus, we want to alleviate our suffering but still keep the self intact. Thus, we feel some tension and fear the unknown. Jesus assures us that no one will be hurled into Heaven, so there is no need for fear. We can go as slowly or as quickly as our fear will allow. We are in charge of this process. It is all about readiness.

The practice today is about making space for our real thoughts. They are still in our right minds. God has not changed His Mind about His Son, even if we have forgotten who we are. We watch our thoughts and bring them to the Holy Spirit by placing them on our inner altar where the light is. A sure sign we are listening to the ego is when we are not at peace. When this is the case, we can decide, **"Perhaps there is another way to look at this. What can I lose by asking?"** (T.30.I.12.3-4) (ACIM OE T.30.II.26) There is always an answer within when we turn to the Holy Spirit. The answer is always some form of peace.

Once more, as we did yesterday, we practice sinking into the quiet within, going past all the unreal thoughts that cover the truth in our minds as we reach to the eternal within us. This is a holy endeavor and one we should take very seriously, although not somberly, for it is a joyous experience. Within me, there is a place that never changes, a place always at peace, always brilliant

with love's shining glow. And today, Oh God, yes today, I want to find that place! Today, I want to touch the solid foundation at the core of my Being and know its stability. Today, I want to find my Self.

My experience with this meditation has had profound results. I see my thoughts as dark, dense clouds. As a thought shows up, I try not to give it any attention. With each thought that comes up, I try to stay detached and not engage with it. If I get off track, I remind myself my mind can hold only what I think with God. After a while of settling in, peace descends. It does take practice because the thoughts can be relentless and there is a temptation to follow them instead of just observing them. When the mind becomes more silent I reach a state that is beautiful, gentle, warm, and welcoming. When thoughts draw me back into the world, I just maintain the practice of letting them go. I express gratitude for the peace, and I know I can return to it at anytime I choose. I feel the power of the support that is available every step of the way. Jesus says, if it helps us, we can ask to take his hand on this journey through the clouds that obscure our vision. I dedicate this day to peace and keep choosing to disconnect my mind from any worries and concerns.

Repeat the idea as you close your eyes, adding 4-5 related thoughts (remember the instructions in letting related thoughts come that were given in Lessons 42 and 43). Repeat the idea again and say: ***"My real thoughts are in my mind. I would like to find them."*** (W.45.6.4)

God's Thoughts are with you. He has never left you. He shares His mind with you and knows of your loveliness and innocence; He knows you are a spotless mind, never apart from Him.

Love and blessings, Sarah  
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