

ACIM Edmonton - Sarah's Reflections



LESSON 58~ REVIEW I [Review Lessons 36-40]

Sarah's Commentary:

What are you blaming yourself for today? Do you feel guilty about something you have said, not said, done, left undone? Are you judging yourself? **"What can it be but arrogance to think your little errors cannot be undone by Heaven's justice?"** (T.25.IX 1.1) (ACIM OE T.25.X.28) We all yearn to be innocent. That is one of the reasons we project blame and responsibility for our unhappiness onto others and make them guilty in our minds. If I see them as the cause of my problems, and not my own mind, I am trying to purchase my innocence at someone else's expense. Of course, as I have said before, this is not true innocence. In fact, when we project the guilt in our minds on others, it is how we keep it. The ego never lets us see this, which is why Jesus goes to great lengths to explain how the ego set all this up. The ego is clearly insane; it has set up a brilliant program that looks foolproof when we look at it from within its system, but Jesus assures us it is not God proof.

We don't want to feel responsible for everything that seems to happen to us. We want to make others responsible so we can feel innocent, even if it means we have to forsake our own power. The truth is we are never victims but actually have chosen to be betrayed so we can pretend we have no responsibility for what seems to happen. It is pretending to be innocent so others can carry the guilt of separation rather than ourselves. Now we cry for our lost innocence, which, in fact, can't be lost and has not been lost. We think we cry for all kinds of reasons, but there is only one---our sadness because we believe we have actually done something to corrupt ourselves and have lost our innocence.

That is why the Lesson today is all about having us appreciate the fact that we are holy. Our holiness is what is kept hidden by the ego thought system. Yes, we make mistakes and suffer from ignorance, but we are not guilty. Mistakes can be corrected and can be undone as long as we don't see them as sins that are uncorrectable. Jesus asks, **"And what could this mean except that they are sins and not mistakes, forever uncorrectable, and to be met with vengeance, not with justice?"** (T.25.IX.1.2) (ACIM OE T.25.X.78) Sin requires punishment. For those of us who have had religious training, while we may have received messages of a loving God, we were also reminded of our guilt and how bad we should feel because Jesus had to be crucified for our sins. This is an example of how the ego has projected its own image onto God, who now becomes a more powerful ego and an administrator of punishment.

Jesus says that belief in sin is arrogant. It is actually the belief that we are stuck with the ego and that it is our immutable nature. It makes God powerless when we hold the belief that our errors are beyond **"Heaven's justice."** (T.25.IX.1.1) (ACIM OE T.25.X.78) Yet all it takes is for us to be **". . . willing to be released from all effects of sin."** (T.25.IX.1.3) (ACIM OE T.25.X.78) It seems like something we really want until he lets us know the conditions of answering "yes." **"For if you answer 'yes' it means that you will forego all values of this world in favor of**

the peace of Heaven." (T.25.IX.1.5) (ACIM OE T.25.X.78) We may think this is asking too much of us and we doubt that this is possible. Yet all this does is to give more power to the hold the illusion has on us than to what is possible for God.

We get off course all the time, but like the pilot of a 747 who is constantly veering off course, the Holy Spirit is our GPS, constantly guiding us back on track. We are constantly getting off course still living on the fault line of both thought systems. The first Lesson of the Holy Spirit, **"To have, give all to all,"** (T.6.V.B.3.2) (ACIM OE T.6.b.72) makes it clear that having comes from giving. It is about undoing the concept that having comes from getting. What we have is our being, which, of course, can never be lost. But when we get on this path, we experience conflict as we feel both a desire to get and also a pull towards knowing what we are. Spirit is about giving to all, while ego is about getting for oneself. It is a world of one or the other, where for me to win, you must lose. While we do want the peace of God, we still also want to hold onto illusions until truth becomes more and more compelling to us. We want to forgive, but we also want to hold onto what we see as justified grievances. This is a conflicted state. Until we make a choice only for God, we will continue to experience conflict.

We came here to try to find happiness in the world, but now the world can serve a different purpose. It can be a classroom where we learn what we truly are. We will be motivated to do so when we recognize that the world is not a place where we will ever find happiness. Happiness will only come when we remember our true reality. When we recognize the world is not the source of our happiness, we willingly turn to the Holy Spirit, Who will show us how the world and all of our relationships can be used to help us to return to the truth of our Self.

In Chapter 13, we see why Jesus says that it is important to see our brothers as innocent. **"See no one, then, as guilty, and you will affirm the truth of guiltlessness unto yourself. In every condemnation that you offer the Son of God lies the conviction of your own guilt. If you would have the Holy Spirit make you free of it, accept His offer of Atonement for all your brothers. For so you learn that it is true for you."** (T.13.IX.6.1-4) (ACIM OE T.13.III.16) When we attack and condemn, we increase our own guilt and our own self-condemnation; but when we forgive, we give this gift to ourselves, as well as to the world. **"Guilt is always in your mind, which has condemned itself. Project it not, for while you do, it cannot be undone."** (T.13.IX.6.7-8) (ACIM OE T.13.III.16) We can only undo the guilt in our own minds if we take responsibility for it rather than blame anyone else. When we are willing to see that whatever we condemn in our brothers we are reinforcing in ourselves and only hurting ourselves, we become more motivated to apply these lessons daily.

These Lessons remind us that forgiving the world and all our relationships is how we learn we are innocent. As long as we attack and hold grievances, we will not know our holiness. That is why forgiveness is at the heart of healing our minds. With recognition of our own holiness, it is extended to everyone in the world, and now we see a world of holiness where we see our healed thoughts reflected. We see a world that is blessed. It is the real world, which is a state of mind where peace and joy reign.

Now the holiness of the world shines forth and **"Everyone and everything I see in its light shares in the joy it brings to me."** (W.58.2.3) The joy we experience is not for us alone. We all share in this holiness which is a gift to everyone. It is not for me alone. This is how joy is increased and how everyone receives the blessing. **"There is nothing my holiness cannot do."** (W.58.3.1) It has unlimited power to heal and to save. We are saved from all our false ideas about ourselves. We are saved from the image that we think we are as bodies, personalities, and

concepts we hold about ourselves. It is a petty image that keeps us in the illusion and keeps us in fear. Yet **"Once I have accepted my holiness, nothing can make me afraid."** (W.58.4.4)

Today, remember to claim **"all good and only good"** (W.58.5.2) All good things are yours because of what you are. (W.58.5.4-5) You are supported, protected, and guided in all things. You are blessed. When we claim what is ours in our creation as God intended for us, we know we cannot suffer loss, deprivation, or pain of any kind. **"My Father supports me, protects me, and directs me in all things. His care for me is infinite, and is with me forever. I am eternally blessed as His Son."** (W.58.5.6-8) He holds our inheritance for us until we are ready to claim it. His Love is lavished on us, and we can know it fully when we have forgiven the world. Then, we are awakened from the ego's dream of suffering and know we are at home with God, a home we have never left except in dreams.

Love and blessings, Sarah
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