



## LESSON 80

### Let me recognize my problems have been solved.

#### Sarah's Commentary:

This is clearly a follow-up to the Lesson yesterday. While we seem to have many problems, the truth is that we only have one, and it is already solved. The story is over. **"If you are willing to recognize your problems, you will recognize that you have no problems."** (W.80.1.1) It is because we are dreaming this existence with all its seeming problems. Once we wake up, we will realize all the problems we are trying to solve were never even real.

When Jesus starts off with the explicit statement, that we have no problems, we may wonder, how can that be? In our experience, we have many problems, and they show up daily. Yet, if separation is the one central problem and it has been solved, all problems are already answered. We don't experience this because we are deceived by the ego mind that has convinced us that reality is what we experience in the body and the world.

The truth is that the Holy Spirit, as a symbol of truth in our right minds, holds the answer to every problem, regardless of its form or seeming complexity. We experience our problems as unsolved when we focus on them rather than identifying the real problem to which the answer has already been given. In other words, the answer is given to every problem we perceive. **"Accept that fact, and you are ready to take your rightful place in God's plan for salvation."** (W.80.1.8) Our rightful place is acceptance of our function as a teacher of God and savior of the world. We can only do that when we forgive our faulty perceptions and are willing to let go of the guilt in our minds.

How does this look in our experience? On a practical level, what do we do? Today, I paid attention to what I was calling a problem. First, someone said something that created a reaction in me where I felt a loss of peace. I was angry at this person, whom I felt had treated me unfairly. When I took responsibility for my own self-attack, I realized that I was the one choosing to throw away my peace by giving power to what was said. My reaction had nothing to do with the other person but was about the guilt in my own mind that I saw in my brother. The answer (peace) had already been given me and was awaiting my acceptance. With my willingness to take responsibility for how I saw this situation and gave it power, I recognized that I had a choice. I could choose to turn to the Holy Spirit for His interpretation so I could see that my brother is innocent and so am I. The grievance I was holding was simply blocking the answer to my seeming problem with my brother.

Later in the day, I was trying to merge onto the freeway and another driver refused to let me into the lane. Again, the ego mind defined it as a problem. In fact, stepping back, I recognized once again that the problem only endured as long as I was willing to hold a grievance in my mind. Again, toward evening I felt the pressure of doing my taxes and encountered "problems" in getting

my documents together to meet the deadlines. I realized again that it was my wrong mind giving meaning to this situation and defining it as a problem. The only problem was the interpretation I was giving to a neutral event. Later, I was baking muffins and one of the eggs on the counter rolled onto the floor. I laughed at the idea that this too could be turned into something to ruin my day. Every problem is some kind of grievance, and when I am willing to take my grievances to the Holy Spirit, He always shows me another way to see it and reminds me that nothing is ever wrong, since the answer is already available.

Whatever the issue, when we become aware that it cannot separate us from peace unless we give it the power to do so, we know that another choice is always available to us. It is simple because we only have two choices. We can either continue to listen to the way the ego defines the situation, or we can turn to the Holy Spirit for His interpretation. It is up to us. If we hold onto our upsets, they can't be healed. We do this when we want to prove that the way we see the problem is correct, and Jesus is wrong.

We stubbornly resist healing, when we are unwilling to release how and why we set up the problem and why we want to see it as we do. It is, of course, always about our desire to maintain the separation—our separate, individual, and special self. When we willingly bring our misperceptions to the Holy Spirit, He undoes our way of seeing. Hanging onto our perspectives always brings pain.

The miracle is always available behind our wrong-minded thoughts, ready to shine forth when we do our part. We simply cannot be separated from God's Love. We can only be unaware of it by blocking it with our misperceptions. I just need to forgive myself for worrying about a situation that is already solved. In fact, I can be grateful that whatever happens, I don't need to be pulled out of peace by this or any other event. It is truly up to me. I don't say this is easy for us, but it can be as easy or difficult as we make it. Jesus understands, we have a lot of resistance. That is why he reminds us, we can at least start to question how we currently see our problems. There are many times I have been wakeful during the night, trying to figure my way through a problem. Even though I know worry is a decision I have made to listen to the ego, my mind starts to spin obsessively. If I find I can't rest my mind, I engage in self-talk based on the lessons, reassuring myself that all things work together for good and invite peace to my mind to still my thoughts. I am thankful that with mind training the ego has less and less prominence.

There is nothing forgiveness cannot do to reveal the miracle in every situation. As discussed yesterday, problems are the smokescreen that keeps us distracted from seeing the truth behind them all. **"You are entitled to peace today. A problem that has been resolved cannot trouble you."** (W.80.3.1-2) We are troubled only because of our unwillingness to accept that the answer is already in our minds. Why would we be troubled by a problem that does not even exist? Why would we be angry about nothing and then make up a story to justify our anger?

We can be grateful that this is all just a dream. Of course, we don't really believe it, or it would all be over. In each situation, when we stay open to the Holy Spirit, our attachment to the world and problems is loosened. When you bring your problems to the Holy Spirit, **"You have accepted salvation for yourself by bringing the problem to the Answer."** (W.80.2.5) We will know we have been successful when we feel peace instead of turmoil about any situation in which we are embroiled. We then won't be troubled by anything that seems to be happening. **"Only be certain you do not forget that all problems are the same."** (W.80.3.3) We just need to remind ourselves that no matter how we perceive the problem, there is no order of difficulty in the problems we perceive. One illusion is not bigger than another. They are all unreal. And we are also assured that there is no order of difficulty in miracles.

All the Lessons make a contribution to bringing peace to our minds when we feel besieged by problems. Also, the metaphysical teachings in the Text help to convince the mind that there is another way to see everything. One thing I try to do is to see myself removed from the conflict, to soar above it. I find the Section, **"Above the Battleground"** (ACIM OE "The Fear of Life") very helpful in this regard, where Jesus says, **"Be lifted up, and from a higher place look down upon it. From there will your perspective be quite different. Here in the midst of it, it does seem real. Here you have chosen to be part of it."** (T.23.IV.5.1-4) (ACIM OE T.23.V.51) When I was working and would travel to another country, I found that the issues I considered important and that were reported daily in the news in Alberta somehow lost their significance. From this vantage point, my work back home and the problems I encountered in my involvement in the political environment in which I worked seemed to lose their significance.

In the same way, if we can remove ourselves from any problem we seem to be experiencing by becoming observers rather than participants in the situation, we can disengage our investment in the problem. When we can observe the situation without judgment, we are sitting with truth next to us and seeing the unreality of the situation. From this place, we can experience the freedom and peace that comes from simply observing without judgment. From this place, we can smile at the situation because we are looking through the eyes of love and seeing that nothing here is serious. In the illusion, there is much that appears tragic, but from above the battleground, it all loses significance.

It is also important to remember that behind every problem is a grievance. That is why we are reminded, **"Let us be determined not to collect grievances today."** (W.80.7.1) Releasing grievances frees us from problems that don't exist. Forgiveness is acceptance and letting go of what has never happened. Remember that, in the illusion, there are no real effects. We forgive our brother for what he did not do. Yes, the behavior may have happened, but how we see it is up to us. When we see it as a call for love, we recognize that within it is our own call for love. We are all on a path to remembering what we are. This world and all of its problems are not real. The world was over long ago. **"Both this world and the real world are illusions because right-mindedness merely overlooks, or forgives, what never happened."** (CLARIFICATION OF TERMS.1.6.2) **"We but undertake a journey that is over."** (W.158.3.6)

The answer is always forgiveness. To the Holy Spirit, **"They are the same to Him because each one, regardless of the form it seems to take, is a demand that someone suffer loss and make a sacrifice that you might gain. And when the situation is worked out so no one loses is the problem gone, because it was an error in perception that now has been corrected."** (T.26.II.2.2-3) (ACIM OE T.26.III.11)

Bring every problem to His Answer so it can be corrected in your mind. **"The problem must be gone, because God's answer cannot fail."** (W.80.4.2) Of course, we can prove God wrong, and we do so by demonstrating our unwillingness to bring our perceived problems to Him. This is how we keep the problem from His answer and choose to hold onto our misery. We do that whenever we want to prove that we are right about the way we see a situation. That is why Jesus is always asking us whether we want to be right (about the way we see things) or happy by choosing the answer available in our minds to every problem. By turning to the right Teacher in the mind, the answer is always some form of peace.

Love and blessings, Sarah  
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