



LESSON 82

Review II ~ Lesson 63 and Lesson 64

Sarah's Commentary:

How can we know ourselves as the light of the world? The only way is through forgiveness. It is the means by which we can come to experience our true reality as a Son of God. By releasing my grievances, peace can extend from my mind to yours. That is how I know it is in me to give.

We can't know love in this world. The closest reflection we have of it is forgiveness. It is quite a revelation to know that what we call love in the world is not love at all. As Jesus says, quite clearly, **"You do not know the meaning of love, and that is your handicap. Do not attempt to teach yourself what you do not understand and do not try to set up curriculum goals where yours have clearly failed."** (T.12.V.6.1-2) (ACIM OE T.11.VI.48) While we tell ourselves we love, and we are in love or that we are loving, it is pretty clear we don't have a clue what love is. The best we can do is to let forgiveness remove all the obstacles to love that we hold in our minds, so we can become a clear reflection of the love that is always there in our right minds. We need the Holy Spirit to help us with this, as the ego will never undo itself.

Let's face it, we are still attached to doing life our way, and we are invested in our own perspectives. As we do this course, the ego is threatened, which explains our resistance. The closer we come to the truth, the more fear and resistance come up; but we have mighty help from outside of the closed system of the ego. The ego is invested in having us keep our focus on the world rather than looking within. The decision maker in the mind has made a decision for healing. We have heard the Call and responded with a desire for the truth. We have chosen the means given us to undo the blocks to love that keep us from awareness of our reality.

Forgiveness allows me to see that light is my reality. As I engage in healing by choosing to forgive, I experience more and more peace. Any little irritation or frustration with anyone today is just another opportunity to let go of judgments and bring my projections back to the mind. We don't generally look at the perceived difficulties in our lives as opportunities, but that is exactly what they offer us—another chance to see differently. And when we do, we see everyone as our friend, and recognize that we are not different from each other. We share the same nature. We meet our Self wherever we go. There truly is no separation. We are all the same, with the same ego, and the same Christ Self.

Letting go of judgments and grievances we hold against anyone is essential to have the peace we say we want. Forgiveness is the answer to all our misery and suffering. We need to make forgiveness the central focus of our lives on behalf of our own happiness. In fact, that is why time is given us. That is why we are here. This is the only way to our salvation and the salvation of the world.

It may seem to us as if we must sacrifice our rights and give up our boundaries when we forgive. Aren't we letting the other person off the hook? I felt this last night when Don brought home a large TV that did not fit into our armoire, unless the doors were removed. I had specifically asked him to buy a TV that would fit, but his desire was for something much bigger! So he did what he wanted and had no intention of changing his mind about it. I expressed my feelings to him. I let him know I felt coerced, overpowered, unimportant, and ignored. He responded by saying that, if I were really a good student of the Course, I would let it go and forgive him. Needless to say, this did not go over well at the time! It seemed to me, I was in a losing position, and if I let it go, he would win. The battle could continue in this way if I chose to let it. The option was to try to manipulate and coerce him into compliance, but what would be won? No, it was not easy for this resistant ego to let go of the situation. It took a while to sit with my feelings of rage but after quiet reflection, going deeper into inquiry about what beliefs I was holding I was able to choose peace. In the end, how the TV fit into the armoire did not feel as important as the opportunity provided for healing. I tend to make things important that in the end have no importance all based on beliefs I hold of how things need to be for me to be happy.

In the world, it does seem like when one wins the other loses. In the illusion, there is an appearance of loss for me, as he has what he wanted and refused to budge. But the question is what have I really lost? In releasing the situation, which I was able to do when I went to the Holy Spirit and asked for help, I felt I had reconnected to the divine in me that became much more important than winning the argument. The ego has no interest in peace. It is invested in the battle. It just wants to be right. Was this difficult for me? Oh, yes! But not for long, because I was motivated, determined, and willing to find my way out of this hell. Other issues like this in my relationships, where I held grievances for a long time, kept me in hell together with my partner. It is never worth it when it costs me my joy. Yes, it seems worth it to the ego, so much so, that there are those who will give their lives to prove a point. Yet the sooner we can bring any problem to the Answer, the sooner we take ourselves out of hell.

To acknowledge that, "***I share the light of the world with you, [name]***" (W.82.2.3) is to be reminded of the truth of our reality. As we hold this thought in our minds, we have no idea of how powerful the healing can be nor its ultimate impact. It is a beautiful benediction, not unlike that which Jesus gave his disciples when he appeared to them after his resurrection and said, "Peace be with you."

We are given other specific forms of that thought. "***Let peace extend from my mind to yours, [name]. I share the light of the world with you [name],***" and "***Through my forgiveness I can see this as it is.***" (W.82.2.2-4) These specific thoughts are intended to be used when we have a problem or issue with anyone. We prepare our minds using these specific forms, one in the morning and another in the afternoon, so we can be reminded that the purpose of each day is to bring our unforgiving thoughts to the truth in each moment.

For the latter part of the day, we are urged not to forget our function in our desire to remember our true reality. To remember my function is the only way I can "***experience the joy that God intends for me.***" (W.82.3.4) If I let a grievance darken my mind today, I remind myself that I am using that situation to hide my function and my joy from me. Why would I want to do that? We were made to extend love, and we do this through forgiveness.

There is a simplicity in these Lessons, no matter how much the truth seems to confound us. When we don't want truth, we have great resistance to understanding what Jesus teaches. We stubbornly continue to hold grievances, no matter what it costs us. The most important thing in our day is to let go of our judgments and grievances so we can find our way to peace and can "***Let peace***

extend from my mind to yours, [name]" (W.8.2.2.2) When we forget to do this it is a form of resistance. The ego is threatened by the light.

We are actually choosing to forget what we came here to be and do. In other words, the whole world was made to escape our own reality. We have run away to hide from God and have become convinced we are bodies, living in a world of time and space, and now we see this as our only reality. Our spiritual reality seems like an illusion, while this world seems real and solid. As we apply the Lessons, Jesus shows us, increasingly, that what we have made—our bodies and the world of form are illusory. We see this is so when we experience the power there is in the miracle.

The reason we hold grievances is because they uphold our belief and investment in the illusion. We believe that the way we have set things up as a result of the separation, is true. That is how we continue to choose to be right, rather than to be happy. We believe forgiveness lets people off the hook. We want to hold onto our way of seeing things. Yet think about what forgiveness offers. It opens us to the power of the miracle. It opens us to the immensity of love. It opens us to the truth of who we are. Such amazing power is released through forgiveness! We are encouraged not to forget our function so we can know the gifts available to us through forgiveness.

Do I really want to continue to drink from this poisonous well of grievances, which will only hurt me? It is all about what I want. I need willingness and desire to do the healing of my mind. When I am committed to healing, I see every perceived problem, situation, and issue as simply grist for the mill for forgiveness and to experience release from the prison of my wrong minded thought system.

I just finished reading the book by Brandon Bays called *The Journey* in which she learns to release her cancer, her home that burned down during the fires in Malibu, and her husband, who left her for another woman. In her healing, she accepted that it was she alone who had betrayed herself because she said she mistakenly "believed that fairy tales can come true." She hated the part that had made up the story in the first place, took up residence, and lived in the fairy tale. In that process, she was left in the "tender sweet wake of reality itself." The realization for her, in the end, was, "Nothing you can do can give you this love. No career can give it to you. No amount of service can make you know it. No love partner or family can make it happen. No house, car or material belongings can buy it for you. Nothing and no one can give it to you, for it is who you already are. You are the love that you have been seeking for." Sometimes, we seem to need to experience these grave difficulties in order to bring us back to our minds, which is where we can find our way back to the love we are. Not getting my way with the TV set was worth the realization of the truth about myself. Yes, to the ego, it looks like capitulation, but to the Spirit, it is freedom.

Every experience, situation, and person we encounter offers us one more opportunity to release our attack thoughts and to remember that we are still in the presence of our Creator dreaming of exile.

Let us choose our release in every moment today, asking for help to remember that whenever we make judgments or whenever we try to get something at anyone's expense, we are saying that we do not want peace and joy and are choosing our specialness instead of God's love. When we do this, we experience more guilt. Projecting that guilt onto others by blaming them for how we feel has a tremendous cost to us. It costs us our peace and joy. Let us not use anyone or any situation today to keep the joy of God away. That is how we remember our function today. We cannot fulfill our function if we go through the day forgetting our purpose and our function.

"Let me not use this to hide my function from me.

***I would use this as an opportunity to fulfill my function.
This may threaten my ego, but cannot change my function in any way."***
(W.82.4.2-4)

Love and blessings, Sarah
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