

## ACIM Edmonton - Sarah's Reflections



### LESSON 269

#### My sight goes forth to look upon Christ's face.

##### Sarah's Commentary:

The illusion that transcends all those I made is the illusion of forgiveness. **"I ask for the illusion which transcends all those I made."** (W.269.1.4) It is an illusion because there is nothing to forgive, but it is an illusion that ends all illusions because with forgiveness, we see beyond illusions to the truth. Through forgiveness, we see our mistakes and are helped to **"look beyond them"** (W.269.1.2) to the truth. Our sight is blessed so we can see the Christ in our brothers instead of seeing the guilt we believe is in us, in them. It is a choice we must make as nothing is thrust on us. We must desire to see our brothers' innocence, but first, we must want to see our own mistakes. We won't see the Christ in our brothers without first recognizing our judgments about them. What I want to see in my brother **"belongs to me."** (W.269.1.5) For as I see the Christ in my brother and see his innocence and holiness, I can know my own. It is now a very familiar process and yet we need to be reminded again and again of the power of forgiveness. Whatever we give, we receive as we give it.

If we understood that **"All that I give is given to myself,"** (W.126) forgiveness would be effortless. We would be highly motivated to see innocence in everyone. There would be nothing to forgive. It is not about overlooking the terrible things someone has done. There is no gain to us in this kind of "charity." In fact, if I think you have done something to hurt me and yet I am required to forgive it, I am trying to forgive something I have made real. By bringing the error to the truth, the Holy Spirit heals our misperceptions, and we will then see that what we made real in our minds is not so. **"It is always an interpretation that gives rise to negative emotions, regardless of their seeming justification by what appears as facts."** (Manual for Teachers.17.4.2)

**"If anger comes from an interpretation and not a fact, it is never justified."** (M.17.8.6) Ultimately, all of our anger comes only from our interpretations and that is what needs to be forgiven. **"Perhaps it will be helpful to remember that no one can be angry at a fact."** (M.17.4.1) The cause of my distress is never in the situation, but in my thoughts about it. It is only my thoughts that need to be brought to the truth.

When I am angry, irritated, confused, and disappointed with someone or simply don't like them; when I want them to change in some way so I can be happy; when I look at what someone should do or should not be doing; when I think about what I need from anyone for me to be happy; when I judge anyone; when I think about things I don't want to experience with someone; and when I want to win at someone's expense, then in all these situations, I need to see the projection of my own anger, my irritation, my confusion, my disappointment, my expectations, my judgments, my jealousies, and my own hatred. All of it is a projection of what is in my own mind. **"Perception is a mirror, not a fact."** (W.304.1.3) It is why it only takes one to heal any relationship. It does not mean we must continue to be with the person in form for the relationship to be healed. If we want to know the truth we must forgive, **"which You have chosen to become the way to show me my mistakes, and look beyond them."** (W.269.1.2) The question is, "Am I willing?" And yes, it does take a lot of willingness when the ego is shouting for retribution.

Hate needs a target. **"Thus were specifics made."** (W.161.3.1) If I condemn others for gossiping about me or betraying me, I can be certain the judgment has started as a result of my unconscious guilt. Projecting guilt is a defense that protects me from looking within. We are convinced by our senses that what we see is reality. The problem is we have reversed cause and effect. Thus, we see events in the world as the cause of what we are feeling when, in fact, everything begins in our own minds. In other words, the guilt in the mind brings punishment we believe we have coming to us. We disown responsibility for our own inward condition through projection. Now, instead of unity and Oneness, we see a world of sickly forms which is our blasphemous sight all coming from guilt.

All our self-attacks are seen in the sickly forms. With vision, we see the formless, divine nature of all beings. We see beyond the body and the personality to the essence of Being. None of this can happen by our own willpower. No matter how much we may want to see the Christ in our brother, it can only happen with the help of our Guide. Our part is to be willing to bring the blocks to the Holy Spirit for His interpretation.

Am I willing to let go of the way I set up the situation? Am I willing to allow a shift in my perception? It is simply a choice—a decision. The Holy Spirit is in the mind, and His help is available upon our sincere request. Notice how the ego resists. It yells loudly, "I am entitled to my way of seeing this situation. I am justified in my anger! I am right!" Yet if someone says something to me that is painful to me, I can only be hurt if I believe this about myself. Otherwise, it would have no effect. The world is a mirror that shows me the state of my mind. How else would I ever know what is in my mind? How do I know the person who has just left me is not meant to be with me any longer? Simple. That person is no longer there! Our relationships are **"the means which You have chosen to become the way to show me my mistakes, and look beyond them."** (W.269.1.2)

Recently, I posted something on Facebook that reflected my thoughts about a political situation. The posting resulted in a comment that challenged my view. I immediately wanted to defend my position. Instead, I inquired as to what upset me about the comment. My first thought was of shame and guilt that I had done something that was not spiritual and thus did not live up to the concept I held of myself. When I noticed this thought I was grateful to see how I was trying to hold up a concept that blocked the truth of my real Self. Earlier in the day, I had listened to Byron Katie who talked about the gift of criticism and how much she welcomed it into her life. I inquired about the gift that was there for me and recognized how what I saw as criticism was an opportunity to see the false self and see no value in it.

Thus, it was a miracle that brought about a shift in perception to a place of peace, innocence, truth, and love, which can only happen when we are willing to bring our blocks to the Holy Spirit. The miracle allows for a change in the way we perceive everything. Without thoughts of guilt, who would we be? How would we feel? What would we see? Only innocence! We would see the face of Christ (W.269.1.5) in everyone. What obscures it are the perceptions we have about the situation, the forms we see, the personalities we think define who others are and therefore ourselves. When the veil that keeps our sight focused on bodies, personalities, and behaviors of others, is lifted, the full glory of our Being is revealed to us in our brothers and in ourselves. **"We are one because of Him Who is the Son of God; of Him Who is our own Identity."** (W.269.2.3)

In practicing this Lesson today, think of people in your life with whom you have difficulties or challenges, and as you see them with your usual sight, recognize that this is not the truth of who they are, regardless of what they have done. Ask for help in releasing your judgments of them to see beyond **"flesh and bone, and recognize that Christ has come to you."** (W.161.12.3) Let the shining face of Christ be revealed to you and infuse you with peace and joy at the sight of holiness. This is who everyone is beyond the veil. This is the forgiven world. This is the truth about

you. Allow forgiveness to show you the way to truth today. Take responsibility for what you are projecting onto others so you can know them for what they are in the light of Truth. Remember that others are not apart from you and are not **"able to behave in ways which have no bearing on your thoughts, nor yours on theirs."** (W.126.2.2) We are One Self.

Love and blessings, Sarah

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