

## ACIM Edmonton - Sarah's Reflections



### LESSON 279 Creation's freedom promises my own.

#### Sarah's Commentary:

**"The end of dreams is promised me, because God's Son is not abandoned by His Love." (W.279.1.1)** It is a promise that God can make because His love is with us NOW. We have not been abandoned by Him in this dream. Whenever we are ready to accept that we are at home in God now, we can know His promise. Our dream has absolutely no effect on what we are—our reality. We may be feeling impatient and discouraged along the way if a state of consistent peace and joy still seems to be a long way off, but Jesus urges patience. He says in the Manual for Teachers, **"Those who are certain of the outcome can afford to wait, and wait without anxiety. Patience is natural to the teacher of God. All he sees is certain outcome, at a time perhaps unknown to him as yet, but not in doubt. The time will be as right as is the answer. And this is true for everything that happens now or in the future. The past as well held no mistakes; nothing that did not serve to benefit the world, as well as him to whom it seemed to happen. Perhaps it was not understood at the time."** (M.4.VIII.Patience.1.1-7)

Isn't that a terrific reminder? I especially love that nothing that happens is wrong in our seeming journey through time. Everything along the way is exactly as it needs to be for our awakening. Jesus tells us that the past held no mistakes, and where we are, right now, is perfect! This world provides a perfect classroom, with everything perfectly orchestrated for our healing, and all orchestrated by our own minds. There is nothing and no one outside of the mind. Where there seem to be setbacks or events that are painful to the ego, they actually take us to a deeper layer of the mind for healing. This is so perfectly illustrated in the movie, *Thank You for Sharing*.

In reading the book, *I Married a Mystic*, what struck me that relates to the above was that when the author, Kirsten Buxton, doubted the value of her contribution, the Holy Spirit assured her that it was perfect by saying, "You don't know what kind of effect your reply (to a question) has had on others, and I can assure you that what was said was perfect. Trust in divine order. When you doubt, you block your awareness of me—even doubting after an event blocks your awareness. Every moment is an opportunity to ask me for guidance. Trust that all things work together for good."

This is a good reminder when we become impatient or even discouraged, or get angry about our current situation, or critique or second guess ourselves about what we have said or done that we are never responsible for the error. Only the ego second guesses our responses and critiques our contributions. We can rest in the assurance there is no right or wrong. The dream will end when the time is right, which is when the mind is ready. Our readiness comes as we learn that anything we think we have done, or not done, has no impact on the truth of who we really are. In fact, this dream we are dreaming has no reality at all! Yes, it does seem to have an impact on us while we

still believe we are in it; but we can move outside the dream, above the battleground. When we do this, we leave the battleground of our own thoughts and look at the dream as if we were watching a movie in which we play a character, but it is not who we are but simply a role we have assumed. From this place of awareness, we become the observers of the dream figures. When we identify with the dream and the dream figures, we believe we are imprisoned in the world and in the body. The truth is that our only reality is the Christ Self—the source of our freedom.

The chains have been severed. Jesus offers us freedom now, but he reminds us, **"Prisoners bound with heavy chains for years, starved and emaciated, weak and exhausted, and with eyes so long cast down in darkness they remember not the light, do not leap up in joy the instant they are made free. It takes a while for them to understand what freedom is. You groped but feebly in the dust and found your brother's hand, uncertain whether to let it go or to take hold on life so long forgotten. Strengthen your hold and raise your eyes unto your strong companion, in whom the meaning of your freedom lies. He seemed to be crucified beside you. And yet his holiness remained untouched and perfect, and with him beside you, you shall this day inter with him to Paradise, and know the peace of God."** (T.20.III.9.1-6) (ACIM OE T.20.IV.25)

Our way to freedom is by freeing our brothers. We take a brother's hand and release him from the prison in which he sees himself by coming to recognize his innocence, which is how we can know our own. Thus, we go home together. We do it on this worldly plane by forgiving what our brother did *not* do. In giving, we receive. In loving, we know love. In healing, we are healed, and in seeing the innocence and perfection in our brother, we know our own. In other words, we see the Christ in our brother and thus come to know the Self we truly are. We can only see the Christ in him when we bring to awareness our own blocks to love that we hold in the mind. It is where we attack ourselves and others. We ask for help of the Holy Spirit to reinterpret our misperceptions so we can see truly. We take responsibility for our misperceptions, recognizing we are wrong about the way we see our brother, but we are willing to be taught. It is about surrender of pride, arrogance, and control.

There was a time when I felt superior on this journey, believing that those who did not embrace spirituality as I did were shallow and superficial. I had a limited interest in engaging with them. It was a way I kept myself in judgment. Now I see that it was a projection of my own superficiality and just another mistake. Any concept we hold about ourselves, including the concept of being spirituality elevated, has a shadow, which is what we project. The shadow in this instance was my fear of seeing my own superficiality. It was my own self-attack that was being projected rather than courageously being brought to the light. Bringing the projection back to the mind is essential for healing to happen. It is true, I feel more at home with my mighty companions who share this journey and I do seek out like-minded friends for companionship, but my mind can never be healed as long as I see myself as separate or different from any brother. There can be no exceptions in this.

Freedom is in joining, not in separating. We have been model prisoners for a very long time. We are now using the Course teaching to learn what real freedom is and how to achieve it. We need to be patient in the process and have faith that the end is certain. Salvation is simply to become aware we are the dreamers of this dream and are keeping ourselves bound to it by our investment in sin and guilt. We do so by keeping ourselves bound by our own thoughts and by holding onto our conditioned beliefs. Unwinding the mind is a process of taking responsibility for the mind. We have been given the means for undoing all that is false. We now need to apply them by being vigilant and mindful in watching our thoughts and taking responsibility for our beliefs.

**"Brother, take not one step in the descent to hell. For having taken one, you will not recognize the rest for what they are. And they *will* follow. Attack in any form has placed your foot upon the twisted stairway that leads from Heaven. Yet any instant it is possible to have all this undone. How can you know whether you chose the stairs to Heaven or the way to hell? Quite easily. How do you feel? Is peace in your awareness? Are you certain which way you go? And are you sure the goal of Heaven can be reached? If not, you walk alone. Ask, then, your Friend [the Holy Spirit] to join with you and give you certainty of where you go." (T.23.II.22.1-13) (ACIM OE T.23.III.40)**

It is important to watch the mind allow expression of what you feel without indulging the story. To do so takes us down further into hell. When we notice the first few thoughts of anger or distress, it is much easier to release them than when we build a case. Let us commit to being vigilant today. Let us focus on the certainty of God's promise. Let us remember that all is perfect for our awakening. We are exactly where we need to be at this moment and can choose peace in whatever situation we find ourselves.

Practically then, how does this look? Well, imagine an event, circumstance, or person that you deem to be the cause of your upset. You feel a lot of conflict or experience fear. What do you do? The first thing is to stop, take a breath, rest the mind and come into the present moment, inviting the Holy Spirit in. This may require removing yourself from the person or situation. Now, look at what has happened by inquiring what this is about for you. It is not about analyzing or beating up on yourself or making yourself guilty, but quietly looking at what is being triggered in you.

The answers may not come right away, but the inquiry is helpful. Why? It is helpful because identifying the issues and beliefs that have resulted in the upset help to bring them to your awareness so you can then turn them over to the Holy Spirit for healing. They are just mistaken notions about yourself. In every situation, we are being called to remember the truth of who we are. Ask for help from the Holy Spirit or join with a mighty companion who holds space for you. This is a time to do the Lesson and be reminded of the truth. The truth will resonate with you because it is already in your mind. You can be at peace even with your upset because you are not your upset. You are the observer that sees the character in the dream that you identify as yourself. When you look at the character without judgment but with love and compassion, you are freed from the dream. In acceptance of the truth of what we are, we are set free of the limitations of the mythical self.

Love and blessings, Sarah

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