



LESSON 234
Father, today I am Your Son again.

Sarah's Commentary:

Jesus reminds us today of the importance of gratitude. We thank our Father that we have not lost, and indeed cannot lose, the memory of Him and of His Love. We read in the section, "**What is Salvation,**" (W.PII.Q2) that we took the memory of God into the dream. "**The Thought of peace was given to God's Son the instant that his mind had thought of war.**" (W.PII.Q2.2.1) The peace of God in our right minds was given us the instant the thought of separation entered the mind. And this is why, "**Merely a tiny instant has elapsed between eternity and timelessness.**" (W.234.1.2) Now there is only one decision to be made. "**And do I want to see what I denied because it is the truth?**" (T.21.VII.5.14) (ACIM OE T21.VIII.75) We still have resistance to the truth, and this question still seems fearful to us; yet when we come to the place where we want nothing but the truth, it is given in that instant because we already have it in us.

While we are asleep in the world of separation, we seem to have lost the memory of God and His Love. However, the Atonement Principle is our assurance that while we can forget the truth about ourselves, we can never change our reality. We still remain as we were created---in the perfect Oneness of the Christ Self. Separation is just illusion. Though the world does seem very real to us, it actually has no reality at all. And though we have lost the awareness of the love of God, we have not lost it in reality because He has ensured us that its place is in our minds.

Today, my three-year-old niece asked her mother, "Mommy, what was there before all of this? What was there where the trees are now? Where did they come from?" They are really profound questions from the mind of a child. It seems she remembers something quite forgotten yet faintly remembered. It is because the memory of "**The Forgotten Song**" (T.21.I) (ACIM OE T.21.II "The Imagined World") is in us all and that memory continues unabated throughout the dreams of many seeming lifetimes. When we awaken, all of these seeming lifetimes will seem like merely a tiny instant when the Son of God remembered not to laugh at the idea that He could separate from God.

"Today we will anticipate the time when dreams of sin and guilt are gone, and we have reached the holy peace we never left." (W.234.1.1) That is our purpose now and the reason we are given time. We now use time for healing so we can reach the holy place within that we have never left. When we come to remember who we are, we will know the peace that is still in us. Everything that happens in our day provides us with another opportunity to come closer to our awakening. We must live our lives as if everything that seems to happen to us was chosen by us for our highest good.

Jesus reminds us that we may not be sure we really mean the words of these Lessons, but he tells us, "**This does not matter. The purpose of today's exercises is to bring the time when the idea will be wholly true a little nearer.**" (W.27.1.4-5)

It appears to us that a lot is happening in this seeming reality, as we struggle with the problems we perceive personally and those on the world stage. Yet we are assured that none of this has even happened. Behind all of our perceptions is the peace and stillness of God. It is what we are avoiding with our distractions. The peace in our right minds is totally undisturbed when we identify with the ego thought system, no matter what it looks like to us. The truth about ourselves simply cannot be changed. When we awaken from this dream, we will know that we have never left our home in God. The memory of God is in our minds and cannot be lost. All of our dreams of sin and guilt are just that---dreams. In the holy instant, we connect with the truth and have a glimpse of the fact that we are still God's Son.

Yesterday, as I did my meditation, I saw my body as if it were a robot, going through a variety of seeming experiences. It reminded me of the experience of a friend from Montana, who recounted a time when he was driving his car, and all of a sudden, he found his awareness hovering above the car, watching his body driving it, as he was looking down and wondering how this was possible. The body is outside of the mind and simply a projection of the mind, showing up on the screen of this world. Such experiences demonstrate that we are the dreamer of this dream and not the dream figure.

Everything is about desire. This world is a projection of the desire to be separate from God. From that desire arose all of our beliefs, our thoughts, our emotions, and our perceptions. When the desire is focused on wanting to know our true Self, everything else aligns with that desire. Desire is where the inner altar is. When our desire is to know God, then everything works in harmony with that desire.

By stepping aside from our story, not justifying our anger, and instead, fully investigating our feelings, we come to see what is kept hidden in the unconscious mind. Then, we willingly give it over and trust that healing will happen, which is the nature of forgiveness. Our beliefs, our thoughts, our emotions, and our perceptions are all the effect of our desire.

Regardless of our determination to heal, we can be assured that thoughts of guilt and fear will arise and will continue to be part of our experience as the day proceeds until we come into the real world where we recognize this world is unreal. While we will be inclined to judge our brothers and accept our judgments as the truth, our responsibility is always to bring these judgments back to our own minds. They are our projections seen outside of our own minds. It does not mean our brothers do not make mistakes, but our condemnation of them speaks only about what is unhealed in our own minds. It is a projection of our own self-condemnation, which is about our own self-attacking thoughts. We have been called to every situation in our lives for the purpose of forgiveness. Now we can choose again to remember who our brother is and thus to know our own innocence. We remember that all of our brother's mistakes are his call for love and understanding. Healing our mistaken thoughts and our misperceptions is the only way we can know, "**Father, today I am Your Son again.**" (W.234)

When a judgment crosses my mind, I can remind myself that this thought is not true. The truth is that I have never left my home in God. When I feel fear about anything today, I can remind myself that there is another way of looking at this. Nothing real is happening. Holy Spirit---Help me to see this through Your eyes. This is how we can quickly do a restorative, replace the programming

in our minds that seems to run our day, and reprogram our thoughts with the one true Thought of God. This reprogramming comes as we willingly dedicate ourselves to learning the truth of what Jesus teaches and experiencing his teaching by undoing everything that is not the truth. Thus, the place in our minds where truth abides can shine forth. As Rupert Spira says "When the seeking and resisting, that characterize the apparently separate self, comes to an end, our essential nature of peace and happiness shines as it truly is."

Today, we are called to dismiss the thoughts in our minds that are not the truth. We can do this with firmness and gentleness, and without judging ourselves. Only the spiritual ego believes it should be beyond such thoughts. This is just another judgment of ourselves that is not helpful.

"Nothing has ever happened to disturb the peace of God the Father and the Son. This we accept as wholly true today." (W.234.1.4-5)

Love and blessings, Sarah
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