



LESSON 36

My holiness envelops everything I see.

Sarah's Commentary:

The Lesson yesterday was about our inner thoughts, but we have already seen there is no difference between our inner thoughts and how we perceive the outer world. Jesus says, "**Today's idea extends the idea for yesterday from the perceiver to the perceived.**" (W.36.1.1) In essence, he is saying that what we choose within, we will interpret without. It is all about the content of our thoughts and nothing to do with the forms of this world. Thus, to look with the eyes of Christ is to see everything as an expression of love or a call for love. What I find most instructive is to recognize that how I see anyone in my life shows me the thoughts I hold within my own mind. When I choose the ego, I project my judgments about myself onto others and see my guilt in them. When I give my judgments over to the Holy Spirit and ask for His interpretation, He always reminds me that my brother is holy. "**You are holy because your mind is part of God's. And because you are holy, your sight must be holy as well.**" (W.36.1.2-3)

If my mind is holy (the cause), what I perceive must be holy as well (the effect). Holiness is indeed our very nature; but when we chose to separate from God, we chose to identify with the ego and the body. However, holiness is still in our right minds, but now we have a mind split between the wrong mind and the right mind. The wrong mind has projected the world we see. Our right mind holds the memory of God. As the Lesson states, "**If your mind is part of God's you must be sinless, or a part of His Mind would be sinful.**" (W.36.1.7) Anything we perceive as sinful, we are seeing with the wrong mind. Thus, we must stay very vigilant with our thoughts because what we see in others helps us see which thought system we identify with. It is an outside picture of our inward condition. In other words, others provide us with a reflection of what is in our own minds. This is very helpful to our healing, as now we can see where we are blocking the love we are with our own judgments.

When the blocks to love are healed, the connection with the holiness in our minds is reestablished. Then we see the world and everything in it as blessed. An earlier Lesson was, "**God is in everything I see because God is in my mind.**" (W.30) This Lesson is very similar. Because God is in my mind and He is holy, my holiness is established. Holiness is a state of perfection, goodness, and innocence that extends to all without exception. Sinfulness is a mistaken notion about ourselves projected from our wrong minds. Our bodies are a reflection of the wrong-minded thought system and therefore an expression of the separation, but the body can be used for a holy purpose. "**Your sight is related to His Holiness, not to your ego, and therefore not to your body.**" (W.36.1.8) A mind that wakes up from its misguided perceptions based on the ego, is no longer confused between wrong mind and right mind. All is seen through His Holiness. This is a process and only comes when our wrong minds are no longer prevalent.

The state of innocence is total. We are innocent, or we are not. It is one state or the other. There is no compromise between the two, meaning there is no compromise between this world of duality

and the non-duality of God. If we are part of God, and God is perfect holiness, there can be no evil. The experience we have of sin in this world is an illusion. It is the experience of duality, but it is not the truth. If it were the truth, evil would have to be a part of God.

When we experience our holiness, it is a beautiful state that radiates love to the universe. When we are in this state, all is perfect. Nothing can go wrong. It is like a golden hue, which paints the world in beauty. Yet this moment of joy and peace is not available to us when we choose to judge. This is how we play out the separation over and over. Jesus explains that the reason we do this is because we are still invested in our individual, separate self. When we get too close to love, we do something to mess it up. The ego says that joy and peace can't last. We entertain such beliefs and join once again with the ego thought system.

When we know our own holiness, we experience joy and peace. It does not seem like we are very holy when our days are not spent in perfect peace and joy. It is important to remember that when we are not at peace, we are actually experiencing something alien to who we really are. Our nature is holy. It need not threaten us, but it does because of our investment in the body, our independence, and our specialness. Our personal identity as we know it is threatened by the presence of the divine. Our reality as the Son of God is one of innocence, purity, and spiritual perfection. Our sinfulness is a totally mistaken notion about ourselves, reinforced by the belief that we are in this world. As we saw in the Lesson yesterday, we think we are in this world because we currently don't believe in our divine innocence. Yet we hunger to know our purity and holiness. We hunger to know it in ourselves and to experience our divine nature in a more consistent way. Until we get in touch with this deep desire of the heart, our motivation and willingness will not be strong.

Change happens as we are willing to look at the blocks we are holding to love. When we learn to see with vision and not with what our eyes, ears, and brains interpret, we will see only love everywhere. I can always tell what choice I have made by looking at what I perceive. Our perceptions provide us with a reflection of what is going on inside our own minds. We see what we have chosen within. The thoughts I have about others are my guide to what is going on in me. To take absolute and complete responsibility for our own thoughts, rather than justify our reactions, is the beginning of healing. There is nothing outside of our own minds. Everything is mind.

While we affirm our holiness, it is so important to recognize that we will only know it when we bring the darkness to the light of truth whenever it arises in us. We currently don't completely believe what we are saying in this Lesson and perhaps even find it silly to say my holiness envelops that rug, or pencil, or body; but it is all part of the mind training. Through our forgiveness practice of withdrawing our past judgments from what we see, the door is slowly being opened to a new perception. It is not important if we don't believe these statements totally because we won't, but with practice and willingness, our holiness becomes apparent. The means are provided to us every day through the application of these Lessons, both in affirming the truth and doing the work of undoing how we see now. This process requires mind watching. That is why Jesus says, **"Be vigilant only for God and His Kingdom."** (T.6.V.C.2.8) (ACIM OE T.6.V.C.85) Such vigilance requires that we watch for our interfering thoughts.

Today, we affirm the truth and release the thoughts that keep us from accepting our holiness. Maintain the practice as described here. If you can, remember that it is not what your eyes see when you say, **"My holiness envelops that rug, that wall, these fingers, that chair, that body, this pen,"** (W.36.3.4-9) or anything else your eyes light upon. The idea is the same as in Lesson 34 where he says, if peace is in your mind, it must extend to everything. In the same

way, if holiness is who we are, it must extend to everything. Your holiness radiates from your mind to all you perceive. Nothing can be separate from it. It becomes a world pervaded by holiness, seen through the lens of your own holiness. The world does not change, but how you see it does.

Love and blessings, Sarah
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