



## LESSON 143

### Review IV Lessons 125 and Lessons 126

#### **Sarah's Commentary:**

The Review Lessons are now very succinct, but the intent is powerfully focused on receiving our inheritance from God (W.RIV.9.2) and feeling His gratitude. This gratitude is really for ourselves for having the motivation to learn to remember who we really are and what our function is in the world. Jesus reminds us, **"It is as though you wandered in without a plan of any kind except to wander off, for only that seems certain."** (T.22.I.1.7) (ACIM OE T.22.II.5) Our purpose is to be willing to use everything in this world as an opportunity for awakening from this dream of separation.

We are here for a divine purpose. We are called to do what is required for healing so we can be the purveyors of God's love in the world. We can only do this if we do not block our divine love with thoughts of worry, anger, frustration, despair, revenge, and specialness. When the fear is released, our loving, peaceful Self can shine through us. Our minds are preoccupied with past thinking patterns, which are a maze of conflicting thoughts. We use these thinking patterns to "solve" problems we believe have come to us from outside of our own minds. We formulate plans we think will address our problems. These problems are part of the ego thought system. There are no answers given by the thinking mind. Our only problem is the belief that we have separated from the love we are, and therefore, the answer is not in the world but given us in the mind. The only answer is to accept the Correction; it is to accept our inheritance as the Son of God, outside this dream. Until we accept the Answer, our problems will persist in different forms in the world, and we will continue to look for solutions outside our own mind where they don't exist.

The world was made to keep us preoccupied with problems that will never be solved. This process keeps us engaged in the world and it keeps us distracted from seeking the only real answer. We experience fear as our attention stays focused on how we might solve similar problems from the past, or anticipate similar circumstances in the future. We keep trying to fix things on the screen where we can have no real effect. We do anything we can to protect ourselves through control and manipulation of circumstances that arise, but our preoccupation with alleviating problems keeps us from the peace available *now*. Only by focusing on this very instant, where there is no past or future, is space made for God, truth, and holiness. **"My mind holds only what I think with God."** (W.RIV.2.2) (ACIM OE W.RIV.3)

It is a process of going back to the mind where the problem can be solved. What is the problem? Our only problem is that we turn to the ego for answers. Whenever we make that decision, we keep ourselves invested in the illusion where there are no answers. When we choose to look at our false beliefs with the Holy Spirit, He invites us to step out of the dream and recognize that the answer to every problem is within. There is a doorway in the mind that we are invited to step through, and when we do, the miracle shows us that there is no problem. This means we are looking at our perceived problems without judging ourselves.

Yes, there are "problems" to be addressed while we think we are in this world. Yet they dissipate when given over to the Holy Spirit. Then, whatever is to be done in the world is guided by His Love and easily addressed. "**There is nothing my holiness cannot do.**" (W.38) The important thing is to stop and go back to the mind and do the forgiveness work by looking at the ego and bringing it to the light. Now there can be true healing of the guilt, which is the cause of all of our distress.

I recognize today how easy it is to fall into fear and confusion when I hold the belief that it is difficult to let go of the guilt and fear that keep us focused on the future. Holding onto guilt is painful but only to the degree that we unconsciously cling to it. The clinging to opinions and beliefs that we hold does not serve us and maintains our suffering. When we hold only what we think with God, we give ourselves a gift of great magnitude.

Just as I was writing this Lesson, my computer screen froze and then my computer would not reboot. It seemed to die. This has always been a great source of stress for me, as it brings up feelings of frustration, impatience, blame, and fear. When I take the time to step back, breathe, and recognize that this is showing up for my healing, I can choose to turn my mind back to Source and ask to be shown how to look on this. Everything was resolved when I recognized that the only problem was my inclination to get distressed and to immediately try to figure out what to do in my own way. It was just another learning opportunity to remember to turn to God and ask for peace. The only answer is in Him. How much do we trust that? In this particular instance, as I chose peace, eventually all was resolved with Don's assistance, as we joined in prayer and let Holy Spirit lead the way. Don took my computer in for repair, and then returned home to tell me there was nothing wrong with it! They had put it on the bench to look at it, and it simply came back to life! What does one make of that? Do miracles show up in form? The biggest miracle for me was peace of mind, regardless of the outcome, and deep gratitude for my brother.

I was listening to Regina Dawn Akers speak about her website being hacked and all of her material was lost. I often visited her website and felt a sense of loss at not having access to her material any longer. After she reported on this event, she shared how she felt gratitude that the material was gone. She saw it as an opportunity to let go of the past and start anew. She saw it as a gift. I marveled at how easily she moved on in accepting that there was no problem but rather a sign for her to let go. I like how Byron Katie puts it when she says, "How do you know this should be happening?" And her answer is, "Because it is here for you now. There is nothing wrong. It just is."

Let us commit today to take time to remind ourselves throughout the day, "**My mind holds only what I think with God.**" (W.RIV.2.2) (ACIM OE W.RIV.3) Today, we spend as much time as we can in stillness, noticing our blocks to love as they show up, and listening to guidance throughout the day. As we bring awareness to our judgments of what is wrong, how things should be, and what concerns us, we willingly place these thoughts on the inner altar and ask to see the miracle instead. The miracle is an inner shift that happens as we willingly let go of our way and turn toward the truth within.

We spend so much of our lives searching for love from others, but it is a search that will always end in disappointment. Whatever is lacking in any situation is what we have failed to give it. Now, through this teaching, we are encouraged to ask for help to unblock the wellspring of love within us and let this love radiate to the world. "**All that I give is given to myself.**" (W.126) As we give love, we now know it is in us. We need this experience to recognize the truth of who we are. As long as we seek for what we think we lack, we will seek but never find. There is nothing "out

there." It is a futile search. Through the miracle, the abundance of love within is unveiled. The mind that has been bound in chains is now released.

Today, we remind ourselves that God's Word is received by the quiet mind, as interfering thoughts are released. We listen to the Voice that knows us and has our best interests at heart. It is our own loving Voice, asking no sacrifice and demanding nothing from us. It brings us only the peace, joy, wholeness, and unity of the One Self to our awareness. It is our own Voice. It is not outside our own minds. **"In quiet I receive God's Word today."** (W.125) **"All that I give is given to myself."** (W.126) There is no separation and therefore no one is outside our own minds.

This Lesson reminds us that forgiveness brings peace, release, and joy to our minds. We become aware of our unity with each other. We are released from the judgment of ourselves and others. We see that nothing is outside our own minds. What we see in our brothers is some version of the same "sin" we believe is in ourselves. Now we are given an opportunity to remove the "unconscious warriors" that battle within our minds and that we project onto our brothers. These unconscious warriors are our own self-attacking thoughts. Through forgiveness, we join with our brothers and recognize our interests are the same. This sameness is the reflection of the Oneness of God. This is the gift available to us with the help of the Holy Spirit so our minds might be transformed.

This Course is only about remembering our true reality, which is love. Forgiveness is the means, and all events and circumstances in our lives become a classroom for undoing our wrong perceptions. To use time in any other way is to distract ourselves from our function. Having said that, using time in distractions and pursuits of worldly pleasures does not make us guilty. We are the Christ and nothing we do in the illusion will change that fact. We have been given freedom to choose how to use time. Yet when we become disillusioned with the world and our own pursuits, we will choose the healing available to us in each moment.

In truth, there is nowhere to go and nothing to do. We can truly bloom where we are, whatever the circumstances. We are where we are supposed to be at this moment. The people we need are with us now and are brought to us for our healing. It is all part of our script. Our function is to open ourselves to this flow of love that we are and extend it so that through extension we will know our reality. We have forgotten who we are as we were created, but we can't change the truth about ourselves. The Atonement Principle is the guarantee of our perfection. Our part is to be vigilant only for God and His Kingdom as we watch our minds. We must do this work ourselves, as we are the ones who are constantly choosing the ego as our teacher. The original choice was made outside this dream, but now we can learn to make another choice for the Holy Spirit as our Teacher, reflected in the form of our Brother Jesus, who is always standing by and eager to help us. To do this, we must become as little children, asking to be taught.

**"Outside the Kingdom, the law that prevails inside is adapted to 'What you project you believe'."** (T.7.II 3.1) (ACIM OE T.7.III.14) **This form implies that you will learn what you are from what you have projected onto others, and therefore believe they are."** (T.7.II 3.3) (ACIM OE T.7.III.14) As we take responsibility for our projections by seeing them as our own self-attack thoughts, we are able to see where healing is needed in our own minds.

**"Begin each day with time devoted to the preparation of your mind to learn what each idea you will review . . . can offer you in freedom and in peace."** (W.RIV.5.1) (ACIM OE RIV.7) Let us commit today to raise every judgment to doubt. Watch your mind and be willing to give over all thoughts that would deceive.

Let the thought, "**My mind holds only what I think with God,**" (W.RIV.2.2) (ACIM OE W.RIV.3) engage your mind fully in His Word, which is Love. The attributes of His Love are peace and joy. This is what shines through our minds when we let go of the maze of conflicting thoughts. Peace can only come to the quiet mind.

Take the ideas for today, "**In quiet I receive God's Word today,**" (W.125) and "**All that I give is given to myself,**" (W.126) and close your eyes. Say them slowly to yourself. Really take your time with these thoughts. "**Let each word shine with the meaning God has given it, as it was given you through His Voice.**" (W.RIV.7.4) (ACIM OE RIV.10) Let the Holy Spirit open their meaning for you and "**Let each idea which you review . . . give you the gift that He has laid in it for you to have of Him.**" (W.RIV.7.5) (ACIM OE RIV.10)

Use the time today to commune with God. Turn these thoughts into prayers. Do what works. The idea is to go beyond the words themselves and really take the meaning in. Receive the message of His Love for you today.

Take a moment of quiet, hourly, to review the central thought, "**My mind holds only what I think with God,**" (W.RIV.2.2) (ACIM OE W.RIV.3) and then repeat the two review ideas slowly and "**unhurriedly, with time enough to see the gifts that they contain for you, and let them be received where they were meant to be.**" (W.RIV.8.2) Let your day be guided by the Holy Spirit, listening to His Voice. His Love will be reflected in the symbols most helpful to you. It will only be "heard" when you release any blocks to love that show up throughout the day, and remember that you have everything and you are everything.

Then close the day as you began, "**And as you give your mind to the ideas for the day again before you sleep, His gratitude surrounds you in the peace wherein He wills you be forever, and are learning now to claim again as your inheritance.**" (W.RIV.10.2) (ACIM OE RIV.12) Let's be grateful for the powerful Companions and recognize, with our faithfulness, that the world is restored "**from darkness to the light, from grief to joy, from pain to peace, from sin to holiness.**"

Love and blessings, Sarah  
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