



Lesson 339
I will receive whatever I request.

Sarah's Commentary:

What does it mean to say that whatever I receive is what I have requested? Are all my difficulties, and all the pain I experience, at my request? We think we are pursuing only what will bring us happiness, but Jesus tells us, even when we think we are pursuing happiness, we are actually pursuing pain. The reason is, we don't know the difference between what is painful and what we think will bring us pleasure. We don't know what will continue to imprison us and what will free us from the bondage of the ego. Jesus often talks to us about this confusion. He says here, "**No one desires pain. But he can think that pain is pleasure.**" (W.339.1.1-2) That is why the whole idea of manifesting can get us into difficulty. We think we know what will bring us happiness, so we attempt to use the power of the mind to manifest that very thing. Yet the ego is always confused and can never be a reliable source for determining what will bring us joy. Whatever we receive, we have requested. It is our dream, and we are the dreamer.

As an example of this confusion, we may be seeking a special relationship, thinking that is what will make us happy. We may be looking for someone who we believe will fulfill us, solve our feelings of loneliness, and be the knight in shining armor to rescue us from despair. We may believe this is the answer to our unhappiness. Yet many of us have experienced the pain and fear that come with special relationships. Or we may be putting our effort into a desire for security and think that working hard and making lots of money will bring us what we want, only to find we are anxious and stressed. We can take many paths, believing they will lead us to find the joy that eludes us, but they will always end up in disillusionment, even when we receive what we think we want. Only the eternal can satisfy God's Son and none of these "gifts," which we pursue in the world, have any eternal value.

However, we need not despair about these pursuits, even if they have ended up in disillusionment. Everything can be used for our highest good. There is an opportunity for healing in every adversity when given over to the Holy Spirit. Everything that seems to happen to us, we have asked for, and it can all be used for our learning and healing. No, we don't always want to accept that we have called it all into our lives. We don't like the idea that we are doing it all to ourselves. Clearly, we are only affected by our own thoughts, as stated in Lesson 338. We prefer to think we are at the mercy of everything that seems to happen to us. Yet Jesus affirms, "**The secret of salvation is but this: That you are doing this unto yourself. No matter what the form of the attack, this is still true. Whoever takes the role of enemy and of attacker, still is this the truth. Whatever seems to be the cause of any pain and suffering you feel, this is still true.**" (T.27.VIII.10.1-4) (ACIM OE T.27.IX.86)

Although resistance to this idea is very strong, think about the power in its acceptance. The power is in the realization that we have it in us to undo all our wrong-minded decisions. There is a miracle behind each difficult situation, waiting to deliver us from it. All the miracle does is to show us what we see is false. "**It merely looks on devastation, and reminds the mind that what it sees is false.**" (W.PII.Q13.What is a Miracle?1.3) We are the dreamer of this dream. "**For you would not react at all to figures in a dream you knew that you were dreaming. Let them be as hateful and as vicious as they may, they could have no effect on you unless you failed to recognize it is your dream.**" (T.27.VIII.10.5-6) (ACIM OE T.27.IX.86)

The more we come to the realization that this is all a dream and we are dreaming it, the more we are willing to look at our own minds with the love of Jesus, looking with us and seeing it need not be. Healing happens as we look at everything that seems to happen to us, recognize our projections that are on this screen of the world, and see them as our own thoughts being played back at us. These thoughts are not what we are. We are the Perfection that is the watcher of those thoughts. As soon as we think we are our thoughts, we are in the dream; but when we see that we are the watcher of the thoughts, it is like a lucid dream where we now know we are the dreamer.

So why have we kept this secret of salvation from ourselves? According to Jesus, it is because of the pact we made with the ego, which is not to know our true Self. And why would we not want to know who we are in truth as perfect and innocent? We do not want to know because the ego has convinced us that we should fear God's punishment for having destroyed Him and destroyed our home and squandered His gifts. No, it is not a conscious thought, but we can know that it is what we believe every time we feel bad about ourselves, or feel we are lacking, unworthy, sad, angry, alone in the world, lost, and abandoned, or are upset and worried about our condition, or that of someone else. Those are not thoughts of God. Those are ego-based thoughts that keep us in the dream. This is why we need to take all the thoughts of sadness, suffering, and specialness to the Holy Spirit and be willing to have them dismissed.

Once we realize that we, ourselves, have "**asked for what will frighten him [us], and bring him [us] suffering,**" (W.339.1.8) we can ask for what we really want and only this. But what do we really want? Well, it is clear from this Lesson that if we don't know the answer to that question, then we have to ask Someone Who does know for us. He knows that what we truly want is what He offers us, which are His Thoughts. Our desire is to know our Self; it is to know the truth of what we are.

That is why the prayer says that we should do nothing by ourselves, but learn to hear His Voice in everything we do. What we think with the false self will ultimately bring pain. Only when we turn it all over to God and trust Him will we know peace, joy, and innocence, which is all we ever seek. With every upset and every difficult circumstance in our lives, we can choose to change our minds. We can choose peace. By bringing all that blocks the peace to the Holy Spirit, we are released from the bondage of the ego. He gives us His interpretation of the situation that we have judged as negative. His Answer is always, "**Forgive, and you will see this differently.**" (W.193.3.7) "**Madness and reason see the same things, but it is certain that they look upon them differently.**" (T.21.VI.3.9) (ACIM OE T.21.VII.61)

I recently realized how I had chosen to stay in pain and distress about a situation in my life because I was justifying my reasons for how I was feeling and believed I was right in my assessment of the situation. It was not until I saw that I had chosen this particular situation for my healing that I became willing to give up the "gifts" that came from suffering. What are those

gifts, you may wonder? Well, I held the belief that I was right about how I saw it, and I could punish those around me whom I saw as responsible for how I was feeling. I got power from my position and could justify the separation from my brother. Until I realized the cost to me of maintaining this conflict, I was unwilling to see what I was doing. As I became willing to investigate my wrong assumptions about everything, I saw that I wanted peace more than I wanted to be right. It was available to me right now, so why wait? It is so easy to have peace when we are willing to release our story and make space for truth. What is it that you want today?

Love and blessings, Sarah

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