

ACIM Edmonton - Sarah's Reflections



LESSON 264 I am surrounded by the Love of God.

Sarah's Commentary:

This Lesson is a beautiful prayer where Jesus asks us to join with him. **"My brothers, join with me in this today. This is salvation's prayer."** (W.264.2.1-2) So the question is: Will we join him today in this prayer, using it to start our morning and end our day? We remind ourselves all day that, **"I am surrounded by the love of God."** (W.264) It raises the questions in my mind: What is it I really and truly want? What is the prayer of my heart? Do I want to know the love I am and nothing else?

We are being asked today to forget all things except His Love. When everything disappears from my mind and I experience being surrounded by His Love, it is an experience of the holy instant. This is where we have an instant of recognition that our reality is not the body, with all its needs, fears, and issues. Nor are we confined to time and space. It is a deeply touching experience to feel being surrounded by such all-encompassing Love. The false image crumbles in His Presence and what is left is a field of awareness where boundaries and limitations are no more.

What keeps us from this experience? It is our investment in our thoughts. It is our investment in our stories. It is our focus on our worries, our plans, our problems, and anticipated solutions. The mind gets invested in all of the inner chatter where there is no peace. When we no longer give it our attention and lose interest in the stories, the worries, and the problems, the mind becomes still, not by force but by our lack of interest. It is like when we are watching television and a commercial comes on. It can be blaring, but if we have no interest in it, it does not draw our attention.

As long as we think we know something, we won't be open to being shown the truth. Our thoughts and perceptions stand in the way. What I think I know is what I have made up in my thinking mind. We are reluctant to release what we think we know because we think that we can find safety and security in our own thoughts. We think that they protect us. We rely on being in control. Letting go and trusting Him seems like a sacrifice of all we rely on. We are invited to consider where our safety truly lies. We don't know our own best interests. We can't know where our happiness truly lies. Our own thinking only brings us more suffering.

Today, we focus on connecting to the stillness behind our thoughts. Resistance comes up because we fear the light. We want to be right about who we think we are. We want to hold onto our image of ourselves, our self-concepts, our belief in the body, and our personality, but this is not who we are. Only by our willingness to release control and to surrender our way can the miracle show up. Yet this requires a vulnerability that we protect ourselves against by managing time and space for our purposes, as we see them. Thus, we fear the miracle. Yet only through the miracle can we experience a new perception where there is a recognition that we are not these characters in the dream that we thought we were. We are not our body, our personality, our self-concepts, our values, our beliefs, or any thoughts we hold.

The prayer affirms that there is not a God separate from my Self. **"In You time disappears, and place becomes a meaningless belief."** (W264.1.3) There is only love and nothing else. There is no me, no you, only **"the Love which holds all things within itself."** (W264.1.5) Thus, we can **"be at peace within Your everlasting Love."** (W264.1.7) Only truth is true. Everything else is a construct in my mind, and when I identify with all the constructs of time and space, where I think I am, who I think I am, and what seems to be going on in my life, I keep the truth at bay.

The prayer reminds us of the truth of our reality. The love of God that surrounds us is what we really are and not the construct we have made of ourselves. We are One Self, the Son of God, living in the experience of God.

To know the Self requires that we bring everything we are not to the light of truth where our self-concepts are dissolved in the light. What we project onto the world is a false self, but all our projections can be valuable when we learn to look at them with the Holy Spirit and realize they are all hallucinations of our mind. When we see the world as a classroom for healing, all things that need to be healed will be pulled to the surface. Why be unhappy about anything we experience here when it is all valuable for undoing the ego mind. Indeed, we can be grateful for everything that shows up, as it can all be used for a mighty purpose.

We have not yet come to see our wholeness as having more value than the "comfort" we imagine is being provided by the ego. We seek what makes us feel comfortable and safe. When our comfort is threatened in any way, we think we are having a bad day. If my car breaks down while I am on my way to an appointment, grievances come up. There is now a temptation to throw away my peace. Yet this event can teach me that peace is available to my mind as a constant. Whatever comes up for healing in our day is a perfect opportunity to learn who we are, but we are not guilty if we fail to learn the lesson. It will simply come up again and again until we are ready to get it.

Everything in our day has a holy purpose when used for healing. How easily grace heals all things when there is willingness, welcome, readiness, and a recognition that we truly are supported in all things! It may not be the ego's idea of what support looks like, but if the ego had its way, true transformation would be impossible. We would forever feel vulnerable to the vagaries of the world and the weaknesses of these bodies. **"Love is your safety."** (W.PII.Q5.5.4) Only in the recognition of who we are can we be safe, and to recognize this is to know again what we have always known.

"Is it not strange that you should cherish still some hope of satisfaction from the world you see? In no respect, at any time or place, has anything but fear and guilt been your reward. How long is needed for you to realize the chance of change in this respect is hardly worth delaying change that might result in better outcome? For one thing is sure; the way you see, and long have seen, gives no support to base your future hopes, and no suggestions of success at all. To place your hopes where no hope lies must make you hopeless. Yet is this hopelessness your choice, while you would seek for hope where none is ever found." (T.25.II.2.1-6) (ACIM OE T.25.III.13)

The only blocks there are to love are those *we* put there. It is the only reason love seems unavailable to us. When we seem to be having problems and are not doing well, we are actually rebelling against Love. The rebel is behind every single problem we have in this world. It is the deepest part of the ego mind that needs to be healed. Our authority problem with God is the basis of our seeming separation. We have made it real by our beliefs when, in fact, it is all illusion. We can now choose to give over our false beliefs and have them replaced for us. All that is required is that we ask the Holy Spirit in everything, "How would you have me see this situation, this person, this event?"

When we focus on our specialness, on our dark stories, and on the idols that we think we need, and when we indulge our emotional tantrums on how things should be for us to be happy, we are actually choosing to give up God's peace, joy, and love that surrounds us. When we choose ego gratification, this maintains the separation from each other and from God. Our willingness to look at these self-defeating patterns is what opens us to God's Love. It is the only real safety there is for us. All the ego thought system does is seemingly "protect" us from love, and it does so by telling us that we are safer in the body and in the world than we would be in God's presence.

Today, pray the prayer by joining with Jesus who is in our minds, standing with us as a symbol of God's love, as he reminds us that this is salvation's prayer. He wants us to experience the perfect safety of God's embrace, even if it is just for the moment. He is the All in all. He is where we stand. There is nothing else but God. Time and space are illusions. When we go into the silence with this prayer, acknowledging the Love that surrounds us always, we experience His everlasting love. This is the truth, and it is where our peace is. Whatever shows up today that is unlike this peace, we bring to awareness and place it on the inner altar.

Love and blessings, Sarah
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